

# SREE NARAYANA TRAINING COLLEGE

**Nedunganda, Varkala**


(Affiliated to University of Kerala, Recognised by NCTE,  
Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



## VALUE ADDED COURSES

**2021-'22**



  
Principal  
Sree Narayana Training College  
Nedunganda



# SREE NARAYANA TRAINING COLLEGE

**Nedunganda, Varkala**

(Affiliated to University of Kerala, Recognised by NCTE,  
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## GUIDELINES FOR THE VALUE-ADDED COURSES

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

Sree Narayana Training College offers a variety of Value Added Courses which are conducted after class hours. These courses are conducted by experts and faculty and help students stand apart from the rest in the job market by adding further value to their resume. They are mostly independent to each type of the fields.

## OBJECTIVES

The main objectives of the Value Added Course are:

- To improve soft skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

## GENERAL GUIDELINES FOR THE COURSE

Value Added Course is not mandatory to students pursuing the B.Ed. course. It is a teacher assisted learning course open to all students without any additional fee. The courses are conducted during the first semester every year. Classes for each Value Added Course are conducted beyond the regular class hours. The Value Added Courses may be also conducted during weekends / vacation period.

## DURATION

The duration of each value added course is 30 hours.



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## PROCEDURE FOR REGISTRATION

The brochure of the Value Added Courses is provided to the students during admission. A student shall register for a Value Added Course offered during the first semester by submitting the duly filled in registration form through the faculty in charge of the respective course. The Faculty in charge sorts the students according to the choices opted.

## VALUE-ADDED COURSES OFFERED DURING THE ACADEMIC YEAR 2021-'22

Sl. No.	Course Code	Name of Course
1	CVM21	CERTIFICATE COURSE IN VEDIC MATHEMATICS
2	CSS21	CERTIFICATE COURSE IN SOFT SKILLS
3	CY21	CERTIFICATE COURSE IN YOGA
4	CCE21	CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH
5	CSCE21	CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMS



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**BROCHURE OF THE VALUE-ADDED COURSES OFFERED DURING 2021-'22**



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**CERTIFICATE COURSES  
OFFERED DURING THE  
ACADEMIC YEAR 2021-'22**

**CERTIFICATE COURSE  
IN VEDIC MATHEMATICS**

**CVM21**

**CSS21**

**CERTIFICATE COURSE  
IN SOFT SKILLS**

**CERTIFICATE COURSE  
IN YOGA**

**CY21**

**CCE21**

**CERTIFICATE COURSE  
IN COMMUNICATIVE  
ENGLISH**

**CERTIFICATE COURSE IN  
SCIENCE FOR  
COMPETITIVE EXAMS**

**CSCE21**



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*Sree Narayana Training College  
Nedunganda*

## REGISTRATION FORM FOR VALUE-ADDED COURSES



### SREE NARAYANA TRAINING COLLEGE

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#### REGISTRATION FORM FOR VALUE ADDED COURSES 2021-'22

Name of the Applicant	
Optional Subject	
Gender	
Age and Date of Birth	
Permanent Address (with pin code)	
Mobile Number	
Email ID	
B.A./ B.Sc. Main subject	

Sl. No.	Course Code	Name of Course	Give a tick (✓) mark against your preference
1	CVM21	CERTIFICATE COURSE IN VEDIC MATHEMATICS	
2	CSS21	CERTIFICATE COURSE IN SOFT SKILLS	
3	CY21	CERTIFICATE COURSE IN YOGA	
4	CCE21	CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH	
5	CSCE21	CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMS	

#### DECLARATION OF THE APPLICANT

I do hereby declare that the details given in the application are correct and true to the best of my knowledge and belief and I promise to abide by all the regulations of the course.

Place:

Date:

(SIGNATURE OF THE APPLICANT)



Principal

Sree Narayana Training College  
Nedunganda

**NUMBER OF STUDENTS ENROLLED IN THE VALUE-ADDED COURSES DURING  
2021-'22**

Sl. No.	Names of the Value Added Course	Course Code	Number of students enrolled in the year	Number of Students completing the course in the year
1	CERTIFICATE COURSE IN VEDIC MATHEMATICS	CVM21	11	11
2	CERTIFICATE COURSE IN SOFT SKILLS	CSS21	24	24
3	CERTIFICATE COURSE IN YOGA	CY21	29	29
4	CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH	CCE21	25	25
5	CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMS	CSCE21	16	16



A handwritten signature in green ink, consisting of several loops and strokes, positioned above the principal's name.

**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

**CVM21**  
**CERTIFICATE COURSE IN VEDIC MATHEMATICS**  
**2021- '22**

**ABOUT THE COURSE**

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

**COURSE LEARNING OUTCOMES**

1. To eradicate the fear of Mathematics and instil confidence in students.
2. To improve calculation speed and numerical skills.
3. To sharpen the brain.
4. To facilitate the habit of analytical thinking towards any problem.
5. To provide an insight into ancient Indian mathematics.

**COURSES ELIGIBILITY**

The course on Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR/ RESOURCE PERSON**

**Dr. Smitha S.**

M.Sc. (Maths), M.A. (Philosophy), M Sc. Psychology, M.Ed., PGDEPMA, NET, Ph.D.

Assistant Professor in Education

Sree Narayana Training College, Nedunganda

Mob: 9995283505, e-mail: smithakailas2@gmail.com



A handwritten signature in green ink, appearing to be "S. Smitha S.", written over a faint line.

**Sree Narayana Training College**  
**Nedunganda**

## BROCHURE OF THE COURSE IN VEDIC MATHEMATICS



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### CVM21 CERTIFICATE COURSE IN VEDIC MATHEMATICS 2021-'22

#### ABOUT THE COURSE

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

#### OBJECTIVES OF THE COURSE

- To eradicate the fear of Mathematics and instil confidence in students.
- To improve calculation speed and numerical skills.
- To sharpen the brain.
- To facilitate the habit of analytical thinking towards any problem.
- To provide an insight into ancient Indian mathematics.

#### COURSE ELIGIBILITY

The Certificate Course in Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

#### COURSE SYLLABUS

##### MODULE 1

- Addition, Subtraction, Complement of a number, Multiplication

##### MODULE 2

- Division, Straight Division, Squares, Cubes, Square root, Cube root

##### MODULE 3

- Algebraic Expressions, Geometry, Fractions, Ratio and Proportion

##### MODULE 4

- Operations with decimals, Statistics, Triples Addition & Subtraction

##### MODULE 5

- Trigonometry, Calculus, Derivatives & Integrals, Checking Devices

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

[sntcned@gmail.com](mailto:sntcned@gmail.com)



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## COURSE SYLLABUS

**Table showing the selected Mathematics Concepts and the corresponding Vedic Sutras**

Sl. No.	Mathematics Concepts	Vedic Sutras	Duration
1	Addition (Whole numbers)	Shuddha Sutra	First Week
2	Subtraction (Whole numbers)	Shuddha Sutra	
3	Complement of a number	NikhilamNavatascaramamDasatah	
4	Multiplication I	EkadhikenaPurvena	
5	Multiplication II	Antyayordasakeapi	
6	Multiplication III	EkanyunenaPurvena	
7	Identities	NikhilamNavatascaramamDasatah	
8	General Multiplication	UrdhvaTiryagbhyam	
9	Division I	NikhilamNavatascaramamDasatah	Second Week
10	Division II	ParavartyaYojayet	
11	Straight Division	Dhwajankam	
12	Squares	YavadoonamTavadoonikrityaVargam Cha Yojayet, Anurupyena, Dwandayoga (Duplex)	
13	Cubes	Anurupyena	
14	Square root of Perfect Squares	Vilokanam	
15	Cube root of Perfect Cubes	Vilokanam	
16	Algebraic Expressions	ParavartyaYojayet, UrdhvaTiryagbhyam	Third Week
17	Solution of Equations	ParavartyaYojayet, SunyamSamyasmuccaye.	
18	Geometry-Area of plane figures	UrdhvaTiryagbhyam	
19	Operations with fractions	UrdhvaTiryagbhyam	
20	Ratio and Proportion	Vilokanam, Trairasikam, Adyamadyenantyamantyena.	
21	Operations with decimals	UrdhvaTiryagbhyam, Dhwajankam, Puranapurabhyam.	Fourth Week
22	Statistics (Arithmetic mean)	Vyastisamastih	
23.	Statistics (Mean Deviation)	Vyastisamastih	
24.	Triples Addition	UrdhvaTiryagbhyam	
25.	Triples Subtraction	UrdhvaTiryagbhyam	
26.	Trigonometry	UrdhvaTiryagbhyam	Fifth Week
27.	Calculus	Calana Kalanabyam	
28.	Derivative of Products	Calana Kalanabyam	
29.	Integral of Products	Calana Kalanabyam	
30.	Checking Devices	Adyamadyenantyamantyena	



  
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**LIST OF STUDENTS ENROLLED IN 2021-'22**

Sl. No.	Name of Student	Optional Subject
1	AMINA S. S.	Mathematics
2	ARYA SREE G. A.	Mathematics
3	DRISYA M.	Mathematics
4	MEERA P. R.	Mathematics
5	POOJA S.	Mathematics
6	REJITHA S.	Mathematics
7	SABJA J. S.	Mathematics
8	SILPA SUNNY	Mathematics
9	SOBHANA ANANNYA	Mathematics
10	SUJITHA M. S.	Mathematics
11	VIJI S. VIJAYAN	Mathematics



A handwritten signature in green ink, consisting of several loops and a long horizontal stroke.

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## SAMPLE CERTIFICATES

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Email: [sntced@gmail.com](mailto:sntced@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. DRISYA M., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2021- '22.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. SOBHANA ANANNYA., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2021- '22.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. MEERA P. R., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2021- '22.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CSS21**  
**CERTIFICATE COURSE IN SOFT SKILLS**  
**2021- '22**

**ABOUT THE COURSE**

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The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training mold the prospective teachers to face those challenges and difficulties comfortably. The wholehearted development of and individual is the ultimate aim of a software training programme.

**COURSE LEARNING OUTCOME**

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- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

**LIST OF RESOURCE PERSONS/ TRAINERS**

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- **Dr. M. Jayaprakash,**  
Professor and Head, BehaviourPaediatrics,  
Govt. Medical College, Thiruvananthapuram.
- **Mr. Vishnu Prasad M.V.,**  
HRM Srishti Innovative Technopark Trivandrum and Trainer,  
NaiTER and VaCCT, Thiruvananthapuram.
- **Dr. Sindhya V.,**  
Assistant Professor, Department of Education, University of Kerala,  
Thiruvananthapuram.

**COURSE COORDINATOR**

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- **Dr. Sangeetha N.R.,**  
Assistant Professor, S. N. Training College, Nedunganda.



  
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## BROCHURE OF THE COURSE IN SOFT SKILLS



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### CSS21 CERTIFICATE COURSE IN SOFT SKILLS 2021-'22

#### ABOUT THE COURSE

The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training moulds the prospective teachers to face those challenges comfortably. The wholehearted development of the individual is the ultimate aim of the soft skill training programme.

#### COURSE LEARNING OUTCOME

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

#### COURSE ELIGIBILITY

The Certificate Course in Soft Skills is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

#### COURSE SYLLABUS

##### BLOCK 1: Soft Skills & Life skills

- Soft Skills and Life skills - Introduction
- Body Language
- Communication skills

##### BLOCK 2: Emotional Skills

- Emotional Skills- coping with stress and emotions
- Life skills

##### BLOCK 3: Presentation Skill

- Presentation skill
- Time management
- Interview skills
- Interpersonal interaction

##### BLOCK 4: Teamwork & Problem-Solving Ability

- Group Discussions
- Teamwork
- Problem Solving skills

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

[sntcned@gmail.com](mailto:sntcned@gmail.com)



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Nedunganda

## DETAILED SYLLABUS

The syllabus in soft skills training include both of skills and life skills including communication skills body language, emotional skills, group discussion skills, interview skills, Time management, presentation skills and thinking skills.

**Duration: 30 hours**

### Instructional Methods: Lectures, Games, Group Discussions and Activities

BLOCKS	COURSE DETAILS
BLOCK 1 Soft Skills & Life skills	<ul style="list-style-type: none"><li>• Soft Skills and Life skills -Introduction</li><li>• Body Language</li><li>• Communication skills</li></ul>
BLOCK 2 Emotional Skills	<ul style="list-style-type: none"><li>• Emotional Skills- coping with stress and emotions</li><li>• Life skills</li></ul>
BLOCK 3 Presentation Skill	<ul style="list-style-type: none"><li>• Presentation skill</li><li>• Time management</li><li>• interview skills</li><li>• Interpersonal interaction</li></ul>
BLOCK 4 Teamwork&Problem-Solving Ability	<ul style="list-style-type: none"><li>• Group Discussions</li><li>• Teamwork</li><li>• Problem Solving skills</li></ul>



  
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**Nedunganda**

## LIST OF STUDENTS ENROLLED IN 2021-'22

Sl. No.	Name	Optional Subject
1.	AISWARYA A. R.	English
2.	ARYA M. S.	English
3.	GANGA A. T.	English
4.	HAFNA H.	English
5.	HYFA NASARKHAN SHIBI	English
6.	INDRAJITH R.	English
7.	ALUBIUSH B. U.	Malayalam
8.	ASHTAMI P. S.	Malayalam
9.	GEETHUKRISHNA A. S.	Malayalam
10.	STEPHY THOMAS	Malayalam
11.	VARSHA P. M.	Malayalam
12.	BISMAYA B. L.	Natural Science
13.	LAVANYA L.	Natural Science
14.	MAYOOKHA S. SINGH	Natural Science
15.	NASHIDA NIZAR	Natural Science
16.	NAYANA S.	Natural Science
17.	SILPA D. S.	Natural Science
18.	GEETHU G. P.	Social Science
19.	NIKHILA C. S.	Social Science
20.	SARANYA S. S.	Social Science
21.	SREELEKSHMI R. V.	Social Science



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**CERTIFICATE OF COMPLETION**

*This is to certify that Ms. Nysa Nasarkhan Shibi (English Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2021 - '22.*

  
Dr. Sangeetha N. R.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Sree Narayana Training College  
Nedunganda

  
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**CERTIFICATE OF COMPLETION**

*This is to certify that Ms. Nayana S. (Natural Science Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2021 - '22.*

  
Dr. Sangeetha N. R.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Sree Narayana Training College  
Nedunganda

  
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**CERTIFICATE OF COMPLETION**

*This is to certify that Ms. Nikhita C. S. (Social Science Opt Science Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2021 - '22.*

  
Dr. Sangeetha N. R.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CY21**  
**CERTIFICATE COURSE IN YOGA**  
**2021- '22**

**ABOUT THE COURSE**

Value Added Course in Yoga is conducted by Sree Narayana Training College for students enrolled in B.Ed. Degree in six Optional Subjects of English, Malayalam, Mathematics, Physical Science, Natural Science and Social Science. The students must attend the course in 30 compulsory hours conducted in month of May every year. The programme is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

**REGULATIONS**

The candidates for Yoga shall satisfy the following regulations:

1. Enrolled in B.Ed. Degree in Sree Narayana Training College.
2. Number of seats for admission are 25 candidates only.
3. Medium of Instruction is English.
4. Examination can be written in English or Malayalam

**INSTRUCTOR**

**Dr. Rani K. V.**

M.Sc., M.Ed., M.Phil., NET, Ph.D., M.A. (Sociology), M.A. (Philosophy),  
M.Sc. (Applied Psychology), PGDY, CIG, PGDEAS, PGDIT

Assistant Professor in Education

Mob: 09447257300, 08129239979

e-mail : [ranivino@gmail.com](mailto:ranivino@gmail.com)

**COURSE LEARNING OUTCOMES**

1. To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
2. To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature and scope,
4. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
5. To attain the knowledge of meditation and its types and relevance of yoga to modern life.



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### CY21 CERTIFICATE COURSE IN YOGA 2021-'22

#### ABOUT THE COURSE

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

#### PROGRAMME OBJECTIVES

- To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
- To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
- To give them a basic understanding of Yoga and its nature and scope,
- To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
- To attain the knowledge of meditation and its types and relevance of yoga to modern life.

#### COURSE ELIGIBILITY

The Certificate Course in Yoga is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

#### COURSE SYLLABUS

##### MODULE 1: Fundamentals of Yoga (10 hours)

- Introduction to Yoga
- Elements of Yoga in Vedic and Upanashadic Literature
- Schools of Yoga
- Patanjali's Ashtanga yoga
- Different types of meditation. Relaxation exercises
- Relevance of Yoga in modern life

##### MODULE 2: Yoga Practice (20 hours)

- Asanas

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

sntcned@gmail.com



Principal  
Sree Narayana Training College  
Nedunganda

## COURSE SYLLABUS

COURSE – I: FUNDAMENTALS OF YOGA (10 HRS)			
Units	Contents	Teaching Methods	Evaluation
1 (7 hrs)	Introduction to Yoga: Definition, nature and scope of yoga Elements of Yoga in Vedic and Upanashadic Literature- Development of yoga through the ages. Schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.	Lecture method Demonstration method Group Discussion You Tube presentation Use of Black board, video clips.	Assignments Seminars Class Participation Class test
2 (3 hrs)	Patanajali's Ashtanga yoga- Kriyas- Mudras- Bandhas- Pranayamas- Meditation. Its nature and scope. Different types of meditation. Relaxation exercises- Relevance of Yoga in modern life	Lecture method Demonstration You tube presentation	Seminars Class participation Assignments Class test Annual Examination

### Reference books:

1. George Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
3. Mahesh Yogi,(1963).Transcendental meditation. New York: New American library.
4. Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
5. Rama, Swami (1992) Meditation and its practice.
6. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
7. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni I.K. (1961/1999) The Science of Yoga ( The Yoga Sutras of Patanjali),The Theosophical Publishing House, Adyar.



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**Nedunganda**

Course –II: YOGA PRACTICE (20 hrs)			
Time	Contents	Teaching Methods	Evaluation
20 hrs	<p><b>ASANAS:</b></p> <p><b>Meditative postures:</b> Sukhasana, Swastikasana, Ardhapadmasana, Padmasana, Siddhasana, Vajrasana</p> <p><b>Relaxation postures:</b> Shavasana, Makrasana, Matsyakridasana</p> <p><b>Standing postures:</b> Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana</p> <p><b>Balancing Postures:</b> Tadasana, Vrikshasana, Natarajasan, Ekapadasana, Garudasana</p> <p><b>Sitting postures:</b> Bhadrasana, Virasana, Ardha-matsyendrasana, Ushtrasana, Vajrasana, Shashankasana, Simhasana, Paschimottanasana</p> <p><b>Prone postures:</b> Bhujangasana, Dhanurasana, Shalabhasana</p> <p><b>Supine postures:</b> Uttanapadaasana, Pavanamuktasana, Navasana, Sethubandasana, Chakrasana, Matyasana</p> <p><b>Inverted postures:</b> Vipareetakarini asana, Sarvangasana, Halasana, Sirshasan</p> <p><b>Suryanamaskara:</b></p> <p>Pranamasana, Hasta uttanasana, Padahastasana, Aswasanchalanasana, Sashangasana, Dandasana, Ashtangasana, Bhujangasana, Parvatasana, Sashasangasana, paadahastasana, hasta uttanasana, pranamasana</p>	<p>Lecture method</p> <p>Demonstration</p> <p>You Tube presentation</p> <p>Use of Black board, video clips.</p>	<p>Practical- Viva-voce</p>

**Reference books:**

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2002). Exercise physiology Laboratory Manual. 4th edition. New



  
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York: Mc Graw-Hill.

4. Rama, Swami (1992) Meditation and its practice.
5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

#### **MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE**

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The total marks of 100 for the examination in yoga practice shall be distributed as follows:

**Theory - 70 marks**

**Practical Performance - 20 marks**

**Viva voce – 10 marks**

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40 % in practical examination. However, the aggregate passing minimum may be 40 %.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%: Second Class

60% and above but below 70%: First Class

70% and above: First Class with Distinction



  
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**Nedunganda**

**LIST OF STUDENTS ENROLLED IN 2021-'22**

Sl. No.	Name	Optional Subject
1	AISWARYA ASHOK	English
2	AISWARYA S.	English
3	ANAGHA J.	English
4	ANAKHA O. A.	English
5	ANAMIKA SOMARAJ	English
6	ANJANA ANIL A.	English
7	ANJANA VARMA V.	English
8	APARNA RAJ	English
9	DARSANA S. S.	English
10	FATHIMA M. S.	English
11	HARI CHANDANA S.	English
12	HARITHA ARAVIND	English
13	PRAVEENA P.	English
14	RAKHI R. G.	English
15	RESMI GIRILAL	English
16	ROSHNI R. KRISHNAN	English
17	SREERAG S.	English
18	THRISHNA V. B.	English
19	AISWARYA S.	Malayalam
20	ARANYA S.	Malayalam
21	GAYATHRI NAGENDRAN	Malayalam
22	AATHIPA P. KUMAR	Natural Science
23	AKHILA A. S.	Natural Science
24	PRASEETHA P. R.	Social Science
25	VISWANI T. M.	Social Science



  
Principal

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## SAMPLE CERTIFICATES

 <p><b>SREE NARAYANA TRAINING COLLEGE</b> Nedunganda P. O., Varkala, Thiruvananthapuram, Kerala. (Affiliated to University of Kerala, Recognized by NCTE, Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) &amp; 12(B)) Email: sntced@gmail.com, Website: www.snttrainingcollege.edu.in</p> <p><b>CERTIFICATE OF COMPLETION</b></p> <p>This is to certify that Ms. AISWARYA S. (English Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2021 - '22.</p> <p> Dr. Rani K. V. Course Coordinator</p>  <p> Dr. Sheeba P. Principal Principal Sree Narayana Training College Nedunganda</p>
 <p><b>SREE NARAYANA TRAINING COLLEGE</b> Nedunganda P. O., Varkala, Thiruvananthapuram, Kerala. (Affiliated to University of Kerala, Recognized by NCTE, Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) &amp; 12(B)) Email: sntced@gmail.com, Website: www.snttrainingcollege.edu.in</p> <p><b>CERTIFICATE OF COMPLETION</b></p> <p>This is to certify that Ms. ARANYA S. (Malayalam Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2021 - '22.</p> <p> Dr. Rani K. V. Course Coordinator</p>  <p> Dr. Sheeba P. Principal Principal Sree Narayana Training College Nedunganda</p>
 <p><b>SREE NARAYANA TRAINING COLLEGE</b> Nedunganda P. O., Varkala, Thiruvananthapuram, Kerala. (Affiliated to University of Kerala, Recognized by NCTE, Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) &amp; 12(B)) Email: sntced@gmail.com, Website: www.snttrainingcollege.edu.in</p> <p><b>CERTIFICATE OF COMPLETION</b></p> <p>This is to certify that Ms. AATHIPA P. KUMAR (Natural Science Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2021 - '22.</p> <p> Dr. Rani K. V. Course Coordinator</p>  <p> Dr. Sheeba P. Principal Principal Sree Narayana Training College Nedunganda</p>



  
Principal  
Sree Narayana Training College  
Nedunganda

**CCE21**  
**CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH**  
**2021- '22**

**ABOUT THE COURSE**

The Certificate Course in Communicative English is a certification course that offers an in-depth study of the contemporary intellectual vocabulary of English and English studies. This course offers theoretical as well as analytical training to develop student's professional skills required to work in a relevant field for English teaching, editing and professional writing. The course imparts in-depth knowledge on the history of English Language, language acquisition, composition, reading, grammar and language development. This course is specially designed to learn the different aspects of the English language to develop reading and writing skills and English vocabulary.

**COURSE LEARNING OUTCOMES**

- To enhance the learner's communication skills by giving adequate exposure in LSRW- listening, speaking, reading and writing skills and the related sub-skills.
- To help the learner get rid of his present flaws in pronunciation and grammar.
- To help the learner identify and repair the voids in his/her present vocabulary and pronunciation targeting that specific array of words which create a barrier in his/her thought process.
- To impart better writing skills by sensitizing the learners to the dynamics of effective writing.
- To build up the learner's confidence in oral and interpersonal communication by reinforcing the basics of pronunciation.
- Enabling the learner to achieve adequate linguistic skills.

**COURSE ELIGIBILITY**

The Certificate Course in Communicative English is conducted by the English Association of Sree Narayana Training College for the students enrolled in B.Ed. course. The course is specifically meant for students belonging to Malayalam, Natural Science and Social Science optionals. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR/ RESOURCE PERSON**

- **Dr.Reetha Ravi H.**  
M.A., M.Ed., M.Phil., NET, Ph.D.  
Assistant Professor in English  
Sree Narayana Training College, Nedunganda  
Mob: 9447450398, e-mail: [reetharavi1975@yahoo.com](mailto:reetharavi1975@yahoo.com)



  
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**Nedunganda**



**SREE NARAYANA TRAINING COLLEGE**

**Nedunganda, Varkala**

(Affiliated to University of Kerala, Recognised by NCTE,  
Re-Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.snrtrainingcollege.edu.in](http://www.snrtrainingcollege.edu.in)



**CCE21**  
**CERTIFICATE COURSE IN**  
**COMMUNICATIVE ENGLISH**  
**2021-'22**

**ABOUT THE COURSE**

The Certificate Course in Communicative English offers an in-depth study of the contemporary intellectual vocabulary of English. This course offers theoretical as well as analytical training to develop student's professional skills required to work in a relevant field for English teaching, editing and professional writing. It imparts in-depth knowledge on the history of English language, language acquisition, composition, reading, grammar and language development. It is specially designed to learn the different aspects of English language to develop reading and writing skills and English vocabulary.

**OBJECTIVES OF THE COURSE**

- To enhance the learner's communication skills by giving adequate exposure in LSRW skills and the related sub-skills.
- To help the learner get rid of his present flaws and mistakes in pronunciation and grammar.
- To help the learner identify and repair the voids in his/her present vocabulary and pronunciation targeting that specific array of words which create a barrier in the thought process.
- To impart better writing skills by sensitizing the learners to the dynamics of effective writing.
- To build up the learner's confidence in oral and interpersonal communication by reinforcing the basics of pronunciation.
- Enabling the learner to achieve adequate linguistic skills.

**COURSE ELIGIBILITY**

The Certificate Course in Communicative English is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE SYLLABUS**

- MODULE 1 - Language and Communication (6 hrs)
- MODULE 2 - Phonetics and Phonology (6 hrs)
- MODULE 3 - Listening and Speaking (6 hrs)
- MODULE 4 - Reading and Writing (6 hrs)
- MODULE 5 - Corporate Communication (6 hrs)

**DURATION OF THE COURSE**

30 Hours

**CONTACT**

[sntcned@gmail.com](mailto:sntcned@gmail.com)



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**Sree Narayana Training College**  
**Nedunganda**

## COURSE SYLLABUS

**Duration: 30 hours**

### **MODULE 1 - LANGUAGE AND COMMUNICATION (6 hrs)**

Language - Characteristics of language - Definition and features of communication as a medium of transference and the functions of effective communication.

### **MODULE 2 - PHONETICS AND PHONOLOGY (6 hrs)**

Elements of Phonology – pitch, intonation, stress, accent.

### **MODULE 3 - LISTENING AND SPEAKING (6 hrs)**

Active Listening and Speaking - definition and characteristics.  
Building up interpersonal skills and relations through case studies.

Confidence Building Measures through speaking exercises. Grammar for effective speaking.

### **MODULE 4 - READING AND WRITING (6 hrs)**

Effective Reading – techniques of critical reading. Extensive and Intensive Reading. Business Writing – reports, Cvs and resumes, letters, job applications, memos, notices, minutes. Academic writing and Creative writing. Grammar for effective writing.

### **MODULE 5 - CORPORATE COMMUNICATION (6 hrs)**

Corporate Communication – Role Play, Presentation, Group Discussion. Interpersonal behaviour and Emotional Intelligence. Definition and elements of body language. English for Specific Purposes – Vocabulary related to various professions. Etiquette and Attitude - Correct use of speech codes and customs- Dress Code - Categories of Attitude - Motivation.



  
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**Nedunganda**

**LIST OF STUDENTS ENROLLED IN 2021-'22**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1.	GREESHMA G. K.	Malayalam
2.	GREESHMA P. B.	Malayalam
3.	NANDHU C. S.	Malayalam
4.	POOJA BIJU	Malayalam
5.	ARATHY P. V.	Natural Science
6.	ARCHANA A.	Natural Science
7.	ARYA SASI	Natural Science
8.	DEEPTHY P.	Natural Science
9.	RAJALEKSHMI R.	Natural Science
10.	SNEHA S.	Natural Science
11.	UMA U. S.	Natural Science
12.	VIDYA K. JAYACHANDRAN	Natural Science
13.	VRINDHA S.	Natural Science
14.	ANJU B.	Social Science
15.	ASWATHY U.	Social Science
16.	NEHA SURESH	Social Science
17.	NINA S.	Social Science
18.	NISHANA N. S.	Social Science
19.	RAHUL RAJ R.	Social Science
20.	RAMYA RAJU	Social Science
21.	SREELEKSHMI S. NAIR	Social Science
22.	SREELEKSHMI K. S.	Social Science
23.	SUKANYA S. S.	Social Science
24.	VARSHA V. S.	Social Science



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## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
*(Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))*  
Email: [satcned@gmail.com](mailto:satcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Mr./ Ms. POOJA BIJU (MALAYALAM) has participated and successfully completed the CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH organised by English Association of Sree Narayana Training College, Nedunganda in the year 2021 - '22.

  
Dr. Reetha Ravi H.  
Coordinator  
English Association



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
*(Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))*  
Email: [satcned@gmail.com](mailto:satcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Mr./ Ms. DEEPTHY P. (NATURAL SCIENCE) has participated and successfully completed the CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH organised by English Association of Sree Narayana Training College, Nedunganda in the year 2021 - '22.

  
Dr. Reetha Ravi H.  
Coordinator  
English Association



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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Email: [satcned@gmail.com](mailto:satcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Mr./ Ms. NINA S. (SOCIAL SCIENCE) has participated and successfully completed the CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH organised by English Association of Sree Narayana Training College, Nedunganda in the year 2021 - '22.

  
Dr. Reetha Ravi H.  
Coordinator  
English Association



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal

Sree Narayana Training College  
Nedunganda

**CSCE21**  
**CERTIFICATE COURSE IN**  
**SCIENCE FOR COMPETITIVE EXAMINATIONS**  
**2021- '22**

**ABOUT THE COURSE**

The implementation of the Right of Children to Free and Compulsory Education (RTE) Act 2009 requires the recruitment of a number of qualified teachers across the country in a time bound manner. It also directs the State to ensure that the quality requirement for recruitment of teachers is not diluted at any cost. It is therefore necessary to ensure that persons recruited as teachers possess the essential aptitude and ability to meet the challenges of teaching at all levels of schooling. The Certificate Course on 'Science for Competitive Examinations' is designed to give the student-teachers an orientation to the various competitive examinations like TET, CTET, KTET, SET etc. for securing eligibility for appointment in the teaching profession. The course materials are so designed as to effectively train the student-teachers to face the competitive examinations. The test provided helps to evaluate the performance of the student-teachers in a meaningful manner.

**COURSE LEARNING OUTCOMES**

- 1) To enrich students' knowledge about various competitive exams.
- 2) To orient and guide students towards preparing for various competitive examinations like TET, CTET, KTET, SET etc.
- 3) To provide orientation and practice to students for facing competitive exams confidently.
- 4) To simplify the learning process, emphasize the important areas, shortcuts to remember facts and figures, and techniques to solve problems.

**COURSE ELIGIBILITY**

The certificate course on Orientation to Competitive Examinations is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Physical Science optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR**

**Dr. Vijji V.**  
M.Sc., M.Ed., NET, Ph.D.  
Assistant Professor in Physical Science  
Sree Narayana Training College, Nedunganda  
Mob: 9946664085, e-mail: vijjivinesh@gmail.com



**Principal**  
**Sree Narayana Training College**  
**Nedunganda**



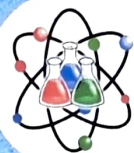
## BROCHURE OF THE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS



### SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala

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Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in



### CSCE21 CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS 2021-'22

#### ABOUT THE COURSE

The implementation of the Right of Children to Free and Compulsory Education (RTE) Act 2009 requires the recruitment of a number of qualified teachers across the country in a time bound manner. The Certificate Course in 'Science for Competitive Examinations' is designed to give the student-teachers an orientation to the various competitive examinations like TET, CTET, KTET, SET etc. for securing eligibility for appointment in the teaching profession. The course materials are so designed as to effectively train the student-teachers to face the competitive examinations. The test provided helps to evaluate the performance of the student-teachers in a meaningful manner.

#### OBJECTIVES OF THE COURSE

- To enrich students' knowledge about various competitive exams.
- To orient and guide students towards preparing for various competitive examinations like TET, CTET, KTET, SET etc.
- To provide orientation and practice to students for facing competitive exams confidently.
- To simplify the learning process, emphasize the important areas, shortcuts to remember facts and figures, and techniques to solve problems.

#### COURSE ELIGIBILITY

The Certificate Course in Science for Competitive Examinations is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Physical Science only). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

#### COURSE SYLLABUS

##### CHEMISTRY (15 hours)

- Module 1:  
ORGANIC CHEMISTRY
- Module 2:  
INORGANIC CHEMISTRY
- Module 3:  
PHYSICAL CHEMISTRY
- Module 4:  
CHEMISTRY FOR LIFE

##### PHYSICS (15 hours)

- Module 5:  
ELECTROSTATICS
- Module 6:  
CURRENT ELECTRICITY
- Module 7:  
MAGNETIC EFFECTS OF CURRENT
- Module 8:  
OPTICS

**DURATION OF THE COURSE**  
30 Hours

**CONTACT**  
sntcned@gmail.com



Principal

Sree Narayana Training College  
Nedunganda

## COURSE SYLLABUS

CHEMISTRY	
Module 1: ORGANIC CHEMISTRY (3 Hours)	Electron displacement effects and Aromaticity, Reagents and Name Reactions, Photochemistry
Module 2: INORGANIC CHEMISTRY (4 Hours)	Periodicity and Chemistry of Main Group Elements, Transition and Inner Transition elements, Coordination chemistry
Module 3: PHYSICAL CHEMISTRY (5 Hours)	Thermodynamics, Chemical Kinetics, Electrochemistry, Surface Chemistry, Colloids and Catalysis
Module 4: CHEMISTRY FOR LIFE (3 Hours)	Green, Medicinal and Environmental Chemistry
PHYSICS	
Module 5: ELECTROSTATICS (4 Hours)	Electric field, Electric field lines, Electric dipole, Torque on a dipole in uniform electric field, Electric flux, Electric potential
Module 6: CURRENT ELECTRICITY (4 Hours)	Ohm's law, electrical resistance, Electrical energy and power, Electrical resistivity and conductivity, Carbon resistors, Kirchhoff's laws and simple applications, Wheatstone bridge, Meter bridge
Module 7: MAGNETIC EFFECTS OF CURRENT (3 Hours)	Biot - Savart law, Ampere's law, Straight and toroidal solenoids, Force on a moving charge in uniform magnetic and electric fields, Force on a current-carrying conductor in a uniform magnetic field, Force between two parallel current-carrying conductors
Module 8: OPTICS (4 Hours)	Magnification, power of a lens, combination of thin lenses in contact, Refraction and dispersion of light through a prism, Scattering of light, Optical instruments



  
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Sree Narayana Training College  
Nedunganda

**LIST OF STUDENTS ENROLLED IN 2021-'22**

<b>Sl. No.</b>	<b>Name of Student</b>	<b>Optional Subject</b>
1	AISWARYA DEVI A.	Physical Science
2	AKHILA P. CHAND	Physical Science
3	ANJITHA R. S.	Physical Science
4	ANJU A.	Physical Science
5	ANUVIND T. V.	Physical Science
6	ARCHANA J.	Physical Science
7	ARYA A.	Physical Science
8	ATHIRA G.	Physical Science
9	KALLYANI M.	Physical Science
10	KEERTHANA S. RAJ	Physical Science
11	KRISHNA S. SURESH	Physical Science
12	SATHEESHNA S. R.	Physical Science
13	SNEHA B.	Physical Science
14	SOUBHAGYA M.	Physical Science
15	SRUTHI SAMBAN	Physical Science
16	SRUTHY PRATHAP	Physical Science



A handwritten signature in green ink, appearing to be the name of the Principal.

**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

**ATTENDANCE (03 January 2022 to 15 February 2022)**

*Certificate Course in Science*

*for Competitive Exams 2021-22 (CSE 21)*

**ATTENDANCE REGISTER**

NUMBER	NAME	No. of days										No. of days absent	No. of days present
		1	2	3	4	5	6	7	8	9	10		
1	Abhaya D. S.	X	X	X	X	X	X	X	X	X	X		
2	Abhinav S. D.	X	X	X	X	X	X	X	X	X	X		
3	Adarsh S. S.	X	X	X	X	X	X	X	X	X	X		
4	Adarsh S.	X	X	X	X	X	X	X	X	X	X		
5	Adarsh S. S.	X	X	X	X	X	X	X	X	X	X		
6	Adarsh S.	X	X	X	X	X	X	X	X	X	X		
7	Adarsh S.	X	X	X	X	X	X	X	X	X	X		
8	Adarsh S.	X	X	X	X	X	X	X	X	X	X		
9	Kalyani D.	X	X	X	X	X	X	X	X	X	X		
10	Karthika S. S.	X	X	X	X	X	X	X	X	X	X		
11	Krishna S. S.	X	X	X	X	X	X	X	X	X	X		
12	Krishna S. S.	X	X	X	X	X	X	X	X	X	X		
13	Krishna S.	X	X	X	X	X	X	X	X	X	X		
14	Krishna S.	X	X	X	X	X	X	X	X	X	X		
15	Krishna S.	X	X	X	X	X	X	X	X	X	X		
16	Krishna S.	X	X	X	X	X	X	X	X	X	X		

*Dr. Viji V.*  
**Course Coordinator**

Dr. Viji V.  
Assistant Professor  
Sree Narayana Training College  
Nedunganda

**DEPARTMENT FOR THE MONTH OF**

20

No. of days	No. of days										No. of days	No. of days
	1	2	3	4	5	6	7	8	9	10		
1	X	X	X	X	X	X	X	X	X	X		
2	X	X	X	X	X	X	X	X	X	X		
3	X	X	X	X	X	X	X	X	X	X		
4	X	X	X	X	X	X	X	X	X	X		
5	X	X	X	X	X	X	X	X	X	X		
6	X	X	X	X	X	X	X	X	X	X		
7	X	X	X	X	X	X	X	X	X	X		
8	X	X	X	X	X	X	X	X	X	X		
9	X	X	X	X	X	X	X	X	X	X		
10	X	X	X	X	X	X	X	X	X	X		
11	X	X	X	X	X	X	X	X	X	X		
12	X	X	X	X	X	X	X	X	X	X		
13	X	X	X	X	X	X	X	X	X	X		
14	X	X	X	X	X	X	X	X	X	X		
15	X	X	X	X	X	X	X	X	X	X		
16	X	X	X	X	X	X	X	X	X	X		

*Dr. Shreya S.*  
**Principal**



**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
NEDUNGANDA P.O., VARKALA, THIRUVANANTHAPURAM, KERALA  
(Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



**CERTIFICATE OF COMPLETION**

This is to certify that Ms. KALLYANI M., Student Teacher of Physical Science Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS organised by Sree Narayana Training College, Nedunganda, in the year 2021-'22.

  
Dr. Viji V.  
Course Coordinator &  
Assistant Professor, SNCT



  
Dr. Sheeba P.  
Principal, SNCT  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
NEDUNGANDA P.O., VARKALA, THIRUVANANTHAPURAM, KERALA  
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Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



**CERTIFICATE OF COMPLETION**

This is to certify that Ms. ANJU A., Student Teacher of Physical Science Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS organised by Sree Narayana Training College, Nedunganda, in the year 2021-'22.

  
Dr. Viji V.  
Course Coordinator &  
Assistant Professor, SNCT



  
Dr. Sheeba P.  
Principal, SNCT  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



**CERTIFICATE OF COMPLETION**

This is to certify that Ms. SNEHA B., Student Teacher of Physical Science Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS organised by Sree Narayana Training College, Nedunganda, in the year 2021-'22.

  
Dr. Viji V.  
Course Coordinator &  
Assistant Professor, SNCT



  
Dr. Sheeba P.  
Principal, SNCT  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

# SREE NARAYANA TRAINING COLLEGE

**Nedunganda, Varkala**

(Affiliated to University of Kerala, Recognised by NCTE,  
Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



## VALUE ADDED COURSES

2020-'21



  
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# SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala

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## GUIDELINES FOR THE VALUE-ADDED COURSES

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

Sree Narayana Training College offers a variety of Value Added Courses which are conducted after class hours. These courses are conducted by experts and faculty and help students stand apart from the rest in the job market by adding further value to their resume. They are mostly independent to each type of the fields.

## OBJECTIVES

The main objectives of the Value Added Course are:

- To improve soft skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

## GENERAL GUIDELINES FOR THE COURSE

Value Added Course is not mandatory to students pursuing the B.Ed. course. It is a teacher assisted learning course open to all students without any additional fee. The courses are conducted during the first semester every year. Classes for each Value Added Course are conducted beyond the regular class hours. The Value Added Courses may be also conducted during weekends / vacation period.

## DURATION

The duration of each value added course is 30 hours.



  
Principal  
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Nedunganda

## PROCEDURE FOR REGISTRATION

The brochure of the Value Added Courses is provided to the students during admission. A student shall register for a Value Added Course offered during the first semester by submitting the duly filled in registration form through the faculty in charge of the respective course. The Faculty in charge sorts the students according to the choices opted.

## VALUE-ADDED COURSES OFFERED DURING THE ACADEMIC YEAR 2020-'21

Sl. No.	Course Code	Name of Course
1	CVM20	CERTIFICATE COURSE IN VEDIC MATHEMATICS
2	CSS20	CERTIFICATE COURSE IN SOFT SKILLS
3	CY20	CERTIFICATE COURSE IN YOGA
4	CCE20	CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH
5	CSCE20	CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMS



  
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Nedunganda

**BROCHURE OF THE VALUE-ADDED COURSES OFFERED DURING 2020-'21**



**SREE NARAYANA TRAINING COLLEGE**

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**CERTIFICATE COURSES  
OFFERED DURING THE  
ACADEMIC YEAR 2020-'21**

**CERTIFICATE COURSE  
IN VEDIC MATHEMATICS**

**CVM20**

**CCE20**

**CERTIFICATE COURSE  
IN COMMUNICATIVE  
ENGLISH**

**CERTIFICATE COURSE  
IN SOFT SKILLS**

**CSS20**

**CY20**

**CERTIFICATE COURSE  
IN YOGA**

**CERTIFICATE COURSE IN  
SCIENCE FOR  
COMPETITIVE EXAMS**

**CSCE20**



  
**Principal  
Sree Narayana Training College  
Nedunganda**

## REGISTRATION FORM FOR VALUE-ADDED COURSES



### SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala

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#### REGISTRATION FORM FOR VALUE ADDED COURSES 2020-'21

Name of the Applicant	
Optional Subject	
Gender	
Age and Date of Birth	
Permanent Address (with pin code)	
Mobile Number	
Email ID	
B.A./ B.Sc. Main subject	

Sl. No.	Course Code	Name of Course	Give a tick (✓) mark against your preference
1	CVM20	CERTIFICATE COURSE IN VEDIC MATHEMATICS	
2	CSS20	CERTIFICATE COURSE IN SOFT SKILLS	
3	CY20	CERTIFICATE COURSE IN YOGA	
4	CCE20	CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH	
5	CSCE20	CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMS	

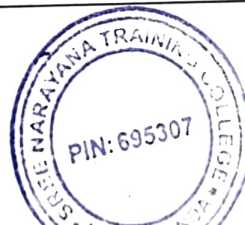
#### DECLARATION OF THE APPLICANT


I do hereby declare that the details given in the application are correct and true to the best of my knowledge and belief and I promise to abide by all the regulations of the course.

Place:

Date:

(SIGNATURE OF THE APPLICANT)



  
Principal  
Sree Narayana Training College  
Nedunganda

**NUMBER OF STUDENTS ENROLLED IN THE VALUE-ADDED COURSES DURING  
2020-'21**

<b>Sl. No.</b>	<b>Names of the Value Added Course</b>	<b>Course Code</b>	<b>Number of students enrolled in the year</b>	<b>Number of Students completing the course in the year</b>
1	CERTIFICATE COURSE IN VEDIC MATHEMATICS	CVM20	13	13
2	CERTIFICATE COURSE IN SOFT SKILLS	CSS20	22	22
3	CERTIFICATE COURSE IN YOGA	CY20	24	24
4	CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH	CCE20	22	22
5	CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMS	CSCE20	19	19



*Principal*  
**Sree Narayana Training College**  
**Nedunganda**

**CVM20**  
**CERTIFICATE COURSE IN VEDIC MATHEMATICS**  
**2020- '21**

**ABOUT THE COURSE**

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

**COURSE LEARNING OUTCOMES**

1. To eradicate the fear of Mathematics and instil confidence in students.
2. To improve calculation speed and numerical skills.
3. To sharpen the brain.
4. To facilitate the habit of analytical thinking towards any problem.
5. To provide an insight into ancient Indian mathematics.

**COURSES ELIGIBILITY**

The course on Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR/ RESOURCE PERSON**

**Dr. Smitha S.**

M.Sc. (Maths), M.A. (Philosophy), M.Sc. Psychology, M.Ed., PGDEPMA, NET, Ph.D.

Assistant Professor in Education


Sree Narayana Training College, Nedunganda

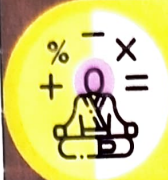
Mob: 9995283505, e-mail: smithakailas2@gmail.com



*Principal*  
**Sree Narayana Training College**  
**Nedunganda**

# BROCHURE OF THE COURSE IN VEDIC MATHEMATICS

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda, Varkala  
(Affiliated to University of Kerala, Recognised by NCTE,  
Accredited by NAAC with Grade B, Recognised by UGC under 2(F) & 12(B))  
Email: sntcned@gmail.com, Website: www.snttrainingcollege.edu.in

**CVM20**  
**CERTIFICATE COURSE IN**  
**VEDIC MATHEMATICS**  
**2020-'21**

**ABOUT THE COURSE**

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

**OBJECTIVES OF THE COURSE**

- To eradicate the fear of Mathematics and instil confidence in students.
- To improve calculation speed and numerical skills.
- To sharpen the brain.
- To facilitate the habit of analytical thinking towards any problem.
- To provide an insight into ancient Indian mathematics.

**COURSE ELIGIBILITY**

The Certificate Course in Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE SYLLABUS**

<b>MODULE 1</b> <ul style="list-style-type: none"><li>• Addition, Subtraction, Complement of a number, Multiplication</li></ul>
<b>MODULE 2</b> <ul style="list-style-type: none"><li>• Division, Straight Division, Squares, Cubes, Square root, Cube root</li></ul>
<b>MODULE 3</b> <ul style="list-style-type: none"><li>• Algebraic Expressions, Geometry, Fractions, Ratio and Proportion</li></ul>
<b>MODULE 4</b> <ul style="list-style-type: none"><li>• Operations with decimals, Statistics, Triples Addition &amp; Subtraction</li></ul>
<b>MODULE 5</b> <ul style="list-style-type: none"><li>• Trigonometry, Calculus, Derivatives &amp; Integrals, Checking Devices</li></ul>

**DURATION OF THE COURSE**

30 Hours

**CONTACT**

sntcned@gmail.com



Principal  
Sree Narayana Training College  
Nedunganda

## COURSE SYLLABUS

**Table showing the selected Mathematics Concepts and the corresponding Vedic Sutras**

Sl. No.	Mathematics Concepts	Vedic Sutras	Duration
1	Addition (Whole numbers)	Shuddha Sutra	First Week
2	Subtraction (Whole numbers)	Shuddha Sutra	
3	Complement of a number	NikhilamNavatascaramamDasatah	
4	Multiplication I	EkadhikenaPurvena	
5	Multiplication II	Antyayordasakeapi	
6	Multiplication III	EkanyunenaPurvena	
7	Identities	NikhilamNavatascaramamDasatah	
8	General Multiplication	UrdhvaTiryagbhyam	
9	Division I	NikhilamNavatascaramamDasatah	Second Week
10	Division II	ParavartyaYojayet	
11	Straight Division	Dhwajankam	
12	Squares	YavadoonamTavadoonikrityaVargam Cha Yojayet, Anurupyena, Dwandayoga (Duplex)	
13	Cubes	Anurupyena	
14	Square root of Perfect Squares	Vilokanam	
15	Cube root of Perfect Cubes	Vilokanam	
16	Algebraic Expressions	ParavartyaYojayet, UrdhvaTiryagbhyam	Third Week
17	Solution of Equations	ParavartyaYojayet, SunyamSamyasamuccaye.	
18	Geometry-Area of plane figures	UrdhvaTiryagbhyam	
19	Operations with fractions	UrdhvaTiryagbhyam	
20	Ratio and Proportion	Vilokanam, Trairasikam, Adyamadyenantyamantyena.	
21	Operations with decimals	UrdhvaTiryagbhyam, Dhwajankam, Puranapurabhyam.	Fourth Week
22	Statistics (Arithmetic mean)	Vyastisamastih	
23.	Statistics (Mean Deviation)	Vyastisamastih	
24.	Triples Addition	UrdhvaTiryagbhyam	
25.	Triples Subtraction	UrdhvaTiryagbhyam	
26.	Trigonometry	UrdhvaTiryagbhyam	Fifth Week
27.	Calculus	Calana Kalanabyam	
28.	Derivative of Products	Calana Kalanabyam	
29.	Integral of Products	Calana Kalanabyam	
30.	Checking Devices	Adyamadyenantyamantyena	



*(Signature)*  
Principal

**Sree Narayana Training College**  
Nedunganda

**LIST OF STUDENTS ENROLLED IN 2020-'21**

<b>Sl. No.</b>	<b>Name of Student</b>	<b>Optional Subject</b>
1	AKASH D. S.	Mathematics
2	AKSHARA JYOTHI	Mathematics
3	ANILA RAJU	Mathematics
4	ANJANA R.	Mathematics
5	ANJANA VENU S.	Mathematics
6	DEVI S.	Mathematics
7	HARITHA S.	Mathematics
8	KARTHIKA N. S.	Mathematics
9	NAYANA P. G.	Mathematics
10	SAJIN DEV S.	Mathematics
11	SRUTHI SASANKAN	Mathematics
12	THRISARA V. PRASAD	Mathematics
13	VINEESHA V. N.	Mathematics



A handwritten signature in green ink, consisting of several loops and a long horizontal stroke.

*Principal*  
**Sree Narayana Training College**  
**Nedunganda**



## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognised by UGC under 2(F) & 12(B))  
Email: [sntced@gmail.com](mailto:sntced@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Mr. AKASH D. S., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2020- '21.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. HARITHA S., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2020- '21.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. THIRISARA V. PRASAD, Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2020- '21.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CSS20**  
**CERTIFICATE COURSE IN SOFT SKILLS**  
**2020- '21**

**ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training mold the prospective teachers to face those challenges and difficulties comfortably. The wholehearted development of and individual is the ultimate aim of a software training programme.

**COURSE LEARNING OUTCOMES**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

**LIST OF RESOURCE PERSONS/ TRAINERS**

- **Dr. M. Jayaprakash,**  
Professor and Head, Behaviour Paediatrics,  
Govt. Medical College, Thiruvananthapuram.
- **Mr. Vishnu Prasad M.V.,**  
HRM Srishti Innovative Technopark Trivandrum and Trainer,  
NaiTER and VaCCT, Thiruvananthapuram.
- **Dr. Sindhya V.,**  
Assistant Professor, Department of Education, University of Kerala,  
Thiruvananthapuram.

**COURSE COORDINATOR**


- **Dr. Sangeetha N. R.,**  
Assistant Professor, S. N. Training College, Nedunganda.




A handwritten signature in green ink, appearing to be 'Sangeetha N. R.', written over the printed name of the Principal.

*Principal*  
**Sree Narayana Training College**  
**Nedunganda**

## BROCHURE OF THE COURSE IN SOFT SKILLS



**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda, Varkala  
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Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in



**CSS20**  
**CERTIFICATE COURSE IN**  
**SOFT SKILLS**  
**2020-'21**

**ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training moulds the prospective teachers to face those challenges comfortably. The wholehearted development of the individual is the ultimate aim of the soft skill training programme.

**COURSE LEARNING OUTCOME**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

**COURSE ELIGIBILITY**

The Certificate Course in Soft Skills is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE SYLLABUS**

<p><b>BLOCK 1: Soft Skills &amp; Life skills</b></p> <ul style="list-style-type: none"><li>• Soft Skills and Life skills - Introduction</li><li>• Body Language</li><li>• Communication skills</li></ul>	<p><b>BLOCK 2: Emotional Skills</b></p> <ul style="list-style-type: none"><li>• Emotional Skills- coping with stress and emotions</li><li>• Life skills</li></ul>
<p><b>BLOCK 3: Presentation Skill</b></p> <ul style="list-style-type: none"><li>• Presentation skill</li><li>• Time management</li><li>• Interview skills</li><li>• Interpersonal interaction</li></ul>	<p><b>BLOCK 4: Teamwork &amp; Problem-Solving Ability</b></p> <ul style="list-style-type: none"><li>• Group Discussions</li><li>• Teamwork</li><li>• Problem Solving skills</li></ul>

**DURATION OF THE COURSE**  
30 Hours

**CONTACT**  
sntcned@gmail.com



  
**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

## DETAILED SYLLABUS

The syllabus in soft skills training include both of skills and life skills including communication skills body language, emotional skills, group discussion skills, interview skills, Time management, presentation skills and thinking skills.

**Duration: 30 hours**

### **Instructional Methods: Lectures, Games, Group Discussions and Activities**

BLOCKS	COURSE DETAILS
BLOCK 1 Soft Skills & Life skills	<ul style="list-style-type: none"><li>• Soft Skills and Life skills -Introduction</li><li>• Body Language</li><li>• Communication skills</li></ul>
BLOCK 2 Emotional Skills	<ul style="list-style-type: none"><li>• Emotional Skills- coping with stress and emotions</li><li>• Life skills</li></ul>
BLOCK 3 Presentation Skill	<ul style="list-style-type: none"><li>• Presentation skill</li><li>• Time management</li><li>• interview skills</li><li>• Interpersonal interaction</li></ul>
BLOCK 4 Teamwork & Problem-Solving Ability	<ul style="list-style-type: none"><li>• Group Discussions</li><li>• Teamwork</li><li>• Problem Solving skills</li></ul>



*Principal*  
**Sree Narayana Training College**  
**Nedunganda**

**LIST OF STUDENTS ENROLLED IN 2020-'21**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1	AISWARYA RANI S.	English
2	MIDHILA S.R.	English
3	NIKHITHA B.	English
4	RESHMA R.B.	English
5	SILPA VIJAYAN	English
6	SREELEKSHMI J.	English
7	ARCHANA DEVI A.	Malayalam
8	ASWANY PRASANNAN	Malayalam
9	ASWATHY T.G.	Malayalam
10	SOUMYA MOHAN	Malayalam
11	SREEKUTTY S. R.	Malayalam
12	ANAGHA RAJ R. S.	Natural Science
13	DIVYASREE S.	Natural Science
14	JEEVA J.	Natural Science
15	MEENU SUBHASH	Natural Science
16	PRESTA P.	Natural Science
17	ATHIRA V. S.	Social Science
18	GREESHMA M. G.	Social Science
19	KAVYA S. KUMAR	Social Science
20	REMYA R.	Social Science
21	SILPA V.R.	Social Science
22	SUBHI B.	Social Science



*Principal*  
**Sree Narayana Training College**  
Nedunganda



**ATTENDANCE (01 February 2021 to 17 March 2021)**

CERTIFICATE COLLEGE  
ATTENDANCE REGISTER FOR THE MONTH OF FEBRUARY 2021

Name	Designation	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1. AISWARYA RANI S.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2. MIDHILA S.R.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3. NIKHITHA B.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4. RESHMA R.B.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5. SILPA VIJAYAN		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6. SPELEKSHMI J.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7. ARCHANA DEVI A.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8. ASWANY PRASANMAN		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9. ASWATHY T.G.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10. SOUMYA MOHAN		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11. SREEKUTTY S.R.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12. ANAGHA RAJ R.S		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13. DIVYASREE S.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14. JEEVA J.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15. MEENU SUBHASH		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16. PRESTA P.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17. ATHIRA V.S		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18. GRESHMA M.G		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19. KAVYA S. KUMAR		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20. REMYA R.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21. SILPA V.R.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22. SUBHI B.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Dr. Sanjivetha N.R.  
Assistant Professor in Education  
Sree Narayana Training College  
Nedunganda

## SAMPLE CERTIFICATES

  
**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE)  
Re-Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B)  
Email: sntcned@gmail.com, Website: www.snttrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

*This is to certify that Ms. Midhita S. R. (English Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2020 - '21.*

  
Dr. Sangeetha N. R.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Sree Narayana Training College  
Nedunganda

  
**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE)  
Re-Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B)  
Email: sntcned@gmail.com, Website: www.snttrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

*This is to certify that Ms. Iswathy T. G. (Malayalam Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2020 - '21.*

  
Dr. Sangeetha N. R.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Sree Narayana Training College  
Nedunganda

  
**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
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Email: sntcned@gmail.com, Website: www.snttrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

*This is to certify that Ms. Subhi B. (Social Science Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2020 - '21.*

  
Dr. Sangeetha N. R.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CY20**  
**CERTIFICATE COURSE IN YOGA**  
**2020- '21**

**ABOUT THE COURSE**

Value Added Course in Yoga is conducted by Sree Narayana Training College for students enrolled in B.Ed. Degree in six Optional Subjects of English, Malayalam, Mathematics, Physical Science, Natural Science and Social Science. The students must attend the course in 30 compulsory hours conducted in month of May every year. The programme is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

**REGULATIONS**

- The candidates for Yoga shall satisfy the following regulations:
1. Enrolled in B.Ed. Degree in Sree Narayana Training College.
  2. Number of seats for admission are 25 candidates only.
  3. Medium of Instruction is English.
  4. Examination can be written in English or Malayalam

**INSTRUCTOR**

**Sri. Amjith S.**  
M.P.Ed. (P.G.D.Y)  
Assistant Professor in Physical Education


**COURSE LEARNING OUTCOMES**

1. To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
2. To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature and scope,
4. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
5. To attain the knowledge of meditation and its types and relevance of yoga to— modern life.




  
*Principal*  
**Sree Narayana Training College**  
**Nedunganda**

## BROCHURE OF THE COURSE IN YOGA



### SREE NARAYANA TRAINING COLLEGE

**Nedunganda, Varkala**  
(Affiliated to University of Kerala, Recognised by NCTE,  
Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



## CY20 CERTIFICATE COURSE IN YOGA 2020-'21

#### ABOUT THE COURSE

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

#### PROGRAMME OBJECTIVES

- To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
- To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
- To give them a basic understanding of Yoga and its nature and scope,
- To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
- To attain the knowledge of meditation and its types and relevance of yoga to modern life.

#### COURSE ELIGIBILITY

The Certificate Course in Yoga is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

#### COURSE SYLLABUS

##### MODULE 1: Fundamentals of Yoga (10 hours)

- Introduction to Yoga
- Elements of Yoga in Vedic and Upanashadic Literature
- Schools of Yoga
- Patanjali's Ashtanga yoga
- Different types of meditation, Relaxation exercises
- Relevance of Yoga in modern life

##### MODULE 2: Yoga Practice (20 hours)

- Asanas

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

[sntcned@gmail.com](mailto:sntcned@gmail.com)



  
*Principal*  
**Sree Narayana Training College**  
Nedunganda

## COURSE SYLLABUS

COURSE – I: FUNDAMENTALS OF YOGA (10 HRS)			
Units	Contents	Teaching Methods	Evaluation
1 (7 hrs)	Introduction to Yoga: Definition, nature and scope of yoga Elements of Yoga in Vedic and Upanashadic Literature- Development of yoga through the ages. Schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.	Lecture method Demonstration method Group Discussion You Tube presentation Use of Black board, video clips.	Assignments Seminars Class Participation Class test
2 (3 hrs)	Patanajali's Ashtanga yoga- Kriyas- Mudras- Bandhas- Pranayamas- Meditation. Its nature and scope. Different types of meditation. Relaxation exercises- Relevance of Yoga in modern life	Lecture method Demonstration You tube presentation	Seminars Class participation Assignments Class test Annual Examination

### Reference books:

1. George Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
3. Mahesh Yogi,(1963). Transcendental meditation. New York: New American library.
4. Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
5. Rama, Swami (1992) Meditation and its practice.
6. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
7. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni I.K. (1961/1999) The Science of Yoga ( The Yoga Sutras of Patanjali),The Theosophical Publishing House, Adyar.



  
Principal

Sree Narayana Training Coll  
Nedunganda

Course –II: YOGA PRACTICE (20 hrs)			
Time	Contents	Teaching Methods	Evaluation
20 hrs	<p><b>ASANAS:</b></p> <p><b>Meditative postures:</b> Sukhasana, Swastikasana, Ardhapadmasana, Padmasana, Siddhasana, Vajrasana</p> <p><b>Relaxation postures:</b> Shavasana, Makrasana, Matsyakridasana</p> <p><b>Standing postures:</b> Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana</p> <p><b>Balancing Postures:</b> Tadasana, Vrikshasana, Natarajasan, Ekapadasana, Garudasana</p> <p><b>Sitting postures:</b> Bhadrasana, Virasana, Ardha-matsyendrasana, Ushtrasana, Vajrasana Shashankasana, Simhasana, Paschimottanasana</p> <p><b>Prone postures:</b> Bhujangasana, Dhanurasana, Shalabhasana</p> <p><b>Supine postures:</b> Uttanapadaasana, Pavanamuktasana, Navasana, Sethubandasana, Chakrasana, Matyasana</p> <p><b>Inverted postures:</b> Viparectakarini asana, Sarvangasana, Halasana, Sirshasan</p> <p><b>Suryanamaskara:</b></p> <p>Pranamasana, Hasta uttanasana, Padahastanasana, Aswanchalanasana, Sashangasana, Dandasana, Ashtangasana, Bhujangasana, Parvatasana, Sashasangasana, paadahastanasana, hasta uttanasana, pranamasana</p>	<p>Lecture method</p> <p>Demonstration</p> <p>You Tube presentation</p> <p>Use of Black board, video clips.</p>	<p>Practical-Viva-voce</p>

**Reference books:**

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2002). Exercise physiology Laboratory Manual. 4th edition. New York: Mc Graw-Hill.



*[Handwritten Signature]*

Principal  
Sree Narayana Training College  
Nedunganda

4. Rama, Swami (1992) Meditation and its practice.
5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

#### **MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE**

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The total marks of 100 for the examination in yoga practice shall be distributed as follows:

**Theory - 70 marks**

**Practical Performance - 20 marks**

**Viva voce – 10 marks**

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40 % in practical examination. However, the aggregate passing minimum may be 40 %.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60% : Second Class

60% and above but below 70% : First Class

70% and above : First Class with Distinction



A handwritten signature in green ink, appearing to be the name of the Principal.

*Principal*  
*Sree Narayana Training College*  
*Nedunganda*

**LIST OF STUDENTS ENROLLED IN 2020-'21**

<b>SL. No.</b>	<b>NAME OF THE STUDENTS</b>	<b>OPTIONAL SUBJECT</b>
1	ABHIRAMI S.	English
2	ANJANA SUJI	English
3	APARNA B. J.	English
4	ATHIRA JAYAKUMAR	English
5	AVANI S. K.	English
6	AVANI V. R.	English
7	D. DEEPTHI BABU	English
8	INDUJA A. L.	English
9	JULIYA JOSEPH	English
10	KARTHIKA S.	English
11	KAVYA D. S.	English
12	KEERTHANA S. B.	English
13	MEENU M. J.	English
14	NIMISHA S.	English
15	RESHMA A. S.	English
16	SREENA PRASANTH	English
17	ARYA V. S.	Malayalam
18	ASWATHY K. S.	Malayalam
19	ARYA A. S.	Natural Science
20	ASHA C.	Natural Science
21	ATHULYA S.	Natural Science
22	MOHAMMED HARIS T.	Social Science
23	NIMISHA VIJAYAN	Social Science



  
Principal

24	SOORYA A.	Social Science
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*Principal*  
**Sree Narayana Training College**  
**Nedunganda**



**ATTENDANCE (01 February 2021 to 17 March 2021)**

Teacher's Attendance Register		for the month of																																		
No	Name	Desi gnation	Leave already availed of	FN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1	ABHIRAMI S			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	ANJANA SUGI			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	APARNA B J			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	ATHIRA JAYAKUMAR			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	AVANI S K			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	AVANI V R			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	D DEEPTHI BABU			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	INDUJA P L			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	JULIYA JOSEPH			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	KARTHIKA S			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	KAVYA D S			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	KEERTHANA S B			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	MEENU M J			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	NIMISHA S			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	RESHMA A S			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	SREENA PRASANTH			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	ARYA A S			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18	ASWATHY K S			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19	ARYA A S			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20	ASHA C			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21	ATRULYA S			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22	MUHAMMED HARIS T			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
23	NANDISHA NIJAYAN			FN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
24	SOORYA A.			AN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Course Co-ordinator: Annyth S.

Inspecting Officer:

Date

## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by MCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntced@gmail.com, Website: www.snttrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. APARNA B. J. (English Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2020 - '21.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by MCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntced@gmail.com, Website: www.snttrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. ARYA V. S. (Malayalam Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2020 - '21.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by MCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntced@gmail.com, Website: www.snttrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. ASHA C. (Natural Science Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2020 - '21.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CCE20**  
**CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH**  
**2020- '21**

**ABOUT THE COURSE**

The Certificate Course in Communicative English is a certification course that offers an in-depth study of the contemporary intellectual vocabulary of English and English studies. This course offers theoretical as well as analytical training to develop student's professional skills required to work in a relevant field for English teaching, editing and professional writing. The course imparts in-depth knowledge on the history of English Language, language acquisition, composition, reading, grammar and language development. This course is specially designed to learn the different aspects of the English language to develop reading and writing skills and English vocabulary.

**COURSE LEARNING OUTCOMES**

- To enhance the learner's communication skills by giving adequate exposure in LSRW- listening, speaking, reading and writing skills and the related sub-skills.
- To help the learner get rid of his present flaws in pronunciation and grammar.
- To help the learner identify and repair the voids in his/her present vocabulary and pronunciation targeting that specific array of words which create a barrier in his/her thought process.
- To impart better writing skills by sensitizing the learners to the dynamics of effective writing.
- To build up the learner's confidence in oral and interpersonal communication by reinforcing the basics of pronunciation.
- Enabling the learner to achieve adequate linguistic skills.

**COURSE ELIGIBILITY**

The Certificate Course in Communicative English is conducted by the English Association of Sree Narayana Training College for the students enrolled in B.Ed. course. The course is specifically meant for students belonging to Malayalam, Natural Science and Social Science optionals. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.


**COURSE COORDINATOR/ RESOURCE PERSON**

- **Dr. Reetha Ravi H.**  
M.A., M.Ed., M.Phil., NET, Ph.D.  
Assistant Professor in English  
Sree Narayana Training College, Nedunganda




Principal

Sree Narayana Training College  
Nedunganda



**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda, Varkala  
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Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcnd@gmail.com](mailto:sntcnd@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



**CCE20**  
**CERTIFICATE COURSE IN**  
**COMMUNICATIVE ENGLISH**  
**2020-'21**

**ABOUT THE COURSE**

The Certificate Course in Communicative English offers an in-depth study of the contemporary intellectual vocabulary of English. This course offers theoretical as well as analytical training to develop student's professional skills required to work in a relevant field for English teaching, editing and professional writing. It imparts in-depth knowledge on the history of English Language, language acquisition, composition, reading, grammar and language development. It is specially designed to learn the different aspects of English language to develop reading and writing skills and English vocabulary.

**OBJECTIVES OF THE COURSE**

- To enhance the learner's communication skills by giving adequate exposure in LSRW skills and the related sub-skills.
- To help the learner get rid of his present flaws and mistakes in pronunciation and grammar.
- To help the learner identify and repair the voids in his/her present vocabulary and pronunciation targeting that specific array of words which create a barrier in the thought process.
- To impart better writing skills by sensitizing the learners to the dynamics of effective writing.
- To build up the learner's confidence in oral and interpersonal communication by reinforcing the basics of pronunciation.
- Enabling the learner to achieve adequate linguistic skills.

**COURSE ELIGIBILITY**

The Certificate Course in Communicative English is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE SYLLABUS**

- MODULE 1 - Language and Communication (6 hrs)
- MODULE 2 - Phonetics and Phonology (6 hrs)
- MODULE 3 - Listening and Speaking (6 hrs)
- MODULE 4 - Reading and Writing (6 hrs)
- MODULE 5 - Corporate Communication (6 hrs)

**DURATION OF THE COURSE**  
30 Hours

**CONTACT**  
[sntcnd@gmail.com](mailto:sntcnd@gmail.com)



*Principal*  
**Sree Narayana Training College**  
Nedunganda

## COURSE SYLLABUS

*Duration: 30 hours*

### **MODULE 1 - LANGUAGE AND COMMUNICATION (6 hrs)**

Language - Characteristics of language - Definition and features of communication as a medium of transference and the functions of effective communication.

### **MODULE 2 - PHONETICS AND PHONOLOGY (6 hrs)**

Elements of Phonology – pitch, intonation, stress, accent.

### **MODULE 3 - LISTENING AND SPEAKING (6 hrs)**

Active Listening and Speaking - definition and characteristics.  
Building up interpersonal skills and relations through case studies.

Confidence Building Measures through speaking exercises. Grammar for effective speaking.

### **MODULE 4 - READING AND WRITING (6 hrs)**

Effective Reading – techniques of critical reading. Extensive and Intensive Reading. Business Writing – reports, Cvs and resumes, letters, job applications, memos, notices, minutes. Academic writing and Creative writing. Grammar for effective writing.

### **MODULE 5 - CORPORATE COMMUNICATION (6 hrs)**

Corporate Communication – Role Play, Presentation, Group Discussion. Interpersonal behaviour and Emotional Intelligence. Definition and elements of body language. English for Specific Purposes – Vocabulary related to various professions. Etiquette and Attitude - Correct use of speech codes and customs- Dress Code - Categories of Attitude - Motivation.



Principal

Sree Narayana Training College  
Nedunganda

**LIST OF STUDENTS ENROLLED IN 2020-'21**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1	ABHINA M. C.	Malayalam
2	ANUJA B. S.	Malayalam
3	ATHIRA R.	Malayalam
4	KARTHIKA N. V.	Malayalam
5	LIYA J.	Malayalam
6	REVATHY A.	Malayalam
7	AKHILA R. U.	Natural Science
8	AMRITHA S.	Natural Science
9	AMRUTHA PRAKASH T.	Natural Science
10	BINI B. S.	Natural Science
11	RESMI I. R.	Natural Science
12	SUMITH S.	Natural Science
13	SURABHI SURESH	Natural Science
14	ATHIRA T. S.	Social Science
15	DEVIAPARNA J. S.	Social Science
16	JAYALAKSHMI A. NAIR	Social Science
17	MANASI R. T.	Social Science
18	SANGEETHA P.	Social Science
19	SHEENA MOL S. B.	Social Science
20	SINI O.	Social Science
21	SRUTHY S.	Social Science
22	VINEETHA VIJAYAN	Social Science





Principal  
Sree Narayana Training College  
Nedunganda



**ATTENDANCE (01 February 2021 to 17 March 2021)**

Register of Attendance for the month of February 2021

Sl. No.	NAMES	Date																	Standard	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		18
1	ABHINA VI																			
2	ANJALIS																			
3	ANURAG																			
4	ANUSHA																			
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Principal  
Sree Narayana Training College  
Nedunganda

**SAMPLE CERTIFICATES**

**SREE NARAYANA TRAINING COLLEGE**  
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Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B)  
Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. LIVA J. (MALAYALAM) has participated and successfully completed the CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH organised by English Association of Sree Narayana Training College, Nedunganda in the year 2020 - '21.

  
Dr. Reetha Ravi H.  
Coordinator  
English Association



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Mr. SUMITH S. (NATURAL SCIENCE) has participated and successfully completed the CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH organised by English Association of Sree Narayana Training College, Nedunganda in the year 2020 - '21.

  
Dr. Reetha Ravi H.  
Coordinator  
English Association



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. SINI O. (SOCIAL SCIENCE) has participated and successfully completed the CERTIFICATE COURSE IN COMMUNICATIVE ENGLISH organised by English Association of Sree Narayana Training College, Nedunganda in the year 2020 - '21.

  
Dr. Reetha Ravi H.  
Coordinator  
English Association



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda



Principal  
Sree Narayana Training College  
Nedunganda

**CSCE20**  
**CERTIFICATE COURSE IN**  
**SCIENCE FOR COMPETITIVE EXAMINATIONS**  
**2020- '21**

**ABOUT THE COURSE**

The implementation of the Right of Children to Free and Compulsory Education (RTE) Act 2009 requires the recruitment of a number of qualified teachers across the country in a time bound manner. It also directs the State to ensure that the quality requirement for recruitment of teachers is not diluted at any cost. It is therefore necessary to ensure that persons recruited as teachers possess the essential aptitude and ability to meet the challenges of teaching at all levels of schooling. The Certificate Course on 'Science for Competitive Examinations' is designed to give the student-teachers an orientation to the various competitive examinations like TET, CTET, KTET, SET etc. for securing eligibility for appointment in the teaching profession. The course materials are so designed as to effectively train the student-teachers to face the competitive examinations. The test provided helps to evaluate the performance of the student-teachers in a meaningful manner.

**COURSE LEARNING OUTCOMES**

- 1) To enrich students' knowledge about various competitive exams.
- 2) To orient and guide students towards preparing for various competitive examinations like TET, CTET, KTET, SET etc.
- 3) To provide orientation and practice to students for facing competitive exams confidently.
- 4) To simplify the learning process, emphasize the important areas, shortcuts to remember facts and figures, and techniques to solve problems.

**COURSE ELIGIBILITY**

The certificate course on Orientation to Competitive Examinations is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Physical Science optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR**

**Dr. Viji V.**



  
*Principal*  
**Sree Narayana Training College**  
**Nedunganda**

M.Sc., M.Ed., NET, Ph.D.  
Assistant Professor in Physical Science  
Sree Narayana Training College, Nedunganda  
Mob: 9946664085, e-mail: vijivinesh@gmail.com

**BROCHURE OF THE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS**

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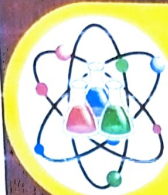
*Principal*  
**Sree Narayana Training College**  
Nedunganda



## SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala

(Affiliated to University of Kerala, Recognised by NCTE,  
Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcnd@gmail.com](mailto:sntcnd@gmail.com), Website: [www.sntcndcollege.edu.in](http://www.sntcndcollege.edu.in)



### CSCE20 CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS 2020-'21

#### ABOUT THE COURSE

The implementation of the Right of Children to Free and Compulsory Education (RTE) Act 2009 requires the recruitment of a number of qualified teachers across the country in a time bound manner. The Certificate Course in 'Science for Competitive Examinations' is designed to give the student-teachers an orientation to the various competitive examinations like TET, CTET, KTET, SET etc. for securing eligibility for appointment in the teaching profession. The course materials are so designed as to effectively train the student-teachers to face the competitive examinations. The test provided helps to evaluate the performance of the student-teachers in a meaningful manner.

#### OBJECTIVES OF THE COURSE

- To enrich students' knowledge about various competitive exams.
- To orient and guide students towards preparing for various competitive examinations like TET, CTET, KTET, SET etc.
- To provide orientation and practice to students for facing competitive exams confidently.
- To simplify the learning process, emphasize the important areas, shortcuts to remember facts and figures, and techniques to solve problems.

#### COURSE ELIGIBILITY

The Certificate Course in Science for Competitive Examinations is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Physical Science only). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

#### COURSE SYLLABUS

##### CHEMISTRY (15 hours)

- Module 1:  
ORGANIC CHEMISTRY
- Module 2:  
INORGANIC CHEMISTRY
- Module 3:  
PHYSICAL CHEMISTRY
- Module 4:  
CHEMISTRY FOR LIFE

##### PHYSICS (15 hours)

- Module 5:  
ELECTROSTATICS
- Module 6:  
CURRENT ELECTRICITY
- Module 7:  
MAGNETIC EFFECTS OF CURRENT
- Module 8:  
OPTICS

**DURATION OF THE COURSE**  
30 Hours

**CONTACT**  
[sntcnd@gmail.com](mailto:sntcnd@gmail.com)



Principal  
Sree Narayana Training College  
Nedunganda

## COURSE SYLLABUS

<b>CHEMISTRY</b>	
Module 1: ORGANIC CHEMISTRY (3 Hours)	Electron displacement effects and Aromaticity, Reagents and Name Reactions, Photochemistry
Module 2: INORGANIC CHEMISTRY (4 Hours)	Periodicity and Chemistry of Main Group Elements, Transition and Inner Transition elements, Coordination chemistry
Module 3: PHYSICAL CHEMISTRY (5 Hours)	Thermodynamics, Chemical Kinetics, Electrochemistry, Surface Chemistry, Colloids and Catalysis
Module 4: CHEMISTRY FOR LIFE (3 Hours)	Green, Medicinal and Environmental Chemistry
<b>PHYSICS</b>	
Module 5: ELECTROSTATICS (4 Hours)	Electric field, Electric field lines, Electric dipole, Torque on a dipole in uniform electric field, Electric flux, Electric potential
Module 6: CURRENT ELECTRICITY (4 Hours)	Ohm's law, electrical resistance, Electrical energy and power, Electrical resistivity and conductivity, Carbon resistors, Kirchhoff's laws and simple applications, Wheatstone bridge, Meter bridge
Module 7: MAGNETIC EFFECTS OF CURRENT (3 Hours)	Biot - Savart law, Ampere's law, Straight and toroidal solenoids, Force on a moving charge in uniform magnetic and electric fields, Force on a current-carrying conductor in a uniform magnetic field, Force between two parallel current-carrying conductors
Module 8: OPTICS (4 Hours)	Magnification, power of a lens, combination of thin lenses in contact, Refraction and dispersion of light through a prism, Scattering of light, Optical instruments



## LIST OF STUDENTS ENROLLED IN 2020-'21

Sl. No.	Name of Student	Optional Subject
1	AISWARYA PRASAD	Physical Science
2	AISWARYA S.	Physical Science
3	AISWARYA T.	Physical Science
4	AKSHAYA K.	Physical Science
5	APARNA B.	Physical Science
6	DARSANA PRAKASH L.	Physical Science
7	DHANYA B.	Physical Science
8	DILEESH S.	Physical Science
9	DIPIN R.	Physical Science
10	GOPIKA V.	Physical Science
11	MEGHA S.	Physical Science
12	MIDHUN M. L.	Physical Science
13	POOJA J. B.	Physical Science
14	RESHMA G. S.	Physical Science
15	SREELEKSHMI M. S.	Physical Science
16	SRUTHY S. PILLAI	Physical Science
17	SWATHY J. P.	Physical Science
18	SYAMILI S.	Physical Science
19	UMALEKSHMI S. L.	Physical Science



**ATTENDANCE (01 February 2021 to 17 March 2021)**

*Certificate Course in Science for*

**ATTENDANCE REGISTER**

Sl. No.	NAME	Date									
		1	2	3	4	5	6	7	8	9	10
1	Chaitanya Bhusal	X	X	X	X	X	X	X	X	X	X
2	Chaitanya D.	X	X	X	X	X	X	X	X	X	X
3	Chaitanya J.	X	X	X	X	X	X	X	X	X	X
4	Chaitanya K.	X	X	X	X	X	X	X	X	X	X
5	Chaitanya L.	X	X	X	X	X	X	X	X	X	X
6	Chaitanya M.	X	X	X	X	X	X	X	X	X	X
7	Chaitanya N.	X	X	X	X	X	X	X	X	X	X
8	Chaitanya O.	X	X	X	X	X	X	X	X	X	X
9	Chaitanya P.	X	X	X	X	X	X	X	X	X	X
10	Chaitanya Q.	X	X	X	X	X	X	X	X	X	X
11	Chaitanya R.	X	X	X	X	X	X	X	X	X	X
12	Chaitanya S.	X	X	X	X	X	X	X	X	X	X
13	Chaitanya T.	X	X	X	X	X	X	X	X	X	X
14	Chaitanya U.	X	X	X	X	X	X	X	X	X	X
15	Chaitanya V.	X	X	X	X	X	X	X	X	X	X
16	Chaitanya W.	X	X	X	X	X	X	X	X	X	X
17	Chaitanya X.	X	X	X	X	X	X	X	X	X	X
18	Chaitanya Y.	X	X	X	X	X	X	X	X	X	X
19	Chaitanya Z.	X	X	X	X	X	X	X	X	X	X

*Digital*  
Course Coordinator  
Dr. Viji V.  
Assistant Professor in Physical Science  
Sree Narayana Training College  
Nedunganda

*Competitive Examinations 2020-21 (continued)*

**DEPARTMENT FOR THE MONTH OF**

Sl. No.	Date									
	11	12	13	14	15	16	17	18	19	20
1	X	X	X	X	X	X	X	X	X	X
2	X	X	X	X	X	X	X	X	X	X
3	X	X	X	X	X	X	X	X	X	X
4	X	X	X	X	X	X	X	X	X	X
5	X	X	X	X	X	X	X	X	X	X
6	X	X	X	X	X	X	X	X	X	X
7	X	X	X	X	X	X	X	X	X	X
8	X	X	X	X	X	X	X	X	X	X
9	X	X	X	X	X	X	X	X	X	X
10	X	X	X	X	X	X	X	X	X	X
11	X	X	X	X	X	X	X	X	X	X
12	X	X	X	X	X	X	X	X	X	X
13	X	X	X	X	X	X	X	X	X	X
14	X	X	X	X	X	X	X	X	X	X
15	X	X	X	X	X	X	X	X	X	X
16	X	X	X	X	X	X	X	X	X	X
17	X	X	X	X	X	X	X	X	X	X
18	X	X	X	X	X	X	X	X	X	X
19	X	X	X	X	X	X	X	X	X	X
20	X	X	X	X	X	X	X	X	X	X

*Digital*  
Principal  
Sree Narayana Training College  
Nedunganda

Principal  
Sree Narayana Training College  
Nedunganda



# SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
NEDUNGANDA P.O., VARKALA, THIRUVANANTHAPURAM, KERALA  
(Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntntrainingcollege.edu.in



**CERTIFICATE OF COMPLETION**

This is to certify that Ms. AKSHAYA K., Student Teacher of Physical Science Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the **CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS** organised by Sree Narayana Training College, Nedunganda, in the year 2020- '21.

  
Dr. Viji V.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntntrainingcollege.edu.in



**CERTIFICATE OF COMPLETION**

This is to certify that Mr. DIPIN R., Student Teacher of Physical Science Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the **CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS** organised by Sree Narayana Training College, Nedunganda, in the year 2020- '21.

  
Dr. Viji V.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
NEDUNGANDA P.O., VARKALA, THIRUVANANTHAPURAM, KERALA  
(Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. SYAMILI S., Student Teacher of Physical Science Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the **CERTIFICATE COURSE IN SCIENCE FOR COMPETITIVE EXAMINATIONS** organised by Sree Narayana Training College, Nedunganda, in the year 2020- '21.

  
Dr. Viji V.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Sheeba P.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

# SREE NARAYANA TRAINING COLLEGE

**Nedunganda, Varkala**

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## VALUE ADDED COURSES

2019-'20



  
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## GUIDELINES FOR THE VALUE-ADDED COURSES

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

Sree Narayana Training College offers a variety of Value Added Courses which are conducted after class hours. These courses are conducted by experts and faculty and help students stand apart from the rest in the job market by adding further value to their resume. They are mostly independent to each type of the fields.

## OBJECTIVES

The main objectives of the Value Added Course are:

- To improve soft skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

## GENERAL GUIDELINES FOR THE COURSE

Value Added Course is not mandatory to students pursuing the B.Ed. course. It is a teacher assisted learning course open to all students without any additional fee. The courses are conducted during the first semester every year. Classes for each Value Added Course are conducted beyond the regular class hours. The Value Added Courses may be also conducted during weekends / vacation period.

## DURATION

The duration of each value added course is 30 hours.

  
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## PROCEDURE FOR REGISTRATION

The brochure of the Value Added Courses is provided to the students during admission. A student shall register for a Value Added Course offered during the first semester by submitting the duly filled in registration form through the faculty in charge of the respective course. The Faculty in charge sorts the students according to the choices opted.

## VALUE-ADDED COURSES OFFERED DURING THE ACADEMIC YEAR 2019-'20

Sl. No.	Course Code	Name of Course
1	CVM19	CERTIFICATE COURSE IN VEDIC MATHEMATICS
2	CSS19	CERTIFICATE COURSE IN SOFT SKILLS
3	CY19	CERTIFICATE COURSE IN YOGA

## BROCHURE OF THE VALUE-ADDED COURSES OFFERED DURING 2019-'20



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**Certificate Courses  
offered during 2019-'20**



**CVM19**  
CERTIFICATE COURSE  
IN VEDIC MATHEMATICS



**CSS19**  
CERTIFICATE COURSE  
IN SOFT SKILLS



**CY19**  
CERTIFICATE COURSE  
IN YOGA

  
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## REGISTRATION FORM FOR VALUE-ADDED COURSES



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#### REGISTRATION FORM FOR VALUE ADDED COURSES 2019-'20

Name of the Applicant	
Optional Subject	
Gender	
Age and Date of Birth	
Permanent Address (with pin code)	
Mobile Number	
Email ID	
B.A./ B.Sc. Main subject	

Sl. No.	Course Code	Name of Course	Give a tick (✓) mark against your preference
1	CVM19	CERTIFICATE COURSE IN VEDIC MATHEMATICS	
2	CSS19	CERTIFICATE COURSE IN SOFT SKILLS	
3	CY19	CERTIFICATE COURSE IN YOGA	

#### DECLARATION OF THE APPLICANT

I do hereby declare that the details given in the application are correct and true to the best of my knowledge and belief and I promise to abide by all the regulations of the course.

Place:

Date:

(SIGNATURE OF THE APPLICANT)

  
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**NUMBER OF STUDENTS ENROLLED IN THE VALUE-ADDED COURSES DURING  
2019-'20**

<b>Sl. No.</b>	<b>Names of the Value Added Course</b>	<b>Course Code</b>	<b>Number of students enrolled in the year</b>	<b>Number of Students completing the course in the year</b>
1	CERTIFICATE COURSE IN VEDIC MATHEMATICS	CVM19	15	15
2	CERTIFICATE COURSE IN SOFT SKILLS	CSS19	24	24
3	CERTIFICATE COURSE IN YOGA	CY19	19	19

  
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**CVM19**  
**CERTIFICATE COURSE IN VEDIC MATHEMATICS**  
**2019- '20**

**ABOUT THE COURSE**

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

**COURSE LEARNING OUTCOMES**

1. To eradicate the fear of Mathematics and instil confidence in students.
2. To improve calculation speed and numerical skills.
3. To sharpen the brain.
4. To facilitate the habit of analytical thinking towards any problem.
5. To provide an insight into ancient Indian mathematics.

**COURSES ELIGIBILITY**

The course on Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR/ RESOURCE PERSON**

**Dr. Smitha S.**

M.Sc. (Maths), M.A. (Philosophy), M Sc. Psychology, M.Ed., PGDEPMA, NET, Ph.D.

Assistant Professor in Education

Sree Narayana Training College, Nedunganda

Mob: 9995283505, e-mail: smithakailas@gmail.com

  
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Sree Narayana Training College  
Nedunganda



## BROCHURE OF THE COURSE IN VEDIC MATHEMATICS



### SREE NARAYANA TRAINING COLLEGE

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### CVM19

### Certificate Course in VEDIC MATHEMATICS 2019-'20

#### ABOUT THE COURSE

The Certificate Course in Vedic Mathematics is designed to enable students to calculate much faster compared to the traditional system through Vedic Maths. It aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will make Maths an enjoyable experience, and boost students' confidence & self-esteem.

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

sntcned@gmail.com

#### COURSE LEARNING OUTCOME

- To eradicate the fear of Mathematics and instil confidence in students.
- To improve calculation speed and numerical skills. To sharpen the brain.
- To facilitate the habit of analytical thinking towards any problem.
- To provide an insight into ancient Indian Mathematics.

#### COURSE ELIGIBILITY

The Course is conducted for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to qualify the examination.

#### COURSE SYLLABUS

- **MODULE 1:**  
Addition, Subtraction, Complement of a number, Multiplication
- **MODULE 2:**  
Division, Straight Division, Squares, Cubes, Square root, Cube root
- **MODULE 3:**  
Algebraic Expressions, Geometry, Fractions, Ratio and Proportion
- **MODULE 4:**  
Operations with decimals, Statistics, Triples Addition & Subtraction
- **MODULE 5:**  
Trigonometry, Calculus, Derivatives & Integrals, Checking Devices

  
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## COURSE SYLLABUS

**Table showing the selected Mathematics Concepts and the corresponding Vedic Sutras**

Sl. No.	Mathematics Concepts	Vedic Sutras	Duration
1	Addition (Whole numbers)	Shuddha Sutra	First Week
2	Subtraction (Whole numbers)	Shuddha Sutra	
3	Complement of a number	NikhilamNavatascaramamDasatah	
4	Multiplication I	EkadhikenaPurvena	
5	Multiplication II	Antyayordasakeapi	
6	Multiplication III	EkanyunenaPurvena	
7	Identities	NikhilamNavatascaramamDasatah	
8	General Multiplication	UrdhvaTiryagbhyam	
9	Division I	NikhilamNavatascaramamDasatah	Second Week
10	Division II	ParavartyaYojayet	
11	Straight Division	Dhwajankam	
12	Squares	YavadoonamTavadoonikrityaVargam Cha Yojayet, Anurupyena, Dwandayoga (Duplex)	
13	Cubes	Anurupyena	
14	Square root of Perfect Squares	Vilokanam	
15	Cube root of Perfect Cubes	Vilokanam	Third Week
16	Algebraic Expressions	ParavartyaYojayet, UrdhvaTiryagbhyam	
17	Solution of Equations	ParavartyaYojayet, SunyamSamyasamuccaye.	
18	Geometry-Area of plane figures	UrdhvaTiryagbhyam	
19	Operations with fractions	UrdhvaTiryagbhyam	
20	Ratio and Proportion	Vilokanam, Trairasikam, Adyamadyenantyamantyena.	Fourth Week
21	Operations with decimals	UrdhvaTiryagbhyam, Dhwajankam, Puranapurabhyam.	
22	Statistics (Arithmetic mean)	Vyastisamastih	
23.	Statistics (Mean Deviation)	Vyastisamastih	
24.	Triples Addition	UrdhvaTiryagbhyam	
25.	Triples Subtraction	UrdhvaTiryagbhyam	
26.	Trigonometry	UrdhvaTiryagbhyam	Fifth Week
27.	Calculus	Calana Kalanabyam	
28.	Derivative of Products	Calana Kalanabyam	
29.	Integral of Products	Calana Kalanabyam	
30.	Checking Devices	Adyamadyenantyamantyena	

  
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**LIST OF STUDENTS ENROLLED IN 2019-'20**

<b>Sl. No.</b>	<b>Name of Student</b>	<b>Optional Subject</b>
1	ABHIRAMI G. S.	Mathematics
2	ANAKHA P. NATH	Mathematics
3	ANILA S.	Mathematics
4	ANJANA S. S.	Mathematics
5	ARCHANA M. M.	Mathematics
6	ARTDHANADEV I P.	Mathematics
7	ASWATHY B. S.	Mathematics
8	ATHIRA S.	Mathematics
9	KRISHNA G. S.	Mathematics
10	LEKSHMIPRIYA S.	Mathematics
11	MALU B. S.	Mathematics
12	NAZRIN S. S.	Mathematics
13	RENU R.	Mathematics
14	SURYA MANOHARAN	Mathematics
15	SWATHI BABU	Mathematics

  
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# SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
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Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. ANAKHA P. NATH, Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2019- '20.

  
**Dr. Smitha S.**  
Course Coordinator &  
Assistant Professor, SNTC



  
**Dr. Sheeba P.**  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. ARTDHANADEVI P., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2019- '20.

  
**Dr. Smitha S.**  
Course Coordinator &  
Assistant Professor, SNTC



  
**Dr. Sheeba P.**  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. NAZRIN S. S., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2019- '20.

  
**Dr. Smitha S.**  
Course Coordinator &  
Assistant Professor, SNTC



  
**Dr. Sheeba P.**  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

  
Principal  
Sree Narayana Training College  
Nedunganda



**CSS19**  
**CERTIFICATE COURSE IN SOFT SKILLS**  
**2019- '20**

**ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training mold the prospective teachers to face those challenges and difficulties comfortably. The wholehearted development of and individual is the ultimate aim of a software training programme.

**COURSE LEARNING OUTCOMES**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

**LIST OF RESOURSE PERSONS/ TRAINERS**

- **Mr. Vishnu Prasad M.V.,**  
HRM Srishti Innovative Technopark Trivandrum and Trainer,  
NaiTER and VaCCT, Thiruvananthapuram.
- **Dr. Sindhya V.,**  
Assistant Professor, Department of Education, University of Kerala,  
Thiruvananthapuram.

**COURSE COORDINATOR**


- **Dr. Sangeetha N. R.,**  
Assistant Professor,  
Sree Narayana Training College,  
Nedunganda.

12


  
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**Sree Narayana Training College**  
**Nedunganda**



## BROCHURE OF THE COURSE IN SOFT SKILLS



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**CSS19**  
**Certificate Course in SOFT SKILLS**  
**2019-'20**

**ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal and professional life. The demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The course moulds the prospective teachers to face the challenges comfortably. The wholehearted development of the individual is the ultimate aim of the programme.

**COURSE LEARNING OUTCOME**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop teamwork & time management skills required for future teachers.
- To enable the student teachers to train and practice necessary soft skills among Secondary School students.

**COURSE SYLLABUS**

**BLOCK 1: Soft Skills & Life skills Soft Skills and Life Skills**

- Introduction
- Body Language
- Communication skills

**BLOCK 2: Emotional Skills**

- Emotional Skills- coping with stress and emotions
- Life skills

**BLOCK 3: Presentation Skill**

- Presentation skill
- Time management
- Interview skills
- Interpersonal interaction

**BLOCK 4: Teamwork & Problem-Solving Ability**

- Group Discussions
- Teamwork
- Problem Solving skills

**DURATION OF THE COURSE**

30 Hours

**COURSE ELIGIBILITY**

This Course is conducted for the students enrolled in B.Ed. course. It is mandatory for students to attend 30 compulsory hours and to attend and qualify the examination.

**CONTACT**

sntcned@gmail.com

### DETAILED SYLLABUS

The syllabus in soft skills training include both of skills and life skills including communication skills body language, emotional skills, group discussion skills, interview skills, Time management, presentation skills and thinking skills.

**Duration: 30 hours**

**Instructional Methods: Lectures, Games, Group Discussions and Activities**

BLOCKS	COURSE DETAILS
BLOCK 1 Soft Skills & Life skills	<ul style="list-style-type: none"> <li>• Soft Skills and Life skills -Introduction</li> <li>• Body Language</li> <li>• Communication skills</li> </ul>
BLOCK 2 Emotional Skills	<ul style="list-style-type: none"> <li>• Emotional Skills- coping with stress and emotions</li> <li>• Life skills</li> </ul>
BLOCK 3 Presentation Skill	<ul style="list-style-type: none"> <li>• Presentation skill</li> <li>• Time management</li> <li>• interview skills</li> <li>• Interpersonal interaction</li> </ul>
BLOCK 4 Teamwork & Problem-Solving Ability	<ul style="list-style-type: none"> <li>• Group Discussions</li> <li>• Teamwork</li> <li>• Problem Solving skills</li> </ul>

  
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 Sree Narayana Training College  
 Nedunganda



**LIST OF STUDENTS ENROLLED IN 2019-'20**

Sl. No.	Name	Optional Subject
1.	ANJALI J. S.	English
2.	ANJU L. T.	English
3.	ATHIRA REGHU	English
4.	JASEENA P.	English
5.	MANEESHA S.	English
6.	MITHA MOHAN L.	English
7.	ANEESH A.	Malayalam
8.	ANJU A.	Malayalam
9.	DARSANA VIJAYAKUMAR	Malayalam
10.	DEEPTHI DILEEP	Malayalam
11.	DEVIKRISHNA K. S.	Malayalam
12.	GREESHMA M. J.	Malayalam
13.	GREESHMA MANOJ	Malayalam
14.	ASWATHY A. KHOSH	Physical Science
15.	MONCY T.	Physical Science
16.	NEELIMA RAJ	Physical Science
17.	NEETHU G. L.	Physical Science
18.	ANJU B. A.	Natural Science
19.	JEENA AJEEV	Natural Science
20.	KIRAN A. S.	Natural Science
21.	RADHIKA KRISHNAN J.	Natural Science
22.	SREEKUTTY R.	Natural Science
23.	BIJULAL V.	Social Science
24.	SAIFUNNISA A.	Social Science

  
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**ATTENDANCE (15 July 2019 to 05 September 2019)**

CERTIFICATE COURSE ON SOFT SKILLS  
 ATTENDANCE REGISTER FOR THE MONTH OF 2019-20  
 (CSS 19) - 2019-20

Sl. No.	Name	Designation	Date																															
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1	ANJALI J.S		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	ANJU L.T		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	ATHIRA REGHU		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	JASEENA P.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	MANEESHA S		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	MITHA MOHAN L.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	ANEESH A.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	ANJU A.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	DARSHANA VIJAYAKUMAR		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	DEEPTHI DILEEP		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	DEVKRISHNA K.S.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	GREESHMA M.J.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	GREESHMA MANDOT		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	ASWATHY A. KHOSH		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	MONCY T.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	NEELIMA RAJ		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	NEETHU G.L		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18	ANJU B.A.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19	JEENA AJEEL		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20	KIRAN A.S		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21	PADHIKA KRISHNAN J.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22	SREEKUTTY R.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
23	BIJULAL V.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
24	SAIFUNNISA A.		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



**Principal**  
 Sree Narayana Training College  
 Nedunganda

*(Handwritten signature)*

D.J. Sangeetha N.R.  
 Assistant Professor in Education  
 Sree Narayana Training College  
 Nedunganda Varaha

# SAMPLE CERTIFICATES

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Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE,  
Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: snctced@gmail.com, Website: www.sntrainingcollege.edu.in



**CERTIFICATE OF COMPLETION**

This is to certify that Ms. **ATHIRA REGHU** (English Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2019- '20.

*[Signature]*  
**Dr. Sangeetha N. R.**  
Course Coordinator



*[Signature]*  
**Dr. Sheeba P.**  
Principal  
Sree Narayana Training College  
Nedunganda

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Email: snctced@gmail.com, Website: www.sntrainingcollege.edu.in



**CERTIFICATE OF COMPLETION**

This is to certify that Ms. **DEEPTHI DILEEP** (Malayalam Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2019- '20.

*[Signature]*  
**Dr. Sangeetha N. R.**  
Course Coordinator



*[Signature]*  
**Dr. Sheeba P.**  
Principal  
Sree Narayana Training College  
Nedunganda

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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. **JEENA AJEEV** (Natural Science Optional) has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2019- '20.

*[Signature]*  
**Dr. Sangeetha N. R.**  
Course Coordinator



*[Signature]*  
**Dr. Sheeba P.**  
Principal  
Sree Narayana Training College  
Nedunganda

*[Signature]*  
**Principal**  
Sree Narayana Training College  
Nedunganda



**CY19**  
**CERTIFICATE COURSE IN YOGA**  
**2019- '20**

**ABOUT THE COURSE**

Value Added Course in Yoga is conducted by Sree Narayana Training College for students enrolled in B.Ed. Degree in six Optional Subjects of English, Malayalam, Mathematics, Physical Science, Natural Science and Social Science. The students must attend the course in 30 compulsory hours conducted in month of May every year. The programme is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

**REGULATIONS**

The candidates for Yoga shall satisfy the following regulations:

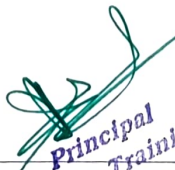
1. Enrolled in B.Ed. Degree in Sree Narayana Training College.
2. Number of seats for admission are 25 candidates only.
3. Medium of Instruction is English.
4. Examination can be written in English or Malayalam

**INSTRUCTOR**

**Sri. Amjith S.**  
M.P.Ed. (P.G.D.Y)  
Assistant Professor in Physical Education


**COURSE LEARNING OUTCOMES**

1. To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
2. To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature and scope,
4. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
5. To attain the knowledge of meditation and its types and relevance of yoga to— modern life.

  
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**Nedunganda**



## BROCHURE OF THE COURSE IN YOGA



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 Email: sntced@gmail.com, Website: www.sntrainingcollege.edu.in, Phone: 0470-2602353

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**CY19**  
**Certificate Course in YOGA**  
**2019-'20**

**ABOUT THE COURSE**

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

**COURSE LEARNING OUTCOME**

- To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
- To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
- To give them a basic understanding of Yoga and its nature and scope
- To attain the knowledge of meditation, its types and relevance of yoga to modern life.

**COURSE SYLLABUS**

**MODULE 1: Fundamentals of Yoga (10 hours)**

- Introduction to Yoga
- Elements of Yoga in Vedic and Upanashadic Literature
- Schools of Yoga
- Patanajali's Ashtanga yoga
- Different types of meditation. Relaxation exercises
- Relevance of Yoga in modern life

**DURATION OF THE COURSE**  
30 Hours

**COURSE ELIGIBILITY**

This Course is conducted for the students enrolled in B.Ed. course. It is mandatory for students to attend 30 compulsory hours and to attend and qualify the examination.

**CONTACT**  
sntced@gmail.com

## COURSE SYLLABUS

COURSE – I: FUNDAMENTALS OF YOGA (10 HRS)			
Units	Contents	Teaching Methods	Evaluation
<b>1 (7 hrs)</b>	Introduction to Yoga: Definition, nature and scope of yoga Elements of Yoga in Vedic and Upanashadic Literature- Development of yoga through the ages. Schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.	Lecture method Demonstration method Group Discussion You Tube presentation Use of Black board, video clips.	Assignments Seminars Class Participation Class test
<b>2 (3 hrs)</b>	Patanjali's Ashtanga yoga- Kriyas- Mudras- Bandhas- Pranayamas- Meditation. Its nature and scope. Different types of meditation. Relaxation exercises- Relevance of Yoga in modern life	Lecture method Demonstration You tube presentation	Seminars Class participation Assignments Class test Annual Examination


  
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### Reference books:

1. George Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
3. Mahesh Yogi,(1963).Transcendental meditation. New York: New American library.
4. Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
5. Rama, Swami (1992) Meditation and its practice.
6. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
7. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni I.K. (1961/1999) The Science of Yoga ( The Yoga Sutras of Patanjali),The Theosophical Publishing House, Adyar.

Course –II: YOGA PRACTICE (20 hrs)			
Time	Contents	Teaching Methods	Evaluation
20 hrs	<p><b>ASANAS:</b></p> <p><b>Meditative postures:</b> Sukhasana, Swastikasana, Ardhapadmasana, Padmasana, Siddhasana, Vajrasana</p> <p><b>Relaxation postures:</b> Shavasana, Makrasana, Matsyakridasana</p> <p><b>Standing postures:</b> Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana</p> <p><b>Balancing Postures:</b> Tadasana, Vrikshasana, Natarajasan, Ekapadasana, Garudasana</p> <p><b>Sitting postures:</b> Bhadrasana, Virasana, Ardhamatsyendrasana, Ushtrasana, Vajrasana Shashankasana, Simhasana, , Paschimottanasana</p> <p><b>Prone postures:</b> Bhujangasana, Dhanurasana, Shalabhasana</p> <p><b>Supine postures:</b> Uttanapadaasana, Pavanamuktasana, Navasana, Sethubandasana, Chakrasana, Matyasana</p> <p><b>Inverted postures:</b> Vipareetakarini asana, Sarvangasana, Halasana, Sirshasan</p> <p><b>Suryanamaskara:</b> Pranamasana, Hasta uttanasana, Padahastasana, Aswasanchalanasana, Sashangasana, Dandasana, Ashtangasana, Bhujangasana, Parvatasana, Sashasangasana, paadahastasana, hasta uttanasana, pranamasana</p>	Lecture method Demonstration You Tube presentation Use of Black board, video clips.	Practical- Viva-voce

  
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**Reference books:**

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2002). Exercise physiology Laboratory Manual. 4th edition. New York: Mc Graw-Hill.
4. Rama, Swami (1992) Meditation and its practice.
5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

**MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE**

The total marks of 100 for the examination in yoga practice shall be distributed as follows:

**Theory - 70 marks**

**Practical Performance - 20 marks**

**Viva voce – 10 marks**

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40 % in practical examination. However, the aggregate passing minimum may be 40 %.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60% : Second Class

60% and above but below 70% : First Class

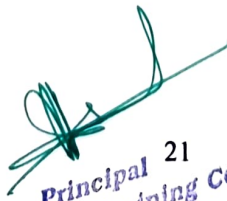
70% and above : First Class with Distinction

  
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**LIST OF STUDENTS ENROLLED IN 2019-'20**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1	ADITHYA MANU	English
2	PARVATHY S.	English
3	REVATHY KRISHNAN	English
4	SATHYAJITH S.	English
5	ANUSREE C. S.	Malayalam
6	SARANYA B. KUMAR	Malayalam
7	PARVATHY A. KURUP	Physical Science
8	SANDHYA S. R.	Physical Science
9	SRUTHI M.	Physical Science
10	AARCHA ANIL	Natural Science
11	AMINA M.	Natural Science
12	DIVYA DAS	Natural Science
13	HAMDHASUHANY M.	Natural Science
14	ANJIMA M. R.	Social Science
15	ANU VIJAYAN	Social Science
16	ARYA R.	Social Science
17	ATHIRA M. R.	Social Science
18	SAJNA S. M.	Social Science
19	SARIKA S.	Social Science

  
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# SAMPLE CERTIFICATES

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Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. PARVATHY S. (English Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2019 - '20.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
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Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. SRUTHI M. (Physical Science Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2019 - '20.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
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---

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Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. HAMDHASUHANY M. (Natural Science Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2019 - '20.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Sheeba P.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

  
Principal  
Sree Narayana Training College  
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# SREE NARAYANA TRAINING COLLEGE

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# VALUE ADDED COURSES

## 2018-'19



  
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# SREE NARAYANA TRAINING COLLEGE

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## GUIDELINES FOR THE VALUE-ADDED COURSES

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

Sree Narayana Training College offers a variety of Value Added Courses which are conducted after class hours. These courses are conducted by experts and faculty and help students stand apart from the rest in the job market by adding further value to their resume. They are mostly independent to each type of the fields.

## OBJECTIVES

The main objectives of the Value Added Course are:

- To improve soft skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

## GENERAL GUIDELINES FOR THE COURSE

Value Added Course is not mandatory to students pursuing the B.Ed. course. It is a teacher assisted learning course open to all students without any additional fee. The courses are conducted during the first semester every year. Classes for each Value Added Course are conducted beyond the regular class hours. The Value Added Courses may be also conducted during weekends / vacation period.

## DURATION

The duration of each value added course is 30 hours.



  
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## PROCEDURE FOR REGISTRATION

The brochure of the Value Added Courses is provided to the students during admission. A student shall register for a Value Added Course offered during the first semester by submitting the duly filled in registration form through the faculty in charge of the respective course. The Faculty in charge sorts the students according to the choices opted.

## VALUE-ADDED COURSES OFFERED DURING THE ACADEMIC YEAR 2018-'19

Sl. No.	Course Code	Name of Course
1	CVM18	CERTIFICATE COURSE IN VEDIC MATHEMATICS
2	CSS18	CERTIFICATE COURSE IN SOFT SKILLS
3	CY18	CERTIFICATE COURSE IN YOGA

## BROCHURE OF THE VALUE-ADDED COURSES OFFERED DURING 2018-'19



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**Certificate Courses  
offered during 2018-'19**



**CVM18**  
CERTIFICATE COURSE  
IN VEDIC MATHEMATICS



**CSS18**  
CERTIFICATE COURSE  
IN SOFT SKILLS



**CY18**  
CERTIFICATE COURSE  
IN YOGA



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Nedunganda

## REGISTRATION FORM FOR VALUE-ADDED COURSES



### SREE NARAYANA TRAINING COLLEGE

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#### REGISTRATION FORM FOR VALUE ADDED COURSES 2018-'19

Name of the Applicant	
Optional Subject	
Gender	
Age and Date of Birth	
Permanent Address (with pin code)	
Mobile Number	
Email ID	
B.A./ B.Sc. Main subject	

Sl. No.	Course Code	Name of Course	Give a tick (✓) mark against your preference
1	CVM18	CERTIFICATE COURSE IN VEDIC MATHEMATICS	
2	CSS18	CERTIFICATE COURSE IN SOFT SKILLS	
3	CY18	CERTIFICATE COURSE IN YOGA	

#### DECLARATION OF THE APPLICANT

I do hereby declare that the details given in the application are correct and true to the best of my knowledge and belief and I promise to abide by all the regulations of the course.

Place:

Date:

(SIGNATURE OF THE APPLICANT)



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**NUMBER OF STUDENTS ENROLLED IN THE VALUE-ADDED COURSES DURING  
2018-'19**

<b>Sl. No.</b>	<b>Names of the Value Added Course</b>	<b>Course Code</b>	<b>Number of students enrolled in the year</b>	<b>Number of Students completing the course in the year</b>
1	CERTIFICATE COURSE IN VEDIC MATHEMATICS	CVM18	14	14
2	CERTIFICATE COURSE IN SOFT SKILLS	CSS18	21	21
3	CERTIFICATE COURSE IN YOGA	CY18	20	20



  
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**CVM18**  
**CERTIFICATE COURSE IN VEDIC MATHEMATICS**  
**2018- '19**

**ABOUT THE COURSE**

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

**COURSE LEARNING OUTCOMES**

1. To eradicate the fear of Mathematics and instil confidence in students.
2. To improve calculation speed and numerical skills.
3. To sharpen the brain.
4. To facilitate the habit of analytical thinking towards any problem.
5. To provide an insight into ancient Indian mathematics.

**COURSES ELIGIBILITY**

The course on Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR/ RESOURCE PERSON**

**Dr. Smitha S.**

M.Sc. (Maths), M.A. (Philosophy), M Sc. Psychology, M.Ed., PGDEPMA, NET, Ph.D.

Assistant Professor in Education

Sree Narayana Training College, Nedunganda

Mob: 9995283505, e-mail: smithakailas@gmail.com



  
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**Nedunganda**

## BROCHURE OF THE COURSE IN VEDIC MATHEMATICS



### SREE NARAYANA TRAINING COLLEGE

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### CVM18 Certificate Course in VEDIC MATHEMATICS 2018-'19

#### ABOUT THE COURSE

The Certificate Course in Vedic Mathematics is designed to enable students to calculate much faster compared to the traditional system through Vedic Maths. It aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will make Maths an enjoyable experience, and boost students' confidence & self-esteem.

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

sntcned@gmail.com

#### COURSE LEARNING OUTCOME

- To eradicate the fear of Mathematics and instil confidence in students.
- To improve calculation speed and numerical skills. To sharpen the brain.
- To facilitate the habit of analytical thinking towards any problem.
- To provide an insight into ancient Indian Mathematics.

#### COURSE ELIGIBILITY

The Course is conducted for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to qualify the examination.

#### COURSE SYLLABUS

- **MODULE 1:**  
Addition, Subtraction, Complement of a number, Multiplication
- **MODULE 2:**  
Division, Straight Division, Squares, Cubes, Square root, Cube root
- **MODULE 3:**  
Algebraic Expressions, Geometry, Fractions, Ratio and Proportion
- **MODULE 4:**  
Operations with decimals, Statistics, Triples Addition & Subtraction
- **MODULE 5:**  
Trigonometry, Calculus, Derivatives & Integrals, Checking Devices



  
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## COURSE SYLLABUS


**Table showing the selected Mathematics Concepts and the corresponding Vedic Sutras**

Sl. No.	Mathematics Concepts	Vedic Sutras	Duration
1	Addition (Whole numbers)	Shuddha Sutra	First Week
2	Subtraction (Whole numbers)	Shuddha Sutra	
3	Complement of a number	NikhilamNavatascaramamDasatah	
4	Multiplication I	EkadhikenaPurvena	
5	Multiplication II	Antyayordasakeapi	
6	Multiplication III	EkanyunenaPurvena	
7	Identities	NikhilamNavatascaramamDasatah	
8	General Multiplication	UrdhvaTiryagbhyam	
9	Division I	NikhilamNavatascaramamDasatah	Second Week
10	Division II	ParavartyaYojayet	
11	Straight Division	Dhwajankam	
12	Squares	YavadoonamTavadoonikrityaVargam Cha Yojayet, Anurupyena, Dwandayoga (Duplex)	
13	Cubes	Anurupyena	
14	Square root of Perfect Squares	Vilokanam	
15	Cube root of Perfect Cubes	Vilokanam	
16	Algebraic Expressions	ParavartyaYojayet, UrdhvaTiryagbhyam	Third Week
17	Solution of Equations	ParavartyaYojayet, SunyamSamyasmuccaye.	
18	Geometry-Area of plane figures	UrdhvaTiryagbhyam	
19	Operations with fractions	UrdhvaTiryagbhyam	
20	Ratio and Proportion	Vilokanam, Trairasikam, Adyamadyenantyamantyena.	
21	Operations with decimals	UrdhvaTiryagbhyam, Dhwajankam, Puranapurabhyam.	Fourth Week
22	Statistics (Arithmetic mean)	Vyastisamastih	
23	Statistics (Mean Deviation)	Vyastisamastih	
24	Triples Addition	UrdhvaTiryagbhyam	
25	Triples Subtraction	UrdhvaTiryagbhyam	
26	Trigonometry	UrdhvaTiryagbhyam	
27	Calculus	Calana Kalanabyam	Fifth Week
28	Derivative of Products	Calana Kalanabyam	
29	Integral of Products	Calana Kalanabyam	
30	Checking Devices	Adyamadyenantyamantyena	



Principal  
Sree Narayana Training College  
Neduncheeri

## BROCHURE OF THE COURSE IN SOFT SKILLS



**SREE NARAYANA TRAINING COLLEGE**  
 Nedunganda, Varkala, Thiruvananthapuram - 695307, Kerala  
(Accredited by NAAC with 'B' Grade, Affiliated to the University of Kerala, Recognized by NCTE  
 Email: sntnced@gmail.com, Website: www.antrainingcollege.edu.in, Phone: 0470-2602383)

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**CSS18**  
**Certificate Course In SOFT SKILLS**  
**2018-'19**

**ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal and professional life. The demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The course moulds the prospective teachers to face the challenges comfortably. The wholehearted development of the individual is the ultimate aim of the programme.

**COURSE LEARNING OUTCOME**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop teamwork & time management skills required for future teachers.
- To enable the student teachers to train and practice necessary soft skills among Secondary School students.

**COURSE SYLLABUS**

**BLOCK 1: Soft Skills & Life skills Soft Skills and Life Skills**

- Introduction
- Body Language
- Communication skills

**BLOCK 2: Emotional Skills**

- Emotional Skills- coping with stress and emotions
- Life skills

**BLOCK 3: Presentation Skill**

- Presentation skill
- Time management
- Interview skills
- Interpersonal interaction

**BLOCK 4: Teamwork & Problem-Solving Ability**

- Group Discussions
- Teamwork
- Problem Solving skills

**DURATION OF THE COURSE**

30 Hours

**COURSE ELIGIBILITY**

This Course is conducted for the students enrolled in B.Ed. course. It is mandatory for students to attend 30 compulsory hours and to attend and qualify the examination.

**CONTACT**

sntnced@gmail.com

### DETAILED SYLLABUS

The syllabus in soft skills training include both of skills and life skills including communication skills body language, emotional skills, group discussion skills, interview skills, Time management, presentation skills and thinking skills.

**Duration: 30 hours**

**Instructional Methods: Lectures, Games, Group Discussions and Activities**

BLOCKS	COURSE DETAILS
BLOCK 1 Soft Skills & Life skills	<ul style="list-style-type: none"> <li>• Soft Skills and Life skills -Introduction</li> <li>• Body Language</li> <li>• Communication skills</li> </ul>
BLOCK 2 Emotional Skills	<ul style="list-style-type: none"> <li>• Emotional Skills- coping with stress and emotions</li> <li>• Life skills</li> </ul>
BLOCK 3 Presentation Skill	<ul style="list-style-type: none"> <li>• Presentation skill</li> <li>• Time management</li> <li>• interview skills</li> <li>• Interpersonal interaction</li> </ul>
BLOCK 4 Teamwork & Problem-Solving Ability	<ul style="list-style-type: none"> <li>• Group Discussions</li> <li>• Teamwork</li> <li>• Problem Solving skills</li> </ul>



  
**Principal**  
**Sree Narayana Training College**  
 Nedunganda

**LIST OF STUDENTS ENROLLED IN 2018-'19**

<b>Sl. No.</b>	<b>Name of Student</b>	<b>Optional Subject</b>
1	ARYA A. L.	Mathematics
2	ASWATHY T. P.	Mathematics
3	ATHIRA S.	Mathematics
4	BABITHA BABU S.	Mathematics
5	CHINCHU C. A.	Mathematics
6	KRISHNA V.	Mathematics
7	NAYANA JOY	Mathematics
8	NEETHU M. G.	Mathematics
9	NEETHU P.	Mathematics
10	RAJALEKSHMI R.	Mathematics
11	RESMA BABU	Mathematics
12	REVATHI PRASAD	Mathematics
13	SRUTHI RAJ	Mathematics
14	VAISAKH S.	Mathematics



  
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**Nedunganda**



**SAMPLE CERTIFICATES**

**SREE NARAYANA TRAINING COLLEGE**  
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(Affiliated to University of Kerala, Recognized by NCTE,  
Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: [sntcne@gmail.com](mailto:sntcne@gmail.com), Website: [www.sntcnecollege.edu.in](http://www.sntcnecollege.edu.in)

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. ARYA A. L., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2018- '19.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Rang S.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. KRISHNA V., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2018- '19.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Rang S.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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**CERTIFICATE OF COMPLETION**

This is to certify that Ms. RESMA BABU, Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2018- '19.

  
Dr. Smitha S.  
Course Coordinator &  
Assistant Professor, SNTC



  
Dr. Rang S.  
Principal, SNTC  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CSS18**  
**CERTIFICATE COURSE IN SOFT SKILLS**  
**2018- '19**

**ABOUT THE COURSE**

---

The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training mold the prospective teachers to face those challenges and difficulties comfortably. The wholehearted development of an individual is the ultimate aim of a software training programme.

**COURSE LEARNING OUTCOMES**

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- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

**LIST OF RESOURCE PERSONS/ TRAINERS**

---

- **Mr. Vishnu Prasad M. V.,**  
HRM Srishti Innovative Technopark Trivandrum and Trainer,  
NaiTER and VaCCT, Thiruvananthapuram.
- **Dr. Sindhya V.,**  
Assistant Professor, Department of Education, University of Kerala,  
Thiruvananthapuram.

**COURSE COORDINATOR**

---

- **Dr. Sangeetha N. R.,**  
Assistant Professor,  
Sree Narayana Training College,  
Nedunganda.



  
Principal  
Sree Narayana Training College  
Nedunganda

**LIST OF STUDENTS ENROLLED IN 2018-'19**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1.	ABHIRAMI S. NAIR	English
2.	ANJALI A. L.	English
3.	ARADHANA NATARAJAN	English
4.	MANU J.	English
5.	RESHMA J. P.	English
6.	SRUTHI J.	English
7.	SWATHY S. RAJ	English
8.	ATHIRA SAJI	Malayalam
9.	CHIPPY SHINE	Malayalam
10.	HARISHMA V.	Malayalam
11.	HONEY CHANDRAN	Malayalam
12.	ARYA R. L.	Physical Science
13.	ASHTAMI S.	Physical Science
14.	MANJU R.	Physical Science
15.	ANAGHA R. S.	Natural Science
16.	ANASWARA G. S.	Natural Science
17.	M. SIMI	Natural Science
18.	ARUNNATH K. M.	Social Science
19.	ASIYA K. H.	Social Science
20.	BAIJU B.	Social Science
21.	NANDANA S.	Social Science



  
**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

**ATTENDANCE (16 July 2018 to 05 September 2018)**

Sl. No.	Name	CERTIFICATE COURSE												ATTENDANCE REGISTER FOR THE MONTH OF ...																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
1	ABHIRAMI S NAIR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	ANJALI A L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	ARNDHANI NATHARAJAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	MANU J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	RESHMA J P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	SUDHY J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	SUDHY S. RAJ	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	ATHIRA SATHI	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	CHIPPY SHINE	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	HAREESHMA V.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	HONEY CHANDRAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	ARYA R.L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	ASHTAMI S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	MANJU R.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	ANAGHA R.S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	ANASWARA.G.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	M. SIMI	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18	ARUNNATH K.M.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19	ASIVA K.H	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20	BAITU B.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21	NANDANA.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Dr. Sanjuktha N.R.  
Assistant Professor in Education  
Sree Narayana Training College  
Nedunganda - 576 221

*[Signature]*

*[Signature]*  
Principal  
Sree Narayana Training College  
Nedunganda - 576 221



*[Signature]*  
**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
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Email: [snctned@gmail.com](mailto:snctned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)



**CERTIFICATE OF COMPLETION**

This is to certify that **Mr. MANU J. (English Optional)** has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2018- '19.

  
**Dr. Sangeetha N. R.**  
Course Coordinator



  
**Dr. Rany S.**  
Principal  
Sree Narayana Training College  
Nedunganda

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**CERTIFICATE OF COMPLETION**

This is to certify that **Ms. CHIPPY SHINE (Malayalam Optional)** has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2018- '19.

  
**Dr. Sangeetha N. R.**  
Course Coordinator



  
**Dr. Rany S.**  
Principal  
Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**  
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**CERTIFICATE OF COMPLETION**

This is to certify that **Ms. NANDANA S. (Social Science Optional)** has participated and successfully completed the Certificate Course in Soft Skill Training organised by Sree Narayana Training College, Nedunganda during the year 2018- '19.

  
**Dr. Sangeetha N. R.**  
Course Coordinator



  
**Dr. Rany S.**  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal

Sree Narayana Training College  
Nedunganda

**CY18**  
**CERTIFICATE COURSE IN YOGA**  
**2018- '19**

**ABOUT THE COURSE**

Value Added Course in Yoga is conducted by Sree Narayana Training College for students enrolled in B.Ed. Degree in six Optional Subjects of English, Malayalam, Mathematics, Physical Science, Natural Science and Social Science. The students must attend the course in 30 compulsory hours conducted in month of May every year. The programme is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

**REGULATIONS**

The candidates for Yoga shall satisfy the following regulations:

1. Enrolled in B.Ed. Degree in Sree Narayana Training College.
2. Number of seats for admission are 25 candidates only.
3. Medium of Instruction is English.
4. Examination can be written in English or Malayalam

**INSTRUCTOR**

**Sri. Amjith S.**  
M.P.Ed. (P.G.D.Y)  
Assistant Professor in Physical Education


**COURSE LEARNING OUTCOMES**

1. To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
2. To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature and scope,
4. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
5. To attain the knowledge of meditation and its types and relevance of yoga to modern life.



  
**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

## BROCHURE OF THE COURSE IN YOGA



### SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala, Thiruvananthapuram - 695307, Kerala  
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 Email: sntcned@gmail.com, Website: www.snttrainingcollege.edu.in, Phone: 0470-2602353

### CY18

## Certificate Course in YOGA

### 2018-'19

#### ABOUT THE COURSE

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

#### COURSE LEARNING OUTCOME

- To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
- To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
- To give them a basic understanding of Yoga and its nature and scope
- To attain the knowledge of meditation, its types and relevance of yoga to modern life.

#### COURSE SYLLABUS

**MODULE 1: Fundamentals of Yoga (10 hours)**

- Introduction to Yoga
- Elements of Yoga in Vedic and Upanashadic Literature
- Schools of Yoga
- Patanajali's Ashtanga yoga
- Different types of meditation. Relaxation exercises
- Relevance of Yoga in modern life

**MODULE 2: Yoga Practice (20 hours)**

- Asanas

#### DURATION OF THE COURSE

30 Hours

#### COURSE ELIGIBILITY

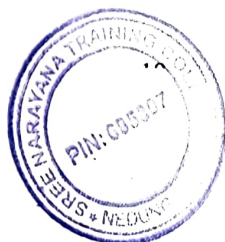
This Course is conducted for the students enrolled in B.Ed. course. It is mandatory for students to attend 30 compulsory hours and to attend and qualify the examination.


#### CONTACT

sntcned@gmail.com

## COURSE SYLLABUS

<b>COURSE – I: FUNDAMENTALS OF YOGA (10 HRS)</b>			
Units	Contents	Teaching Methods	Evaluation
<b>1 (7 hrs)</b>	Introduction to Yoga: Definition, nature and scope of yoga Elements of Yoga in Vedic and Upanashadic Literature- Development of yoga through the ages. Schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.	Lecture method Demonstration method Group Discussion You Tube presentation Use of Black board, video clips.	Assignments Seminars Class Participation Class test
<b>2 (3 hrs)</b>	Patanajali's Ashtanga yoga- Kriyas- Mudras- Bandhas- Pranayamas- Meditation. Its nature and scope. Different types of meditation. Relaxation exercises- Relevance of Yoga in modern life	Lecture method Demonstration You tube presentation	Seminars Class participation Assignments Class test Annual Examination

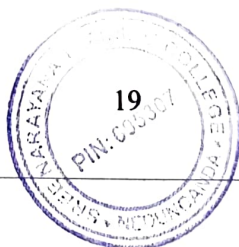


  
 Principal  
 Sree Narayana Training College  
 Nedunganda

**Reference books:**

1. George Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
3. Mahesh Yogi,(1963).Transcendental meditation. New York: New American library.
4. Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
5. Rama, Swami (1992) Meditation and its practice.
6. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
7. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni I.K. (1961/1999) The Science of Yoga ( The Yoga Sutras of Patanjali),The Theosophical Publishing House, Adyar.

<b>Course –II: YOGA PRACTICE (20 hrs)</b>			
Time	Contents	Teaching Methods	Evaluation
20 hrs	<p><b>ASANAS:</b></p> <p><b>Meditative postures:</b> Sukhasana, Swastikasana, Ardhapadmasana, Padmasana, Siddhasana, Vajrasana</p> <p><b>Relaxation postures:</b> Shavasana, Makrasana, Matsyakridasana</p> <p><b>Standing postures:</b> Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana</p> <p><b>Balancing Postures:</b> Tadasana, Vrikshasana, Natarajasan, Ekapadasana, Garudasana</p> <p><b>Sitting postures:</b> Bhadrasana, Virasana, Ardhamatsyendrasana, Ushtrasana, Vajrasana Shashankasana, Simhasana, , Paschimottanasana</p> <p><b>Prone postures:</b> Bhujangasana, Dhanurasana, Shalabhasana</p> <p><b>Supine postures:</b> Uttanapadaasana, Pavanamuktasana, Navasana, Sethubandasana, Chakrasana, Matyasana</p> <p><b>Inverted postures:</b> Vipareetakarini asana, Sarvangasana, Halasana, Sirshasan</p> <p><b>Suryanamaskara:</b> Pranamasana, Hasta uttanasana, Padahastasana, Aswasanchalanasana, Sashangasana, Dandasana, Ashtangasana, Bhujangasana, Parvatasana, Sashasangasana, paadahastasana, hasta uttanasana, pranamasana</p>	<p>Lecture method</p> <p>Demonstration</p> <p>You Tube presentation</p> <p>Use of Black board, video clips.</p>	<p>Practical- Viva-voce</p>



**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

**Reference books:**

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2002). Exercise physiology Laboratory Manual. 4th edition. New York: Mc Graw-Hill.
4. Rama, Swami (1992) Meditation and its practice.
5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

**MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE**

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The total marks of 100 for the examination in yoga practice shall be distributed as follows:

**Theory - 70 marks**

**Practical Performance - 20 marks**

**Viva voce – 10 marks**

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40 % in practical examination. However, the aggregate passing minimum may be 40 %.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60% : Second Class

60% and above but below 70% : First Class

70% and above : First Class with Distinction



  
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**LIST OF STUDENTS ENROLLED IN 2018-'19**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1	BLESSY JOWANA JOY	English
2	JAYALEKSHMY J.	English
3	AMRUTHA V.	Malayalam
4	ATHIRA A. A.	Malayalam
5	NILA VIJAYAN	Malayalam
6	POOJA G.	Malayalam
7	RAKHI G.	Malayalam
8	DRISYARAJ	Physical Science
9	SHOLI L. K.	Physical Science
10	SONU S.	Physical Science
11	ABHIRAMI SIDHARTHAN	Natural Science
12	ASWATHY S.	Natural Science
13	ATHIRA A. G.	Natural Science
14	BISMI D. B.	Natural Science
15	HENA S.	Natural Science
16	KEERTHI KRISHNAN	Natural Science
17	IBNAMOL A.	Social Science
18	MONIKA JUSTIN	Social Science
19	RAKHILAL A. S.	Social Science
20	RINCY S. S.	Social Science



  
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## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE,  
Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. POOJA G. (Malayalam Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2018 - '19.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Rany S.  
Principal  
Principal  
Sree Narayana Training College  
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Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE,  
Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. HENA S. (Natural Science Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2018 - '19.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Rany S.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**


This is to certify that Ms. MONIKA JUSTIN (Social Science Optional) has participated and successfully completed the CERTIFICATE COURSE IN YOGA conducted by Sree Narayana Training College, Nedunganda in the year 2018 - '19.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Rany S.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
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# SREE NARAYANA TRAINING COLLEGE

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## VALUE ADDED COURSES 2017-'18



  
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# SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala

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Email: sntcncd@gmail.com, Website: www.sntrainingcollege.edu.in

## GUIDELINES FOR THE VALUE-ADDED COURSES

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

Sree Narayana Training College offers a variety of Value Added Courses which are conducted after class hours. These courses are conducted by experts and faculty and help students stand apart from the rest in the job market by adding further value to their resume. They are mostly independent to each type of the fields.

## OBJECTIVES

The main objectives of the Value Added Course are:

- To improve soft skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

## GENERAL GUIDELINES FOR THE COURSE

Value Added Course is not mandatory to students pursuing the B.Ed. course. It is a teacher assisted learning course open to all students without any additional fee. The courses are conducted during the first semester every year. Classes for each Value Added Course are conducted beyond the regular class hours. The Value Added Courses may be also conducted during weekends / vacation period.

## DURATION

The duration of each value added course is 30 hours.

  
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## PROCEDURE FOR REGISTRATION

The brochure of the Value Added Courses is provided to the students during admission. A student shall register for a Value Added Course offered during the first semester by submitting the duly filled in registration form through the faculty in charge of the respective course. The Faculty in charge sorts the students according to the choices opted.

## VALUE-ADDED COURSES OFFERED DURING THE ACADEMIC YEAR 2017-'18

Sl. No.	Course Code	Name of Course
1	CVM17	CERTIFICATE COURSE IN VEDIC MATHEMATICS
2	CSS17	CERTIFICATE COURSE IN SOFT SKILLS
3	CY17	CERTIFICATE COURSE IN YOGA

## BROCHURE OF THE VALUE-ADDED COURSES OFFERED DURING 2017-'18

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda, Varkala, Thiruvananthapuram - 695307, Kerala  
Accredited by MAAC with 'B' Grade, Affiliated to the University of Kerala, Recognized by NCTE  
Email: sntcnaad@gmail.com, Website: www.sntcnaadcollege.edu.in, Phone: 0470-2602353



**CERTIFICATE COURSES  
OFFERED DURING 2017-'18**

**CVM17  
CERTIFICATE COURSE IN  
VEDIC MATHEMATICS**

**CSS17  
CERTIFICATE COURSE IN  
SOFT SKILLS**

**CY17  
CERTIFICATE COURSE IN  
YOGA**

  
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## REGISTRATION FORM FOR VALUE-ADDED COURSES



### SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala

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Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in

#### REGISTRATION FORM FOR VALUE ADDED COURSES 2017-'18

Name of the Applicant	
Optional Subject	
Gender	
Age and Date of Birth	
Permanent Address (with pin code)	
Mobile Number	
Email ID	
B.A./ B.Sc. Main subject	

Sl. No.	Course Code	Name of Course	Give a tick (✓) mark against your preference
1	CVM17	CERTIFICATE COURSE IN VEDIC MATHEMATICS	
2	CSS17	CERTIFICATE COURSE IN SOFT SKILLS	
3	CY17	CERTIFICATE COURSE IN YOGA	

#### DECLARATION OF THE APPLICANT

I do hereby declare that the details given in the application are correct and true to the best of my knowledge and belief and I promise to abide by all the regulations of the course.

Place:

Date:

(SIGNATURE OF THE APPLICANT)

  
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**NUMBER OF STUDENTS ENROLLED IN THE VALUE-ADDED COURSES DURING  
2017-'18**

<b>Sl. No.</b>	<b>Names of the Value Added Course</b>	<b>Course Code</b>	<b>Number of students enrolled in the year</b>	<b>Number of Students completing the course in the year</b>
1	CERTIFICATE COURSE IN VEDIC MATHEMATICS	CVM17	14	14
2	CERTIFICATE COURSE IN SOFT SKILLS	CSS17	18	18
3	CERTIFICATE COURSE IN YOGA	CY17	20	20

  
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**CVM17**  
**CERTIFICATE COURSE IN VEDIC MATHEMATICS**  
**2017-'18**

**ABOUT THE COURSE**

The Certificate Course in Vedic Mathematics is designed to enable the students to calculate much faster compared to the traditional system through Vedic Maths. This Vedic Mathematics course aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will not only make Maths an enjoyable experience, but it will make a remarkable difference to students' confidence and self-esteem.

**COURSE LEARNING OUTCOMES**

1. To eradicate the fear of Mathematics and instil confidence in students.
2. To improve calculation speed and numerical skills.
3. To sharpen the brain.
4. To facilitate the habit of analytical thinking towards any problem.
5. To provide an insight into ancient Indian mathematics.

**COURSES ELIGIBILITY**

The course on Vedic Mathematics is conducted by Sree Narayana Training College for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to attend and qualify the examination.

**COURSE COORDINATOR/ RESOURCE PERSON**

**Dr. Smitha S.**

M.Sc. (Maths), M.A. (Philosophy), M.Sc. Psychology, M.Ed., PGDEPMA, NET, Ph.D.  
Assistant Professor in Education

Sree Narayana Training College, Nedunganda

Mob: 9995283505, e-mail: smithakailas@gmail.com

  
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## BROCHURE OF THE COURSE IN VEDIC MATHEMATICS

### SREE NARAYANA TRAINING COLLEGE

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Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.snttrainingcollege.edu.in](http://www.snttrainingcollege.edu.in), Phone: 0470-2602353



### CVM17 CERTIFICATE COURSE IN VEDIC MATHEMATICS 2017-'18

#### ABOUT THE COURSE

The Certificate Course in Vedic Mathematics is designed to enable students to calculate much faster compared to the traditional system through Vedic Maths. It aims to promote the traditional knowledge of Mathematics mastered by the mathematicians of ancient India. It will make Maths an enjoyable experience, and boost students' confidence & self-esteem.

#### COURSE LEARNING OUTCOME

- To eradicate the fear of Mathematics and instil confidence in students.
- To improve calculation speed and numerical skills.
- To sharpen the brain.
- To facilitate the habit of analytical thinking towards any problem.
- To provide an insight into ancient Indian Mathematics.

#### COURSE ELIGIBILITY

The Course is conducted by Sree Narayana Training College, Nedunganda for the students enrolled in B.Ed. course (Mathematics optional). It is mandatory for the students to attend 30 compulsory hours of the course and to qualify the examination.

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

[sntcned@gmail.com](mailto:sntcned@gmail.com)

  
Principal  
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Nedunganda



## COURSE SYLLABUS

**Table showing the selected Mathematics Concepts and the corresponding Vedic Sutras**

Sl. No.	Mathematics Concepts	Vedic Sutras	Duration
1	Addition (Whole numbers)	Shuddha Sutra	First Week
2	Subtraction (Whole numbers)	Shuddha Sutra	
3	Complement of a number	NikhilamNavatascaramamDasatah	
4	Multiplication I	EkadhikenaPurvena	
5	Multiplication II	Antyayordasakeapi	
6	Multiplication III	EkanyunenaPurvena	
7	Identities	NikhilamNavatascaramamDasatah	
8	General Multiplication	UrdhvaTiryagbhyam	
9	Division I	NikhilamNavatascaramamDasatah	
10	Division II	ParavartyaYojayet	
11	Straight Division	Dhwajankam	
12	Squares	YavadoonamTavadoonikrityaVargam Cha Yojayet, Anurupyena, Dwandayoga (Duplex)	
13	Cubes	Anurupyena	
14	Square root of Perfect Squares	Vilokanam	
15	Cube root of Perfect Cubes	Vilokanam	Third Week
16	Algebraic Expressions	ParavartyaYojayet, UrdhvaTiryagbhyam	
17	Solution of Equations	ParavartyaYojayet, SunyamSamyasamuccaye.	
18	Geometry-Area of plane figures	UrdhvaTiryagbhyam	
19	Operations with fractions	UrdhvaTiryagbhyam	Fourth Week
20	Ratio and Proportion	Vilokanam, Trairasikam, Adyamadyenantyamantyena.	
21	Operations with decimals	UrdhvaTiryagbhyam, Dhwajankam, Puranapurabhyam.	
22	Statistics (Arithmetic mean)	Vyastisamastih	Fifth Week
23	Statistics (Mean Deviation)	Vyastisamastih	
24	Triples Addition	UrdhvaTiryagbhyam	
25	Triples Subtraction	UrdhvaTiryagbhyam	
26	Trigonometry	UrdhvaTiryagbhyam	Fifth Week
27	Calculus	Calana Kalanabyam	
28	Derivative of Products	Calana Kalanabyam	
29	Integral of Products	Calana Kalanabyam	
30	Checking Devices	Adyamadyenantyamantyena	

**LIST OF STUDENTS ENROLLED IN 2017-'18**

<b>Sl. No.</b>	<b>Name of Student</b>	<b>Optional Subject</b>
1	AISWARYA S.	Mathematics
2	ARYA S. J.	Mathematics
3	DEVIKAKRISHNAN	Mathematics
4	GREESHMA MURALI	Mathematics
5	HARITHA DAS H. A.	Mathematics
6	MAHIMA MOHAN	Mathematics
7	REMYA R.	Mathematics
8	SREEJA P. S.	Mathematics
9	SUJITHA MOL S.	Mathematics
10	SUNILA SUDARSANAN	Mathematics
11	UMA Y. U.	Mathematics
12	VEENA M. B.	Mathematics
13	VEENA V.	Mathematics
14	VEENA V. S.	Mathematics

  
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# SAMPLE CERTIFICATES

 <b>SREE NARAYANA TRAINING COLLEGE</b> Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala. (Affiliated to University of Kerala, Recognized by NCTE, Accredited by NAAC with Grade B, Recognized by UGC under 2(F) & 12(B)) Email: <a href="mailto:sntcsed@gmail.com">sntcsed@gmail.com</a> , Website: <a href="http://www.snttrainingcollege.edu.in">www.snttrainingcollege.edu.in</a>		
<b>CERTIFICATE OF COMPLETION</b>		
This is to certify that Ms. GREESHMA MURALI, Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2017-'18.		
 Dr. Smitha S. Course Coordinator & Assistant Professor, SNTC		 Dr. Rany S. Principal, SNTC Principal Sree Narayana Training College Nedunganda


  

 <b>SREE NARAYANA TRAINING COLLEGE</b> Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala. (Affiliated to University of Kerala, Recognized by NCTE, Accredited by NAAC with Grade B, Recognized by UGC under 2(F) & 12(B)) Email: <a href="mailto:sntcsed@gmail.com">sntcsed@gmail.com</a> , Website: <a href="http://www.snttrainingcollege.edu.in">www.snttrainingcollege.edu.in</a>		
<b>CERTIFICATE OF COMPLETION</b>		
This is to certify that Ms. REMYA R., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2017-'18.		
 Dr. Smitha S. Course Coordinator & Assistant Professor, SNTC		 Dr. Rany S. Principal, SNTC Principal Sree Narayana Training College Nedunganda

 <b>SREE NARAYANA TRAINING COLLEGE</b> Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala. (Affiliated to University of Kerala, Recognized by NCTE, Accredited by NAAC with Grade B, Recognized by UGC under 2(F) & 12(B)) Email: <a href="mailto:sntcsed@gmail.com">sntcsed@gmail.com</a> , Website: <a href="http://www.snttrainingcollege.edu.in">www.snttrainingcollege.edu.in</a>		
<b>CERTIFICATE OF COMPLETION</b>		
This is to certify that Ms. VEENA M. B., Student Teacher of Mathematics Optional, Sree Narayana Training College, Nedunganda has participated and successfully completed the CERTIFICATE COURSE IN VEDIC MATHEMATICS organised by Sree Narayana Training College, Nedunganda, in the academic year 2017-'18.		
 Dr. Smitha S. Course Coordinator & Assistant Professor, SNTC		 Dr. Rany S. Principal, SNTC Principal Sree Narayana Training College Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CSS17**  
**CERTIFICATE COURSE IN SOFT SKILLS**  
**2017- '18**

**ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal as well as professional life. The ever-changing demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The present course in soft skills training mold the prospective teachers to face those challenges and difficulties comfortably. The wholehearted development of an individual is the ultimate aim of a software training programme.

**COURSE LEARNING OUTCOMES**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop effective teamwork and time management skills required for future teachers.
- The student teachers to train and practice necessary soft skills Secondary School students.

**LIST OF RESOURCE PERSONS/ TRAINERS**

- **Mr. Vishnu Prasad M. V.,**  
HRM Srishti Innovative Technopark Trivandrum and Trainer,  
NaiTER and VaCCT, Thiruvananthapuram.
- **Dr. Sindhya V.,**  
Assistant Professor, Department of Education, University of Kerala,  
Thiruvananthapuram.

**COURSE COORDINATOR**

- **Smt. Sangeetha N. R.,**  
Assistant Professor,  
Sree Narayana Training College,  
Nedunganda.

12  
*Principal*  
**Sree Narayana Training College**  
**Nedunganda**



## BROCHURE OF THE COURSE IN SOFT SKILLS

### **SREE NARAYANA TRAINING COLLEGE**

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Email: [sntcned@gmail.com](mailto:sntcned@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in), Phone: 0470-2602353



### **CVM17 CERTIFICATE COURSE IN SOFT SKILLS 2017-'18**

#### **ABOUT THE COURSE**

The course aims to enhance the various skills required for student teachers for their personal and professional life. The demand and changes of the present social and cultural environment has created numerous challenges for the youth today. The course moulds the prospective teachers to face the challenges comfortably. The wholehearted development of the individual is the ultimate aim of the programme.

#### **COURSE LEARNING OUTCOME**

- To create awareness on various skills required for an individual to deal with the external environment effectively.
- To enhance communication problem solving and interpersonal skills of students.
- To develop teamwork & time management skills required for future teachers.
- To enable the student teachers to train and practice necessary soft skills among secondary school students.

#### **COURSE ELIGIBILITY**

The course is conducted by Sree Narayana Training College, Nedunganda for the students enrolled in B.Ed. course. It is mandatory for students to attend 30 compulsory hours and to attend and qualify the examination.

#### **DURATION OF THE COURSE**

30 Hours

#### **CONTACT**

[sntcned@gmail.com](mailto:sntcned@gmail.com)

  
Principal  
Sree Narayana Training College  
Nedunganda



## DETAILED SYLLABUS

The syllabus in soft skills training include both of skills and life skills including communication skills body language, emotional skills, group discussion skills, interview skills, Time management, presentation skills and thinking skills.

**Duration: 30 hours**

**Instructional Methods: Lectures, Games, Group Discussions and Activities**

BLOCKS	COURSE DETAILS
BLOCK 1 Soft Skills & Life skills	<ul style="list-style-type: none"><li>• Soft Skills and Life skills -Introduction</li><li>• Body Language</li><li>• Communication skills</li></ul>
BLOCK 2 Emotional Skills	<ul style="list-style-type: none"><li>• Emotional Skills- coping with stress and emotions</li><li>• Life skills</li></ul>
BLOCK 3 Presentation Skill	<ul style="list-style-type: none"><li>• Presentation skill</li><li>• Time management</li><li>• interview skills</li><li>• Interpersonal interaction</li></ul>
BLOCK 4 Teamwork & Problem-Solving Ability	<ul style="list-style-type: none"><li>• Group Discussions</li><li>• Teamwork</li><li>• Problem Solving skills</li></ul>

  
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**Nedunganda**



**LIST OF STUDENTS ENROLLED IN 2017-'18**

<b>Sl. No.</b>	<b>Name</b>	<b>Optional Subject</b>
1.	ASWATHY V. L.	English
2.	CHITHRA B.	English
3.	DEEPA BABU	English
4.	SABARI G.	Malayalam
5.	ABHILASH R.	Malayalam
6.	GOPIKA G.	Malayalam
7.	RAHUL KRISHNAN T.	Malayalam
8.	SAVITHA S. J.	Malayalam
9.	ANJALI BABU	Physical Science
10.	ARATHY MUKUNDAN	Physical Science
11.	JISHA S. KUMAR	Physical Science
12.	KARTHIKA S. B.	Physical Science
13.	ABHAYA G. S.	Natural Science
14.	ARDRA V. S. NAIR	Natural Science
15.	RESHMA P. S.	Social Science
16.	SOUMYA B.	Social Science
17.	ARSHA C. I.	Social Science
18.	REJITHA R.	Social Science

  
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**Nedunganda**




**ATTENDANCE (07 August 2017 to 27 September 2017)**

SRI NARAYANA COLLEGE  
 ATTENDANCE REGISTER FOR THE MONTH OF ...

Sl. No.	Name	August 2017												September 2017																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
1	ASWATHY V L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	CHITHRA B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	DEEPA BABU	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	SABARI G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	ABHILASH R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	GODIKA G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	RAHUL KRISHNAN T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	SAVITHA S J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	ANJALI BABU	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	APATHY MUKUNDAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	TISHA S. KUMAR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	KARTHIKA S B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	ABHAYA G.S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	ARDRA V.S. NAIR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	RESHMA P.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	SOMYA B.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	APSHA C. I	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18	REJITHA R.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Class Coordinator  
 D. Suresha N.R.

Assistant  
 School Head  
 Nedunganda College  
 Nedunganda

  
 Principal  
 Sree Narayana Nedunganda College  
 Nedunganda



## SAMPLE CERTIFICATES

**SREE NARAYANA TRAINING COLLEGE**  
Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala.  
(Affiliated to University of Kerala, Recognized by NCTE,  
Accredited by NAAC with Grade B, Recognized by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in



**CERTIFICATE OF COMPLETION**

This is to certify that **Mr. ABHILASH R. (Malayalam Optional)** has participated and successfully completed the **Certificate Course in Soft Skill Training** organised by Sree Narayana Training College, Nedunganda during the year 2017-'18.

  
**Dr. Sangeetha N. R.**  
Course Coordinator



  
**Dr. Rany S.**  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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**CERTIFICATE OF COMPLETION**

This is to certify that **Ms. ANJALI BABU (Physical Science Optional)** has participated and successfully completed the **Certificate Course in Soft Skill Training** organised by Sree Narayana Training College, Nedunganda during the year 2017-'18.

  
**Dr. Sangeetha N. R.**  
Course Coordinator



  
**Dr. Rany S.**  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in



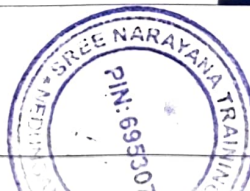
**CERTIFICATE OF COMPLETION**


This is to certify that **Ms. REJITHA R. (Social Science Optional)** has participated and successfully completed the **Certificate Course in Soft Skill Training** organised by Sree Narayana Training College, Nedunganda during the year 2017-'18.

  
**Dr. Sangeetha N. R.**  
Course Coordinator



  
**Dr. Rany S.**  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda

**CY17**  
**CERTIFICATE COURSE IN YOGA**  
**2017- '18**

**ABOUT THE COURSE**

Value Added Course in Yoga is conducted by Sree Narayana Training College for students enrolled in B.Ed. Degree in six Optional Subjects of English, Malayalam, Mathematics, Physical Science, Natural Science and Social Science. The students must attend the course in 30 compulsory hours conducted in month of May every year. The programme is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

**REGULATIONS**

The candidates for Yoga shall satisfy the following regulations:

1. Enrolled in B.Ed. Degree in Sree Narayana Training College.
2. Number of seats for admission are 25 candidates only.
3. Medium of Instruction is English.
4. Examination can be written in English or Malayalam

**INSTRUCTOR**

**Sri. Amjith S.**  
M.P.Ed. (P.G.D.Y)  
Assistant Professor in Physical Education

**COURSE LEARNING OUTCOMES**

1. To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
2. To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature and scope,
4. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama
5. To attain the knowledge of meditation and its types and relevance of yoga to modern life.



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**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

## BROCHURE OF THE COURSE IN YOGA

### SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala, Thiruvananthapuram - 695307, Kerala

Accredited by NAAC with 'B' Grade, Affiliated to the University of Kerala, Recognized by NCTE  
Email: sntcned@gmail.com, Website: www.sntrainingcollege.edu.in, Phone: 0470-2602353



### CVM17 CERTIFICATE COURSE IN YOGA 2017-'18

#### ABOUT THE COURSE

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

#### COURSE LEARNING OUTCOME

- To impart knowledge of yoga to B.Ed. Students in order to enable them to teach yoga to the students in schools.
- To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness
- To give them a basic understanding of Yoga and its nature and scope
- To attain the knowledge of meditation, its types and relevance of yoga to modern life.

#### COURSE ELIGIBILITY

The course is conducted by Sree Narayana Training College, Nedunganda for the students enrolled in B.Ed. course. It is mandatory for students to attend 30 compulsory hours and to attend and qualify the examination.

#### DURATION OF THE COURSE

30 Hours

#### CONTACT

sntcned@gmail.com

## COURSE SYLLABUS

COURSE – I: FUNDAMENTALS OF YOGA (10 HRS)			
Units	Contents	Teaching Methods	Evaluation
1 (7 hrs)	Introduction to Yoga: Definition, nature and scope of yoga Elements of Yoga in Vedic and Upanashadic Literature-	Lecture method Demonstration method Group Discussion You Tube presentation	Assignments Seminars Class Participation

  
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	Development of yoga through the ages. Schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.	Use of Black board, video clips.	Class test
2 (3 hrs)	Patanajali's Ashtanga yoga- Kriyas- Mudras- Bandhas- Pranayamas- Meditation. Its nature and scope. Different types of meditation. Relaxation exercises- Relevance of Yoga in modern life	Lecture method Demonstration You tube presentation	Seminars Class participation Assignments Class test Annual Examination

**Reference books:**

1. George Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
3. Mahesh Yogi,(1963).Transcendental meditation. New York: New American library.
4. Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
5. Rama, Swami (1992) Meditation and its practice.
6. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
7. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni I.K. (1961/1999) The Science of Yoga ( The Yoga Sutras of Patanjali),The Theosophical Publishing House, Adyar.

Course –II: YOGA PRACTICE (20 hrs)			
Time	Contents	Teaching Methods	Evaluation
20 hrs	<b>ASANAS:</b> <b>Meditative postures:</b> Sukhasana, Swastikasana, Ardhapadmasana, Padmasana, Siddhasana, Vajrasana <b>Relaxation postures:</b> Shavasana, Makrasana, Matsyakridasana <b>Standing postures:</b> Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana <b>Balancing Postures:</b> Tadasana, Vrikshasana, Natarajasan, Ekapadasana, Garudasana <b>Sitting postures:</b> Bhadrasana, Virasana, Ardhamatsyendrasana, Ushtrasana, Vajrasana Shashankasana, Simhasana, , Paschimottanasana	Lecture method Demonstration You Tube presentation Use of Black board, video clips.	Practical- Viva-voce

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<p><b>Prone postures:</b> Bhujangasana, Dhanurasana, Shalabhasana</p> <p><b>Supine postures:</b> Uttanapadaasana, Pavanamuktasana, Navasana, Sethubandasana, Chakrasana, Matyasana</p> <p><b>Inverted postures:</b> Viparectakarini asana, Sarvangasana, Halasana, Sirshasan</p> <p><b>Suryanamaskara:</b></p> <p>Pranamasana, Hasta uttanasana, Padahastasana, Aswasanchalanasana, Sashangasana, Dandasana, Ashtangasana, Bhujangasana, Parvatasana, Sashasangasana, paadahastasana, hasta uttanasana, pranamasana</p>		
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**Reference books:**

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2002). Exercise physiology Laboratory Manual. 4th edition. New York: Mc Graw-Hill.
4. Rama, Swami (1992) Meditation and its practice.
5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

**MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE**

The total marks of 100 for the examination in yoga practice shall be distributed as follows:

**Theory - 70 marks**

**Practical Performance - 20 marks**

**Viva voce – 10 marks**

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40 % in practical examination. However, the aggregate passing minimum may be 40 %.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60% : Second Class

60% and above but below 70% : First Class

70% and above : First Class with Distinction

  
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**Nedunganda**



**LIST OF STUDENTS ENROLLED IN 2017-'18**

Sl. No.	Name	Optional Subject
1	KAVYA S. ANAND	English
2	LAKSHMI ANIL	English
3	NAVAMI B.	English
4	NIKHITHA M. B.	English
5	ASHA R. V.	Malayalam
6	PRIYANKA DAS D. S.	Malayalam
7	VISHNU P.	Malayalam
8	SAJIN S. S.	Physical Science
9	SUBHIKSHA S. P.	Physical Science
10	SUCHITHRA S. S.	Physical Science
11	JINU J. S.	Natural Science
12	LICHU THAMPI	Natural Science
13	NOUFI S.	Natural Science
14	POURNAMI M. S.	Natural Science
15	SHAJIN S. S.	Natural Science
16	SHINSI S.	Natural Science
17	AYISHA M. SHEREEF	Social Science
18	BABY NEETHU S. K.	Social Science
19	HIMA J.	Social Science
20	JEFFERSON J. F.	Social Science

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**Nedunganda**





# SAMPLE CERTIFICATES

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Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B))  
Email: sntcned@gmail.com, Website: www.snatrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Ms. KAVYA S. ANAND (English Optional) has participated and successfully completed the **CERTIFICATE COURSE IN YOGA** conducted by Sree Narayana Training College, Nedunganda in the year 2017 - '18.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Rany S.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda

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Email: sntcned@gmail.com, Website: www.snatrainingcollege.edu.in

**CERTIFICATE OF COMPLETION**

This is to certify that Mr. SAJIN S. S. (Physical Science Optional) has participated and successfully completed the **CERTIFICATE COURSE IN YOGA** conducted by Sree Narayana Training College, Nedunganda in the year 2017 - '18.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Rany S.  
Principal  
Principal  
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**CERTIFICATE OF COMPLETION**


This is to certify that Mr. JEFFERSON J. F. (Social Science Optional) has participated and successfully completed the **CERTIFICATE COURSE IN YOGA** conducted by Sree Narayana Training College, Nedunganda in the year 2017 - '18.

  
Sri. Amjith S.  
Course Coordinator



  
Dr. Rany S.  
Principal  
Principal  
Sree Narayana Training College  
Nedunganda



  
Principal  
Sree Narayana Training College  
Nedunganda