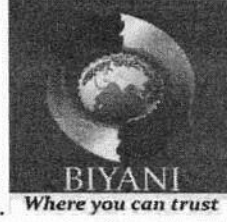


**Brochure and course
content along with
CLOs of value-added
courses in Academic
Session 2018-19**




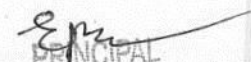
BIYANI GIRLS B.ED. COLLEGE

Date: 17-12--2018

NOTICE

All the students are hereby informed that Institute is going to introduce Value added course entitled "Basics of martial Arts" from 6-Jan 2019. Give your name to your respective class In-charge.

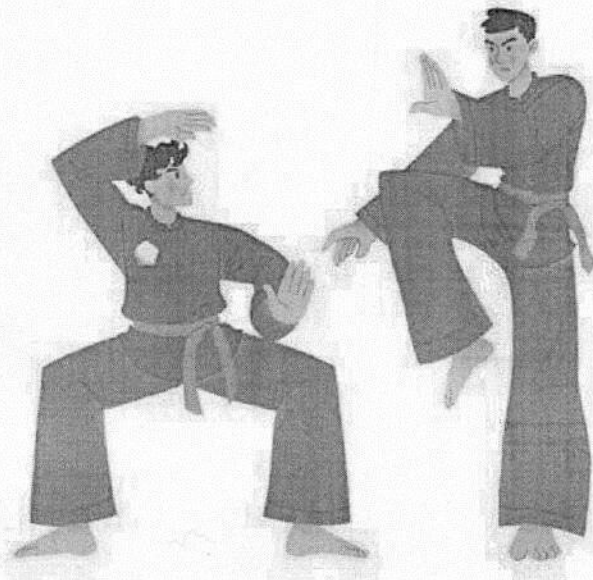

Dr. Ekta Pareek
Principal
Biyani Girls B.Ed College
Jaipur


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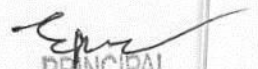


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Basics of Martial Arts

Duration-
December to January
2018-2019


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Cordinator
Mr. Rajendra Singh
Shekhawat

Co-cordinator
Ms. Shweta Jain



BIYANI GIRLS B.ED COLLEGE, JAIPUR

Certificate Course on Basic of Martial Art 2018-20219

Teaching Scheme:

3 Hours per week

Examination Scheme:

Paper Code.	Paper Name	Duration	Max. Marks
BMA03	Basic of Martial Art	35 Hrs.	50 Marks.


Note: This certificate course is divided into three Units. Two questions will be set from each Unit. Students are required to attempt three questions in all taking one question from each Unit. Each Unit carries equal marks.

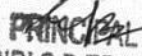
Unit I KARATE-DO

- Feet together, close toe stance
- Feet together, open toe stance
- Parallel stance
- Haiko Dachii toe inward
- Haiko Dachii toe outward
- Square stance (sitting on Horse stance toe outward)
- Forward short stance
- Forward long stance
- Back stance
- Cat stance
- L stance, heel on one line
- Crossed leg stance
- One leg - Crane Stance
- Uchiachiji Dachii one step forward
- Forward parallel stance

Unit II Kicks

- Front Knee attack
- Jump Knee attack
- Side, knife edge, lower area (knee level) kick
- Roundhouse, instep, middle area kick
- Crescent Kick
- Half Round (hook)
- Jump Half Round
- Back Round (hook)
- Jump Spinning Round (hook)
- Side, knife edge, middle area kick
- Jumping Side Kick
- Front Kick


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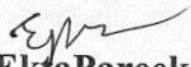


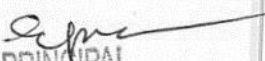
BIYANI GIRLS B.ED. COLLEGE

Date: 17-12--2018

NOTICE

All the students are hereby informed that Institute is going to introduce Value added course entitled "Memory Enhancement programme" from 6-Jan 2019. Give your name to your respective class In-charge.

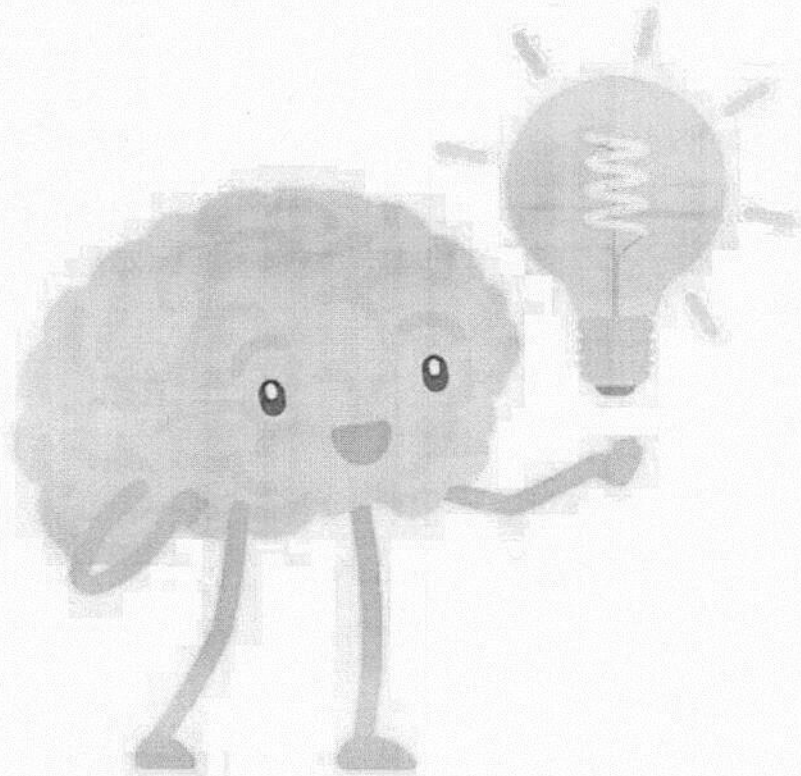

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Memory Enhancement Program

Duration-
December to January
2018-2019

Cordinator
Mr. Rajendra Singh
Shekhawat

Em
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Co-cordinator
Ms. Shweta Jain



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Certificate Course on Memory Enhancement Programme

Teaching Scheme:

3 Hours per week

Examination Scheme:

Paper Code.	Paper Name	Duration	Max. Marks
MEP02	Memory Enhancement Programme	35 Hrs.	50 Marks.

Note: This certificate course is divided into three Units. Two questions will be set from each Unit. Students are required to attempt three questions in all taking one question from each Unit. Each Unit carries equal marks.

Unit I

A Introduction to the Memory

- What Are The Different Types Of Memory Systems
- Our Eidetic Memory System
- The Effectiveness And Importance Of Our Visual Memory
- What Is Our Short Term Memory
- What Is Our Long Term Memory

Unit II

The Ultimate Formulas and systems to Improve your Memory and Cognitive Ability

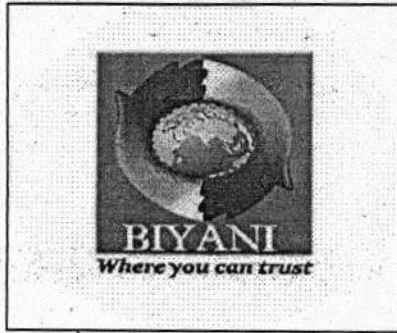
- The Ultimate Memory Optimization System: Mnemonic Devices
- Tip Of My Tongue - A Recalling System
- The Peg System And Formula For Memory Improvement
- Cramming As A Detrimental System To Our Memory
- Event Based Memory Formula
- Using Effective Memory Improvement Tools
- Using Imagery And Shapes To Enhance Our Memory
- The Effect Of Learning On Our Memory System
- Linguistic Programming For Memory Improvement

Unit III

Improving and optimizing our Memory, Storage, and Recalling Ability

- What Kind Of Food Can Harm Our Memory?
- What To Eat To Improve Your Memory
- Creativity And Its Link To Our Memory
- The Benefits Of Mindfulness And Cognitive Clearance
- Musical Therapy For Memory Stimulation

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Programme: B.Ed

Course Name: Memory enhancement program

CO	Course Outcomes	Bloom's Level
	Students will be able	
CO1	To Understand memory processes like encoding, storage, and retrieval.	1
CO2	To understand the different paradigm of memory enhancement. To understand the different types of memory. To Understand the challenges during memory enhancement	2
CO3	To Apply memory techniques to academic tasks for instance remembering information, retaining course content.	3
CO4	To Analyze memory enhancement strategies known as mnemonic devices, visualization, rehearsal, chunking.	4
CO5	To evaluate memory performance, Identify strengths and weaknesses, implement	5
CO6	To Improve study skills, time management, organization, active engagement, self-testing.	6

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