

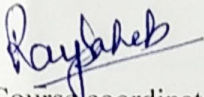
**Sri Krishna Dutt Academy**  
(Recognized by NCTE and Affiliated to University of Lucknow)  
**Vrindavan Yojna, Lucknow**

Date. 11/09/2021

**Notice**

All the students of Sri Krishna Dutt Academy who are in semester V of session 2021-22 are here by informed that the college is going to organize 30 Hrs. value added/certificate course on **Indian Knowledge System (Knowing Ancient India)** which is to be scheduled from 13/09/2021. Interested students can get registered before 11/09/2021.

For more information contact :

  
Course coordinator



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Raibareilly Road, Lucknow

## **SRI KRISHNA DUTT ACADEMY**

*(Recognized by NCTE and affiliated to University of Lucknow)*

*Vrindavan Yojna, Raibareilly road, Lucknow*

### **Curriculum of Add-on-Course**

**Session: 2021-22**

1. **Name of the Add-on-Course:** Certificate Course on "Indian Knowledge System (Knowing Ancient India)"
2. **Course Coordinator (With Email and Mobile)**
3. **Duration of Course (In Hours):** 30 Hours
4. **Course Commencement Date:**
5. **Course End Date:**
6. **Evaluation Date:**
7. **Total Marks:**

Theory	50
Practical & Viva	20
Presentation	10
Assignment	10
Class Attendance	10
Total Marks	100

8. **Objectives of the Certificate Course:**

The objectives of the Indian knowledge system, rooted in ancient India, encompass several key aspects:

**Holistic Development:** Emphasized the development of individuals in all dimensions - physical, mental, emotional, and spiritual.

**Preservation and Transmission of Knowledge:** Focused on preserving and transmitting knowledge across generations, often through oral traditions, texts, and guru-disciple relationships.

**Spiritual Enlightenment:** Aimed at achieving spiritual enlightenment and self-realization through practices such as yoga, meditation, and introspection.

**Social Harmony:** Promoted the idea of dharma (duty/righteousness) as a guiding principle for individuals and society, fostering social harmony and collective well-being.

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**Practical Applications:** Integrated theoretical knowledge with practical applications, as seen in fields such as architecture, mathematics, astronomy, medicine, and governance.

**Unity of Knowledge:** Recognized the interconnectedness of various branches of knowledge, emphasizing the unity of all sciences, arts, and philosophies.

**Environmental Sustainability:** Advocated for a harmonious relationship with nature, promoting sustainable living practices and ecological balance.

These objectives guided the Indian knowledge system, contributing to the rich cultural and intellectual heritage of ancient India.

9- **Target Group :** B.Sc., B.Com & B.Ed.

# Indian Knowledge System (Knowing Ancient India)

## Syllabus

(TOTAL TEACHING HOURS : 30 Hrs)

- Unit - I** : Introduction of Indian Knowledge System 7 Hrs
- Concept and Definition of Indian Knowledge System
  - Scope of Indian Knowledge System
  - Continuity of Indian Knowledge System
  - Areas of Indian Knowledge System (Medicine, Astronomy, Mathematic, Aryurveda, Philosophy)
  - Texts of Indian Knowledge System (Vedas, Upnished and Epics (Mahabharat, Ramayana))
- Unit-II** : Ancient Knowledge System of India 9 Hrs
- Introduction of Ancient India
  - Meaning of Ancient Knowledge System
  - Salient Features of Ancient Knowledge System
  - Sources of Ancient Knowledge System
- Unit-III** : Institution of Ancient Knowledge System in India 7 Hrs
- Takshashila University
  - Nalanda University
  - Vikramsilla University
  - Vallabhi University
  - Odantpuri University
  - Kashmir Smast
- Unit-IV** : Role, contribution & Continuation of Indian Knowledge System 7 Hrs
- Role of the Ancient Teacher in Indian Knowledge System
  - Role of the Ancient Community in Indian Knowledge System
  - Contribution of Indian Knowledge to humanity
  - Contribution of Ancient Indian Scholars

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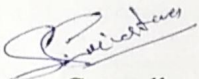
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Date...15/09/2021

**NOTICE**

All the students of Sri Krishna Dutt Academy who are in Semester III of session 2021-22 are here by informed that the college is going to organize a 30 Hrs. Value Added/Certificate Course on '**Basics of Music for Wellness**' which is scheduled from 23/09/2021. Interested students should get registered before 19/09/2021.

For more information, contact the course coordinator.



Course Co-ordinator

**Dr. Sunita Srivastava**

Assistant. Professor (B.Ed)



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SKD Academy Degree College

Syllabus music for wellness

CREDIT:4

DURATION: ~~30~~ Hrs

COURSE OBJECTIVES :

- The effect music has on the brain.
- Strategies and techniques for regulating emotions and stress by integrating music with ancient practices such as mantras.
- How and why music can help you to live happier, healthier life.

Unit 1: Introduction to Music and Wellness

8hrs

The relationship between music and wellness Historical perspectives on music therapy and its evolution Understanding the psychological and physiological effects of music on the human body Introduction to different genres of music and their potential therapeutic benefits.

Unit 2: Music and Stress Reduction

7hrs

Various techniques for using music to reduce stress and anxiety. The role of music in promoting relaxation and mindfulness Practical exercises and activities for stress reduction using music Case studies and real-life examples of individuals benefiting from music for stress management.

Unit 3: Music and Emotional Wellbeing

7hrs

Understanding how music can influence mood and emotions. Various uses of music for emotional expression. The impact of music on self-awareness and emotional regulation Practical applications of music for enhancing emotional wellbeing in various settings.

Unit 4: Music and Physical Health

8hrs

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The role of music in pain management and rehabilitation. How music can enhance physical performance and exercise. Understanding the physiological effects of music on the body, including heart rate and blood pressure. Practical exercises and interventions using music to improve physical health and wellbeing.

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## PRACTICAL SESSION FOR STUDENTS

1. **Breathing Exercises with Music:** Practice deep breathing exercises while listening to soothing music. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. Coordinate your breathing with the tempo of the music for added relaxation.
2. **Mindful dance moves with Music:** Simple dance steps while listening to calming instrumental music. Pay attention to the sensations of steps, the rhythm of the music, and the surrounding environment to promote relaxation, reduce stress, and improve physical health.
3. **Using Music for Sleep Enhancement:** Create a calming bedtime playlist to listen to before sleep. Slow, soothing music can help lower heart rate, decrease cortisol levels, and promote relaxation, leading to better quality sleep and improved physical health.
4. **Incorporating Music into Exercise:** Create a workout playlist filled with motivating songs to listen to while exercising. Whether it's going for a run, hitting the gym, or doing yoga, music can enhance physical performance, increase endurance, and make exercise more enjoyable.
5. **Music Journaling:** Start a music journal where you reflect on the emotional impact of different songs or genres. Write about how specific pieces of music make you feel, memories associated with certain songs, or the emotional insights gained from listening to music. This can be a therapeutic practice for self-discovery and emotional processing.

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Date... 8/11/2021.

**Notice**

All the students of Sri Krishna Dutt Academy who are in semester I of session 2021-22 are here by informed that the college is going to organize 30 Hrs. value added/certificate course on **Fundamentals of Human Rights** which is to be scheduled from 15/11/2021. Interested students can get registered before 13/11/2021. For more information contact :

*Md. Salim*  
Course coordinator

Mohd. Salim



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Raibareilly Road, Lucknow

## Fundamental of Human Rights and the Emerging trends thereof

Credits : 4

Contact Hrs . 30-35

**Course Objectives :-** The aim of the course paper is to provide knowledge about human rights to the students in following ways.

- To acquaint the student about fundamental understanding about concept, origin and importance of human rights in social life.
- To provide brief knowledge about human rights standards, institutions and enforcements mechanisms available at national and international levels.
- To understand the different issue, problems and challenges of Human right in contemporary world.

### Course Content :-

#### **Unit – I**

**(9 Lectures)**

Human rights : Concepts, origin and Importance, Kinds of human rights and its different perspectives, Human rights and Duties: Democracy and Human right.

#### **Unit – II**

**(9 Lectures)**

Human right in national perspectives : Indian State and Human rights Law , Indian perspective of Human right, Development, Human right concern of Vulnerable groups.

#### **Unit – III**

**(7 Lectures)**

Human rights in international perspectives : United Nation and Human rights, International Bill of Human rights – UDHR, ICCPR, ICESCR

#### **Unit – IV**

**(5 Lectures)**

Enforcement Mechanisms of Human right : UN, NHRC and Judiciary

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Date... 21/02/2022

**NOTICE**

All the students of Sri Krishna Dutt Academy who are in Semester IV of session 2021-22 are here by informed that the college is going to organize 30 Hrs. Value Added/Certificate Course on '**Eco Tourism & Sustainable Tourism**' which is to be scheduled from 01/03/2022. Interested students can get registered before 28/02/2022.

For more information, contact:

*Mohd. Salim*  
Course Co-ordinator

**Mr. Mohd. Salim**  
Assistant. Professor (B.com.)

*Mohd. Salim*  
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SKD Academy Degree College  
Ecotourism and Sustainable Tourism

CREDIT:4

DURATION:34Hrs

**COURSE OBJECTIVES :**

- To Understand the relationship between sustainable development and sustainable tourism.
- To Understand the importance of environmental protection and the necessity for its management.
- To understand the strategic role and importance of intermediaries in order to develop sustainable tourism

**Unit 1:**

8hrs

Introduction to Ecotourism and Sustainable Tourism: Definition and concepts of ecotourism and sustainable tourism. Historical background and development of ecotourism. Principles and goals of ecotourism and sustainable tourism. Importance of conservation and community involvement

**Unit 2:**

7hrs

Ecological Principles in Tourism. Biodiversity conservation and ecotourism. Ecosystem services and their role in sustainable tourism. Sustainable resource management in tourism destinations. Wildlife tourism and its impacts on ecosystems.

**Unit 3:**

7hrs

Sustainable Tourism Practices and Policies. Sustainable tourism certifications and standards. Best practices for minimizing environmental impacts in tourism operations. Community-based tourism initiatives and their benefits. Government policies and regulations promoting sustainable tourism

**Unit 4:**

8hrs

Challenges and Future Trends in Ecotourism. Socio-cultural impacts of tourism on local communities. Climate change and its implications for ecotourism destinations. Emerging trends and innovations in sustainable tourism.

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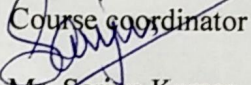
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Date..22/02/2022

**Notice**

All the students of Sri Krishna Dutt Academy who are in semester IV of session 2021-22 are here by informed that the college is going to organize 30 Hrs. value added/certificate course on **Spoken English/Communicative English** which is to be scheduled from 02/03/2022. Interested students can get registered before 01/03/2022.

For more information contact :

Course coordinator  
  
Mr. Sarjun Kumar



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## Spoken English/Communicative English Course

**Unit I :** Practice in Grammar, Nouns, Verbs, Subject verb agreement, parts of sentences, punctuation, Direct & reported speech, Active and passive voice, tenses.

**Unit II :** Vocabulary and Pronunciation :

Uses of phrases, idioms, proverbs, vowels and consonants, slang applied phonetics.

**Unit III :** Listening, speaking, reading & writing skills, listening strategies, viewing movie clips, participation in debates, having conversations understanding, reading of textual material, Monologue, dialogue, comprehension, paraphrasing, letter writing, Easy writing, Report writing, CV writing etc.

**Unit IV :** Communication

Self introduction, presentation skills, interview preparation, conversation techniques, group discussion, workplace communication, Telephonic communication

### **Objectives :**

To make students aware of the English languages communicative potential. It will also aid in the inhibition of ethical principles in students.

### **Course Outcomes :**

- To write job application letter & resume
- To prepare a power point presentation
- To communicate effectively in English
- To write grammatically correct English



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