




**Curriculum** of Certificate  
Courses for the Year **2018-2019**

## Curriculum of Certificate course in Ambedkar Studies

### Syllabus of the Course

S.No	Topic	Hours Required
1.	Life and Works of Dr. Babasaheb Ambedkar	4
2.	Dr. Babasaheb Ambedkar on Social Unity and fraternity	3
3.	B.R. Ambedkar: Society and Culture	4
4.	Reconstruction of Indian Society- his concept on Human security	4
5.	National goals and their impact on Society	5
6.	The classical approaches- realism and idealism	4
7.	Scientific revolution- behavior approach, decision making theories, game theory	4
8.	Economic Thought of B.R. Ambedkar	4
9.	Arms Controls and Disarmament	5
10.	State, Democracy and Nation Building	4
11.	Test	1



  
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## Curriculum of Value added course in Stress Management


### SYLLABUS

Module I	Hours	Pedagogy
<ul style="list-style-type: none"><li>❖ Stress – definition, causes, signs and symptoms.</li><li>❖ Harmful effects of stress on physical and mental health.</li></ul>	06	Lecture

Module II	Hours	Pedagogy
<ul style="list-style-type: none"><li>❖ Brief introduction of yoga and meditation.</li><li>❖ Stress relaxation techniques</li></ul>	10	Lecture and Demonstration

Module III	Hours	Pedagogy
<ul style="list-style-type: none"><li>❖ Mastering over stress managing skills through Group Practice Sessions of yoga and meditation.</li></ul>	14	Demonstration and Practice.



  
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