



**ST. JOSEPH'S COLLEGE**  
**(AUTONOMOUS)**  
College with Potential for Excellence

**VALUE ADDED COURSE**



## **ST. JOSEPH'S COLLEGE (AUTONOMOUS)**

**College with Potential for Excellence**

NAAC accredited With 'A' Grade

Irinjalakuda - 680 121, Thrissur Dist., Kerala

Phone : College - 8301000125 Fax : 0480 2830954

E-mail : [info@stjosephs.edu.in](mailto:info@stjosephs.edu.in)

Website : [www.stjosephs.edu.in](http://www.stjosephs.edu.in)

## **VALUE ADDED COURSE**

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## **1. EXCEL AND ELEVATE A SOFT SKILL ENHANCEMENT PROGRAMME**

Course Code : BBEX

Duration : 30 Hrs

The Department of Business Administration have signed an MOU with Exam Edge, Thrissur in the year of 2019. Exam Edge is an educational institution conducting coaching classes for MBA entrance bank coaching, soft skills, numerical skill and personality developments. This is MOU for conducting certificate course titled "Excel elevate; A soft skill enhancement program" for the students. The minimum duration for course is 60 hours theory classes and 20 hours of test papers. The final year students of BBA for the academic year 2019-20 and 2020-2021 have attended the course without fail. For the academic year 2020-2021 the class was organised through online platform.

Contact : Rejo Sibin

e-mail : rejosibin@gmail.com

## **2. SAFETY MEASURES IN LAB AND INSTRUMENTATION**

Course Code : BIOS 1

Duration : 40 Hours

Study about biosafety measures is an important requirement for biotechnology students because their working environment always has several risks and hazards associated with chemicals and microorganisms. It is important that each student should have a proper awareness about the hazards. This certificate course will enable students to learn about biosafety and its importance. It aims to minimize the risks in the lab by ensuring that the students know how to handle these hazards. This certificate course also includes information about proper handling of important yet frequently used equipment in the laboratory.

Contact : Dr. Viji Mary Varghese (HOD)

e-mail : vijimary@gmail.com

### **3. HERBAL COSMETOLOGY**

Course Code : SJBOHC

Duration : 60 Hours

The concept of beauty and cosmetics dates back to ancient mankind and civilization. Generally herbal cosmetics are also referred to as natural cosmetics. Herbal cosmetics are formulated, using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to cure various skin ailments. Plants are highly used for development of new drug products for cosmetics and pharmaceutical applications. Herbal cosmetics are the products in which herbs are used in crude or extract form.

Contact : Dr. Roselin Alex

e-mail : roselinsajeev@gmail.com

### **4. CERTIFICATE COURSE DIPLOMA IN COMPUTER APPLICATIONS (DCA)**

Course Code : BOCA

Duration : 60 Hours

DCA, Diploma in Computer Applications, is a one-year diploma course in the field of Computer Applications which involves study of numerous computer applications such as MS Office, Internet Applications, Operating System, Database Management System (DBMS), and HTML among other subjects. The course curriculum ensures to provide an aspirant a deeper knowledge of the subject as well as will make the student technology friendly. Some of the core subjects of this program are Basics Computer Skills, MS Office Applications, Internet Basics, E-Business, PC Assembly and Troubleshooting.

Contact : Dr. Roselin Alex

e-mail : roselinsajeev@gmail.com

### **5. GEMOLOGY**

Course Code : CHGE

Duration : 120 Hours

Gems are the symbol of prestige, power, prosperity and glory since time immemorial. Gems are one of the most precious

elements in this world and share equally with gold and platinum in terms of value. The precious stones such as diamonds, sapphires, emeralds and rubies are some of them to name which are associated with our Indian culture.

Gemology came into limelight in the recent times with the steep increase of gems across the world. Gemology is the science of studying gems that have emerged as a new line of study. This unique profession is not just limited to laboratories besides identifying and evaluating gemstones. Candidates who hold a certificate in Gemology will find innumerable job opportunities across the world.

Research and PG Department of Chemistry, St. Joseph's college Irinjalakuda is conducting a one year certificate course on Gemology for second year Bachelor's degree students. Syllabus covers theory and practical sessions. Department is equipped with Gemology lab with all facilities.

These are the first-level courses in Gemology that deal with all the basic information regarding the identification of different gemstones. The duration of this course is one year. Candidates who registered for the course will learn about various techniques and instruments that are used in the Gemmological industry.

Department is collaborated with Flame Diamonds and Manufactures, Thrissur for providing an industrial training and experience.

Candidates who take up Gemology course will learn about identification and colouring of stones besides occurrence of the stones and will be taught on both physical and optical properties of the stones. They will also learn about the identification of naturally occurring gems.

Contact : Dr. Deena Antony C.

e-mail : deenarajan96@gmail.com

## **6. CISCOM**

Course Code : CHCI

Duration : 120 Hours

Chemistry In Service of Common Man (CISCOM) is a certificate course offered by the chemistry department, intended to train the students and local community to prepare common house

hold chemicals such as soap, shampoo, detergent, hand wash, hand sanitizer, toilet cleaner, pain relief bam...etc. This course is conducted in collaboration with Science Center, Methala, Kodungallur. These products are used in everyday life so it is relevant to know the included ingredients (mainly chemicals) and its composition. Many of the products available in the market are harmful due to excessive use of chemicals. As a part of the certificate course (CISCOM), we conduct workshop with experts once in a year to teach students how to make these products safe, low-cost and efficient. It is an opportunity for students to come together as teams, expand their creativity and to develop new area of interest.

Contact : Dr. Deena Antony C.  
e-mail : deenarajan96@gmail.com

### **7. TALLY WITH GST**

Course Code : BCGST

Duration : 60 Hours

Tally ERP 9 with GST covers in-depth knowledge to meet the accounting requirements of the industry. We not only teach the concepts but also helps you learn how you can Practically implement those concepts in your Day-to-Day Accounting Process with practical examples and entries in tally.

Who Can Join Tally ERP 9 with GST?

◆ **Anyone:** - who wants to learn and perform accounting, inventory and taxation work on Tally.

◆ **Accountants:** - Accounting Job Persons, Tax Consultants, Chartered Accountants, Cost Accountants, or any other professional who need to work on Tally Software.

◆ **Commerce Students:** - Every commerce students must learn Tally ERP 9 Online Course with GST, because majority of Indian Small and Medium Businesses use Tally ERP9 for their Day-to-Day Accounting work.

◆ **Business Owners:** - Even if a business owner or top management don't do data entry work in tally, then need to have knowledge of Tally Software so that they can

analyse data, keep an eye on cash and fund flows, profits, finance, reporting and other valuable information that helps them in Decision Making.

Contact : Mr. Thomas K. I.

e-mail : profkithomas@yahoo.co.in

### **8. ACCA**

Course Code : BCACCA

Duration : 240Hours

ACCA stands for the Association of Certified Chartered Accountants, which is a global body that provides students with a 'Certified Chartered Accountant' certification.

The duration of the course depends on your level of education. For example, if you are a 12th graduate, the course is for 3 years, a commerce graduate studies for 2 to 2.5 years, IPCC (both groups) for 2 years, B. Com and IPCC study the ACCA course for 1 year, and CA graduates also study for 1 year.

To be able to receive the ACCA qualification, one should be at least 18 years old, and have a minimum qualification of 10+2 with an aggregate of 65% in Mathematics or Accounts as well as English, and a minimum of at least 50% in all other chosen subjects.

Students who are studying for their graduation in Commerce or business related streams like BCom, BBA, BMS are also eligible for the ACCA course and they can pursue ACCA along with their graduation.

ACCA has 13 courses, which are all divided into 3 levels: Knowledge, Skills and Professional.

Contact : Mr. Thomas K. I.

e-mail : profkithomas@yahoo.co.in

### **9. CMA (COST ACCOUNTING MANAGEMENT)**

Course Code : BCCMA

Duration : 60Hours

Cost Accounting Management is a certificate programme designed to train students for working in different industries and corporate functions. In India, the credentials of the CMA course are issued by the Institute of Cost Accountants of India



(ICAI). The programme mainly focuses on valuation issues, financial statement analysis, working capital policies, external financial reporting, etc.

Contact : Mr. Thomas K. I.

e-mail : profkithomas@yahoo.co.in

### **10. CA (CHARTERED ACCOUNTANCY)**

Couse Code : BCCA

Duration : 60Hours

Chartered Accountancy is a good career option if you are interested in subjects like taxation and accounting. To become a certified Chartered Accountant, a candidate is required to complete three levels of training that are designed by the Institute of Chartered Accountants of India (ICAI). It is only after qualifying all the three levels that the candidate will be given the designation of a CA. The ICAI is a statutory body which is responsible for regulating and maintaining the profession of chartered accountancy in India. The course of Chartered Accountancy is completed in roughly five years.

Contact : Mr. Thomas K. I.

e-mail : profkithomas@yahoo.co.in

### **11. TALLY ACE**

Couse Code : COMTA

Duration : 150Hours

This beginner level certification will recognize skills of a candidates learning Tally ERP 9. Online assessment will be conducted and successful candidates will earn a verifiable digital certificate from Tally. Tally ACE certifies candidate as job ready and opens up multiple career opportunities. A certified candidate can opt to become an entrepreneur as well.

Contact : Mr. Thomas K. I.

e-mail : profkithomas@yahoo.co.in

## **12. COMPUTER NETWORKS**

Course Code : BCACC01

Duration : 30Hrs

Knowledge of computer networks and networks is a skill that is in high demand in the market. With the increase of computer usage in all industries, there is also a great demand for highly skilled computer networking professionals. Value-added course in 'Computer Networks' is designed to provide a comprehensive overview of computer networking. This course covers everything from the fundamentals of networking technologies and protocols to an overview of the cloud to practical applications and network troubleshooting.

By the end of this course, you'll be able to:

- Understand transmissions in Computer Networks.
- Apply networking Protocols for Communication.
- Grasp powerful network troubleshooting tools and techniques
- Know-How to Effective Network Administration.

Contact : Sr. Siji P.D. (Sr. Blessy)

e-mail : srblessy@gmail.com

## **13. WEB DESIGNING USING HTML5**

Course Code : BCACC02

Duration : 30 Hours

This course will help students to know about how to create and style responsive web pages using HTML5 and CSS3. Web page design is likely to be one of the most in-demand skills of the 21st century. This course will show student a step-by-step manner how to use HTML5 elements and CSS3 style sheets for responsive web design, so student can learn one of the most effective methods for building a great web page and boost your career today. This course will give a full and clear run-through of how to use HTML 5 elements and CSS3 style sheets for responsive web design. By the end of this course student will gain a great new skill which can power real career development.

Contact : Sr. Siji P.D. (Sr. Blessy)

e-mail : srblessy@gmail.com

#### **14. ANDROID**

Course Code : BCACC03

Duration : 30 Hours

A beginner who wants to start their career in app development should opt for this course. . The course will give insights on Android Studio, Vital Android SDK, Loops, Lists and more components that will help you up-skill and master the Operating System like a professional. Developers are in high demand, Android dominates the mobile device market, Google has improved its once saturated Google Play Store. There's a phenomenal opportunity for Android developers to be successful over the next couple of years. Through this course, students can explore the dynamic professional opportunities like a Mobile Application Developer, Software Engineer, Android Developers, Java Developers, Engineers, Mobile Software Engineer and more.

Contact : Sr. Siji P.D. (Sr. Blessy)

e-mail : srblessy@gmail.com

#### **15. PYTHON**

Course Code : BCACC04

Duration : 30 Hours

Python is a powerful, modern programming language that has the capabilities required for experienced programmers, while being easy enough for beginners to learn. Python is a well-developed, stable, and fun programming language that is suitable for complex and simple

Many programmers choose Python as their first language because of its popularity, active and diverse developer community as well as its ease of application. In addition, Python can be applied in a variety of different ways to support game development, website creation, tool development, process automation, mathematical calculation, data visualization, data analytics and data science.

In this certificate program, student will gain a thorough understanding of the major Python libraries as well as practice

standard programming styles and idioms. This course will explore different aspects of network-based programming with Python, including web applications, and dig into larger systems development issues and advanced topics

Contact : Sr. Siji P.D. (Sr. Blessy)

e-mail : srblessy@gmail.com

### **16. OPERATING SYSTEMS**

Course Code : BCACC05

Duration : 30 Hours

This course will introduce you to modern operating systems. It will focus on UNIX-based operating systems, though student will also learn about alternative operating systems, including Windows. The course will begin with an overview of the structure of modern operating systems. Over the course of the subsequent units, we will discuss how to Install and configure operating systems and implement disk Partition, Logical OS installation, Client server communication. The class will conclude with a discussion of various system-related security issues. This certificate course is based on current industry standards that helps attendees to secure placements in their dream jobs in industry.

Contact : Sr. Siji P.D. (Sr. Blessy)

e-mail : srblessy@gmail.com

### **17. CLOUD COMPUTING**

Course Code : BCACC06

Duration : 30 Hours

By the time all know what cloud computing is all about and be ready to start exploring specific implementations. Over the past several years, no other area of IT has generated as much hype, interest and investment as cloud computing. Though the term may have differing meanings for different users, there's no doubt that the cloud is now a permanent fixture for end users and service providers, as well as global companies and organizations of all sizes. As a result, cloud computing attracts considerable coverage and attention from certification providers and companies that offer cloud-related products,

such as Amazon Web Services, Google, Microsoft and VMware. This course defines Cloud Computing and memorize the different Cloud service and deployment models, describe importance of virtualization along with their technologies, Use and Examine different cloud computing services , Analyze the components of open stack & Google Cloud platform and understand Mobile Cloud Computing, describe the key components of Amazon web Service, design & develop backup strategies for cloud data based on features

Contact : Sr. Siji P.D. (Sr. Blessy)  
e-mail : srblessy@gmail.com

### **18. OFFICE AUTOMATION**

Course Code : BCACC07  
Duration : 30 Hours

As the name suggests, this course deals with office automation and its allied areas. The course content resembles a vocational training course. The main aim of Office Automation course is to develop relevant skills in candidates. In case of this course, candidates will develop skills related to computer application, office management practices and office automation techniques.

Office automation deals with automating and simplifying these tasks through relevant software. For example – office accounting work can be automated and made easier through relevant software such as – MS Excel, Tally, Google Docs etc.

In short, office automation primarily deals with computer application and software. The main aim of office automation is to simplify and automate work flow in an office. It can help improve efficiency of workers in an office.

The program will train you in notable areas such as – Operating system, basic computer application, components of a computer system, word processing/data entry, relevant software, tally, MS Office, internet technology (ISPs, networks, e-mail) etc.

Contact : Sr. Siji P.D. (Sr. Blessy)  
e-mail : srblessy@gmail.com

### **19. CERTIFICATE COURSE ON BASICS OF BANKING**

Course Code : ECOFB

Duration : 50 Hours

In the present globalized world financial institutions and markets play a significant role. The financial sector liberalization across the world including India has led to unprecedented growth in the financial sector, leading to the introduction of new and diversified financial instruments and financial practices, providing ample career opportunities to the students of economics. This course is designed to give an exposure to the students of economics to the changing world of financial markets and to give them an opportunity to familiarize with the basic concepts related to banking which they read in newspapers and hear and see-through electronic media in their daily walks of life. The course also aims at providing a platform to students of economics in developing the skills required to take up a career in financial sector and to provide them an opportunity to think of higher studies in finance which may open them the vast career opportunities in the field of finance.

Contact : Ms. Daisy P. K

e-mail : daisypk@stjosephs.edu.in

### **20. CERTIFICATE COURSE ON DIGITAL SKILLS FOR BEGINNERS**

Course Code : ECODG

Duration : 40 Hours

Digital revolution has made a difference to almost every aspect in the modern world. Nearly everything we do these days involves a level of digital skill. Furthermore, this is only going to become more prevalent as technology continues to advance, integrate with our lives and be part and parcel of our everyday work lives. The certificate course "Digital Skills for beginners" will introduce the learner to what digital means, how it's changing the way we live and work, and how the learner can learn the skills and gain the confidence needed in the increasingly digital workplace. The course duration is 40 hours including recorded and live classes. The classes are handled by

the experts in each and every field. After the completion of course, the students will get a course certificate.

Contact : Ms. Daisy P. K

e-mail : daisyatk@stjosephs.edu.in

### **21. CERTIFICATE COURSE IN GERMAN LANGUAGE**

Course Code : ENGL

Duration : 60 Hrs

A certificate course in German language was offered by the department in 2020-21. This was offered keeping in mind the increase in the number of students going abroad for higher studies as well as for career growth. Due to the restrictions imposed by covid , the classes were conducted online. The course was attended by two students from B A English.

Contact : Dr. Asha Thomas

e-mail : akkuabbey@gmail.com

### **22. INTRODUCTION TO VISUAL MEDIA**

Course Code : ENGSFVM

Duration : 30 hrs

The certificate course focused on understanding and applying graphic design ideas. It enhanced their ability to conceptualize and develop their skill. It also enabled the students to communicate the ideas graphically in different ways that would help them to convey more meaning. Besides, it would provide new opportunities in the field of media.

Contact : Santhi Menon P

e-mail : santhipramod25@gmail.com

### **23. CERTIFICATE COURSE IN EMPLOYABILITY SKILLS**

Course Code : HISES

Duration : 60Hrs

The emphasis of the course is on developing the employability skills of the students . The foundation programm would enable the students to look at Kerala Government services from a new perspective , providing them a broad outline of the subjects dealt with. This also

could impart an insatiable desire for pursuing Government Service as an option for life

Contact : Ms. Sumina M.S

e-mail : Suminams8@gmail.com

#### **24. CERTIFICATE COURSE IN VEDIC MATHEMATICS**

Course Code : MATVE

Duration : 30 Hours

Vedic Mathematics cultivates an interest for numbers and eliminates the math-phobia present in the students. High Speed Vedic Mathematics is 10-15 times faster than normal Maths. It sharpens the mind and increases the mental ability and intelligence. Department of Mathematics organizes a certificate course on 'Vedic Mathematics' in collaboration with Ramanuja Sarani-Mathematics Research and study centre of Swadesi science movement. Programme objective is to upgrade the skill in mathematics through ancient system of Mathematics. It covers Basic to higher level of mathematical problem solving methods. The students will be able to perform quicker and accurate in PSC, Bank, SSC exams which require speed like GRE, GMAT, SAT, MAT and so on. This course was first in its kind in India by Ramanuja Sarani.

Contact : Ms. Sherin Jose

e-mail : sherinjose@gmail.com

#### **25. CERTIFICATE COURSE IN 'TRAVEL JOURNALISM'**

Course Code : JMCTJ

Duration : 30 Hours

'Travel Journalism' is the certificate course offered by the department of journalism and mass communication for its students. Travel journalism is relevant in the present scenario. Journalism and mass communication program offers relevant theoretical and practical courses in their curriculum, but travel journalism is totally new for them. The department of Journalism and mass communication initiated 'travel journalism' as the certificate course only because of its growing career opportunities. The 30 hour course provide knowledge about various topics related to travel journalism like qualities



of travel journalists, travel magazines, travel vlogs, travel photography etc. The students also get the opportunity to prepare travel vlogs and documentaries as their practical assessment work.

Contact : Ms. Dilruba K

e-mail : dilrubakmoideen@gmail.com

## **26. CORPORATE SOCIAL RESPONSIBILITY**

Course Code : MSWCCR2

Duration : 60Hours

The Particular Course on Corporate Social responsibility introduces student the basic concept of CSR. It helps students to understand how cooperate can meld business goals with social expectations. It can also help society to understand how interest of business on organisation and society at large can be aligned.

Contact : Dr.Sr. Jessie K .C.

e-mail : srjessinCHF@gmail.com

## **27. MEDIA AND SOCIAL WORK**

Course Code : MSWCCMS 1

Duration : 60 Hours

Media Basics, Interface of Media with social work; Different mediums of messaging- Folk/ Traditional (folk art, painting, clay modeling) and Modern (college/ posters, wealth from waste concepts, digital imaging), Community radio, Public relations.

Contact : Dr.Sr. Jessie K .C.

e-mail : srjessinCHF@gmail.com

## **28. CERTIFICATE COURSE IN LIFE SKILL EDUCATION**

Course Code : MSWCLS

Duration : 60 Hours

- ◆ To understand the concept, meaning of life skill and objectives of life skill education
- ◆ To perceive the need for life skill development and identify various life skills.

◆ To acquire various life skills and apply them in different life situations

Contact : Dr. Sr. Jessie K .C.

e-mail : srjessinchf@gmail.com

### **29. MAINTENANCE OF ELECTRONIC AND ELECTRICAL EQUIPMENTS**

Course Code : PHUG2CCI

Duration : 100 Hrs

Under the auspices of the Department of Physics, a certificate course in 'Maintenance of Electronic and Electrical Equipments' is being conducted from 2000-01 onwards. The instructor is Mr. Thomas P. J., former instructor at Luna Institute, Irinjalakuda. The students are given a thorough insight into various aspects of electronics and electronics both through theory and practical. They are learning from the basics to complicated circuits, like checking electronics elements to construct project like Music Bell, Electronic Harmonium, Emergency lamp etc. Apart from constructing, they also learn how to repair motors, fuses as well as doing simple wiring that is so much a part of every day life.

Contact : Ms. Mary Gisby Poulouse

e-mail : marygisby@gmail.com

### **30. LEARNING DISABILITY MANAGEMENT**

Course Code : PSYLDM

Duration : 50 Hrs

Department of Psychology, St. Joseph's college (autonomous) has been offering the certificate course on Learning disability management from 2021. The term learning disability is used to describe the seemingly unexplained difficulty a person of at least average intelligence has in acquiring basic academic skills. These skills are essential for success at school and work, and for coping with life in general. "LD" does not stand for a single disorder. It is a term that refers to a group of disorders. Knowing that a child has a learning disability tells you only that the child

is experiencing some difficulty processing information/academic performances. You must learn much more about the child before you can determine how much difficulty, the type of difficulties, and/or the impact the disability has on specific academic subjects or tasks.

The course is offered to final year psychology graduates. The duration of the course is 30 hours. The course contains three modules. The first module is an introductory module to aware of the concept of learning disability and its theoretical aspects. The second module contains the assessment and diagnosis of learning disability. Finally the third module includes the remedial interventions for learning disability management. the practical sessions are also included in the syllabus. The students required 75% attendance for appearing final exam

Contact : Ms. Femi Francis

e-mail : femifrnccs@gmail.com

### **31. WILDLIFE FORENSICS AND FORENSIC ENTOMOLOGY**

Course Code : ZOOWF

Duration : 30 Hours

Wildlife trade is now one of the most thriving illegal trade in the world in terms of its high income at the cost of trafficking some of the most valuable organisms on this planet. It has resulted in an increase in the list of endangered species as well as in the emergence of new zoonotic diseases in humans. It is the need of the hour to make the society aware of various aspects of wildlife crimes by applying knowledge of forensic science. The Certificate Course in Wildlife Forensics and Forensic Entomology will provide the participants with the knowledge on how various forensic studies are carried out by using different groups of animals.

Contact : Dr. Gigi Poulouse

e-mail : gigijmj@gmail.com

### 32. TRADITIONAL TEXTILES OF INDIA

Course Code : SJCFDTTI

Duration : 35 Hours

The certificate course on "Traditional Textiles of India" is offered to the students of Costume & Fashion Designing. The course is primarily based on the traditional textiles of India. It develops women's skills in traditional and modern designing. Indian textile industry largely depends upon the textile manufacturing and export. It also plays a major role in the economy of the country. India has one of the finest textile traditions in the world with respect to dyeing, weaving and surface embellishment. The course deals with the Indian embroidered textiles, printed textiles, painted textiles and woven textiles. Doing this course the students will be able to know the importance and specialities of each traditional textile of India in detail, so the upcoming designers get ideas to fuse the pinch of traditionalism with the high fashion forming creative Indo-western garments.

Contact : Ms. Rincy Pulikkottil

e-mail : rincysujith@stjosephs.edu.in

### 33. INTRODUCTION TO YOGA

Course Code : PHYEUY

Duration : 30 Hrs

**Yoga** is a path towards total harmony of body, mind, and spirit. The word Yoga is derived from the Sanskrit word *yuj*, which means 'to unite' or 'to join'. The term correlates to the union of the individual consciousness with the universal consciousness, indicating a perfect harmony between the mind and body, man & nature. **Yoga** is not merely a form of exercise for the body but a path to attain ancient wisdom for a healthier, happier, and more peaceful way of living. This ultimately leads to union with the Self.

The course content helps the learner to understand the basics of yoga which includes the training sessions on the movements of body through different positions, postures, and poses. Regular practice of yoga ensures physical and mental well-being. The course helps the learner to lead a healthy lifestyle and the promotion of wellness and peace of mind.

Contact : Dr. Stalin Raphel

e-mail : stalinalraphel@gmail.com

#### **34. MULTILINGUAL TYPING COURSE**

Course Code : HINMT

Duration : 30 Hrs

Multilingual typing course is to get the hang of typing more than one language. There are various competitive examinations where candidates are required to have basic understanding about typing. In this course students will learn to type three languages like English, Hindi and Malayalam. The time offered for the course is 30 hours. Students will be introduced to the formatting of personal and business letters, tables, notes, memos, and reports. No previous keyboarding experience required.

Contact : Dr. Lisamma John

e-mail : lisasojan@gmail.com

#### **35. KERALA HISTORY AND CULTURE: THE FUNDAMENTAL VALUES**

Course Code : VALUEEDU1

Duration : 40 Hrs

Every society is led by a set of values and a harmonious and prosperous society will always look for the upkeep of a sound value system. This year we study the values inherent in the development of the Kerala society. The well-acclaimed 'Kerala model' is a result of a convergence of different elements, both indigenous and foreign. Kerala has been a rock bud of different civilizational influences. It had trade connection and cultural contact with the West even before the 1st century AD. Many religions co-existed here side by side in rather a good harmonious relationship. From a general study of the Kerala history and culture, we choose some important values that helped the Kerala society reach its present development: Social Justice, Socio Political Values, Religious Harmony, Values from Education and Literature, and Human Development.

Contact : Dr. Lisamma John

e-mail : lisasojan@gmail.com

### **36. VALUES AND SOCIETY**

Course Code : VALUEEDU2

Duration : 40 Hrs

Human person lives in a society, helped by the social environment and the positive values in the society. Human person is unique among the creatures as he is created in the image of God, having an immortal soul and the faculties of intellect and will. Thus, each person is unique and is endowed with human dignity. Human person is not an island.

There is a mutual relationship between a person and members of his society. This is a relationship where both the individual and the society, as a whole, grow. Individual has a number of duties towards the society, which can be seen as values such as accountability, service, toleration, dutifulness etc. The society has duties to the individual which we can call fundamental rights, which must be guaranteed by the society/government. Some of these rights are those of education and private property. On the other hand, the society (government or other organizations) shall not encroach upon the basic human rights and dignity of the individual person.

For a healthy and sound relationship between the individual and the society, God should be the basis of human endeavors. If one is not ready to accept God as the fundamental principle of life, each one would act as his own standard - he becomes god himself. Often, it could happen that one's own selfish and personal interests could destroy the common good of the people. On the other hand, when a person can accept and believe in God, he can believe in others too as the images of God, with equal dignity and responsibility. Thus a meaningful societal relationship is based on religion which helps people to grow spiritually: spiritual values are those which give us true outlook towards God and our fellow human beings. That is why we hold to the need of religion and the values that religion inculcates in us such as non violence, obedience, truthfulness etc. We should not follow the ideas of fundamentalism and communalism, which are aberrations of religion. To be truly religious is to be truly human. To be truly religious also means to have openness to the view of other religions and faiths also. Thus, to be truly religious means to be truly interreligious.

Contact : Dr. Lisamma John

e-mail : lisasojan@gmail.com

**37.VALUE EDUCATION PROGRAMME**

Course Code : VALUEEDU3

Duration : 40 Hrs

The course programme on value education aims at molding students with the required maturity to transform into responsible and self-respected individuals. Surviving among the pressures and constraints of the digital era, the teenage mind yearns for a convenient outlet to direct their instable emotions and insecurities in a fruitful manner producing the best out of them by channeling their energy and enthusiasm in creating a safe environment and a consciously strong generation for tomorrow. This programme delivers concepts on how to manage emotions and develop personality with a positive attitude, how to handle failures, managing relations and understanding sexuality. The book developed on this cause promotes occasions for student-teacher discussions that promote release of frustrations and anxiety leading to a healthy and a happy mindset. By the end of this course, a student will be aware of maintaining life with its true essence and its prominence for others.

Contact : Dr. Lisamma John

e-mail : lisasojan@gmail.com

**38.STRESS DETOX FOR ONLINE EDUCATION**

Course Code : IQACVA1

Duration : 35 Hrs

'Stress Detox for Online Education' is a short value-added course developed in response to compact physical, mental and social health challenges due to the rapid implementation of online education during this COVID 19 pandemic. This course will provide knowledge, skills, and understanding to recognize, identify and respond to health and well-being challenges associated with online education. The course is designed primarily for students to cope with the stress of online education. Participants are required to attend a multiple-choice evaluative quiz/ assignment after each module as a part of an internal assessment. The end-of-the-course assessment is conducted online/offline. Participants who secure a 50% mark or above will get an e-verifiable certificate. This course is an initiative of IQAC, NSS, and the Physical Education Department of St. Joseph's College, Autonomous, Irinjalakuda.

Contact : Dr. Najjil George

e-mail : najjilgeorge@gmail.com

# **ST. JOSEPH'S COLLEGE**

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Irinjalakuda - 680 121, Thrissur Dist., Kerala

Phone :College - 8301000125

E-mail : [info@stjosephs.edu.in](mailto:info@stjosephs.edu.in)

Website : [www.stjosephs.edu.in](http://www.stjosephs.edu.in)