

**1.2.1. Report of Add-On Courses
(2018 – 19)**

Mushroom Cultivation

Department of Botany

2018 – 19



MAHATMA GANDHI COLLEGE

THIRUVANANTHAPURAM

POST GRADUATE DEPARTMENT OF BOTANY & RESEARCH CENTER

NOTICE

ADD-ON COURSE –MUSHROOM CULTIVATION

Dear students,

We are excited to announce the introduction of an Add-On course titled "Mushroom Cultivation" for the academic year 2018-2019. This course aims to provide students with an in-depth understanding of mushroom cultivation techniques and their practical applications.

Details of the Add-On Course:

Course Duration: 3 months

Start Date: 11/07/2018

End Date: 30/10/2018

Time: 0 hr

Venue: Room 55


Registration Details


Last Date for Registration: 30/06/2018

Seats are limited, and admission to the course will be on a first-come, first-served basis. Interested students are encouraged to register at the earliest to secure their spot.

For any queries or additional information, please contact the course coordinator, Head, Department of Botany at the department office between 10:00 AM to 4:00 PM on weekdays.

Warm regards,


Head, Department of Botany


Principal
Mahatma Gandhi College
Thiruvananthapuram

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**ADD ON COURSE
MUSHROOM CULTIVATION
COURSE STRUCTURE AND SYLLABUS**

BY

**POST GRADUATE DEPARTMENT &
RESEARCH CENTRE OF BOTANY**



(2018 onwards)

OBJECTIVES OF THE COURSE

- **Understanding Mushroom Biology:** Studying mushroom cultivation involves gaining a deep understanding of the biology, life cycle, and growth requirements of different mushroom species.
- **Cultivating Edible Mushrooms:** One of the main objectives of studying mushroom cultivation is to produce edible mushrooms for consumption and commercial purposes. This involves learning about the specific cultivation techniques, substrate preparation, spawn production, and environmental conditions required for different mushroom species.
- **Disease Management:** Studying mushroom cultivation includes researching and developing strategies for the prevention and management of diseases that can affect mushroom crops. This objective focuses on understanding common pathogens, identifying disease-resistant strains, implementing proper sanitation practices, and exploring alternative disease control methods.
- **Economic Viability and Market Development:** This objective includes conducting market research, evaluating consumer preferences, analyzing production costs, and exploring value-added product development to support successful commercialization and entrepreneurship in the mushroom industry.

EXPECTED OUTCOMES OF THE COURSE

- **Increased Knowledge and Understanding:** Studying mushroom cultivation leads to a deeper understanding of mushroom biology, cultivation techniques, and the factors influencing mushroom growth and development.
- **Improved Cultivation Techniques:** Through research and study, new and improved cultivation techniques can be developed. Improved techniques can result in higher yields, better quality mushrooms, and more efficient production processes.
- **Enhanced Disease Management Strategies:** Research on mushroom cultivation helps in identifying and developing effective strategies for disease prevention, early detection, and management.
- **Sustainable Cultivation Practices:** Studying mushroom cultivation promotes the development and adoption of sustainable practices. This includes exploring alternative and renewable substrates, implementing recycling and waste management strategies, minimizing the use of synthetic inputs, and reducing the environmental footprint of mushroom cultivation.
- **Increased Commercial Viability:** By improving cultivation techniques, optimizing production processes, and developing marketable products, the profitability and competitiveness of mushroom farming can be enhanced. This benefits farmers, entrepreneurs, and the overall mushroom industry.
- **Training and Education Opportunities:** Studying mushroom cultivation creates opportunities for training programs, workshops, and educational resources.

COURSE STRUCTURE

DURATION : **30 Hrs**

ASSESSMENT & CERTIFICATION : The trainee will be tested for his skill, knowledge and attitude during the period of training and at the end of the training programme including practical examinations.

MUSHROOM CULTIVATION

SYLLABUS

(Total 30 hrs)

MODULE-I

(10 hrs)

- History and introduction of Edible and Poisonous mushrooms.
- Common Indian mushrooms.
- Systematic position, morphology, distribution, structure of *Agaricus* and *Pleurotus*.

MODULE- II

(5 hrs)

- Nutritional value, medicinal value and advantages- types- milky, straw, button and poisonous mushrooms
- Production level, economic return, Foreign exchange from Mushroom cultivating countries and international trade.

MODULE- III

(10 hrs)

- Cultivation of Paddy straw mushroom, Oyster mushroom, white button mushroom and milky mushrooms
- Spawn making, Substrate preparation, Maintenance and Harvesting
- Composting

MODULE- IV

(5 hrs)

- Diseases- Common pests, disease prevention and control measures- *Agaricus*, *Pleurotus* and *Volverilla*.
- Processing and storage of mushrooms

Field Study: Visit to a mushroom cultivating Laboratory and handson training for processing.


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POST GRADUATE DEPARTMENT AND RESEARCH CENTRE OF BOTANY

THIRUVNANTHAPURAM

ADD ON COURSE-2018-2019

LIST OF STUDENTS-MUSHROOM CULTIVATION

SL.NO	NAME OF STUDENT	CLASS/ SEMESTER
1	ARSHA R J	II PG
2	ASWATHY J S	II PG
3	ASWATHY S	II PG
4	AHALYA ASOK A S	I PG
5	ANJANA K	I PG
6	ANJU B	I PG
7	AMITHA S NAIR	III UG
8	ARYAB NAIR	III UG
9	ARYA MG	III UG
10	ASHTAMY L	III UG
11	ATHIRARS	III UG
12	DEVU NIVEDITHA UH	III UG
13	DIVYASNAIR	III UG
14	NAMRATA NAIR	III UG
15	PARVATHIR.S.	III UG
16	RENJANA KR	III UG
17	SAJITHA N	III UG
18	SANDRA MJ	III UG
19	SARANYA LM	III UG
20	SREELEKSHMI RG	III UG
21	ABHIJITH U	III UG
22	ABHILASH CHANDRAN J	II UG
23	AISWARYA S	II UG
24	AKHILA S	II UG
25	ANANDU H	II UG
26	ANJALI KRISHNA MR	II UG
27	ANJANA.K	II UG
28	ANJANA SS	II UG

29	GOKUL GOPINATH	II UG
30	GOPIKA D PILLAI	II UG
31	JASMIN SK	II UG
32	KARTHIKA BS	II UG
33	NEERAJA AS	II UG
34	NEETHU MT	II UG
35	RENJITHA.R.S	II UG
36	REVATHY BR	II UG
37	ABHIRAMI NAIR P.J	I UG
38	AISWARYAM.S.	I UG
39	ARJUN.V.S	I UG
40	ATHIRA S.L	I UG
41	ATHIRA.S.J	I UG
42	BINDUJA B JAYAN	I UG
43	DEVIKA G NAIR	I UG
44	GOWRIPRIYA.B.S	I UG
45	MALAVIKA. S	I UG
46	PRABHA.J	I UG
47	REVATHI SEKHAR	I UG
48	SAJNA.S.S	I UG
49	SANDRA MP	I UG
50	SHILPA KV	I UG


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POST GRADUATE DEPARTMENT & RESEARCH CENTRE OF BOTANY

ADD ON COURSE- MUSHROOM CULTIVATION

QUESTION PAPER

2018-2019 Academic year

Duration: 1 hr

Marks: 30

PART A - (Answer any 5; 2 marks each = 10 marks)

1. Briefly discuss the historical significance of mushrooms.
2. Define the term "morphology" in relation to mushrooms.
3. Explain the medicinal value of mushrooms.
4. Describe the process of composting in mushroom cultivation.
5. Why is disease prevention important in mushroom cultivation?
6. Mention two common pests found in mushroom cultivation.
7. Explain the significance of mushroom storage.

PART B - (Answer any 3; 10 marks each = 30 marks)

8. Discuss the nutritional and medicinal benefits of mushrooms and their economic impact on a global scale.
9. Outline the cultivation process of the Oyster mushroom.
10. Explain the process of spawn making, its importance, and the challenges faced.
11. Describe the common diseases found in *Pleurotus* and the control measures adopted.
12. Highlight the international trade aspects and foreign exchange implications of mushroom cultivation.

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THIRUVNANTHAPURAM

ADD ON COURSE- 2018-2019

MARK LIST OF STUDENTS- MUSHROOM CULTIVATION

SL.NO	NAME OF STUDENT	CLASS/ SEMESTER	MARK	SIGNATURE
1	ARSHA R J	II PG	22	
2	ASWATHY J S	II PG	21	
3	ASWATHY S	II PG	26	
4	AHALYA ASOK A S	I PG	29	
5	ANJANA K	I PG	18	
6	ANJU B	I PG	22	
7	AMITHA S NAIR	III UG	21	
8	ARYA B NAIR	III UG	27	
9	ARYA M G	III UG	28	
10	ASHTAMY L	III UG	26	
11	ATHIRA R S	III UG	22	
12	DEVU NIVEDITHA U H	III UG	24	
13	DIVYA S NAIR	III UG	24	
14	NAMRATA NAIR	III UG	22	
15	PARVATHI R.S.	III UG	07	
16	RENJANA K R	III UG	18	
17	SAJITHA N	III UG	23	
18	SANDRA M J	III UG	21	
19	SARANYA L M	III UG	27	
20	SREELEKSHMI R G	III UG	19	
21	ABHIJITH U	III UG	20	
22	ABHILASH CHANDRAN J	II UG	22	
23	AISWARYA S	II UG	28	
24	AKHIL AS	II UG	21	
25	ANANDU H	II UG	08	
26	ANJALI KRISHNA M R	II UG	19	
27	ANJANA .K	II UG	20	
28	ANJANA S S	II UG	23	

29	GOKUL GOPINATH	II UG	28	Gokul Gopinath
30	GOPIKA D PILLAI	II UG	26	Gojika D Pillai
31	JASMIN S K	II UG	16	Jasmin
32	KARTHIKA B S	II UG	22	Karthika
33	NEERAJA A S	II UG	23	Neeraja
34	NEETHU M T	II UG	27	Neethu
35	RENJITHA. R.S	II UG	19	Renjitha
36	REVATHY B R	II UG	16	Revathy
37	ABHIRAMI NAIR P. J	I UG	18	Abhirami
38	AISWARYA M.S.	I UG	20	Aiswarya
39	ARJUN. V.S	I UG	22	Arjun
40	ATHIRA S.L	I UG	24	Athira
41	ATHIRA.S.J	I UG	28	Athira
42	BINDUJA B JAYAN	I UG	05	Binduja
43	DEVIKA G NAIR	I UG	21	Devika
44	GOWRIPRIYA. B.S	I UG	18	Gowripriya
45	MALAVIKA. S	I UG	22	Malavika
46	PRABHA .J	I UG	24	Prabha
47	REVATHI SEK HAR	I UG	20	Revathi
48	SAJNA.S.S	I UG	27	Sajna
49	SANDRA M P	I UG	26	Sandra
50	SHILPA K V	I UG	23	Shilpa

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PRINCIPAL

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Report of Add on Course – Mushroom cultivation

Academic Year- 2018-2019

To facilitate a deeper understanding and hands-on experience beyond conventional educational methods, the Department of Botany initiated an add-on course in mushroom cultivation. This program was developed not only to educate but also to instil a scientific temperament among students and nurture a sense of social responsibility. Furthermore, this course is a testament to our commitment to ensuring that our students receive a comprehensive education.

Structured as a 30-hour course, the content was curated for Post Graduate and Undergraduate students. The course was spearheaded by Dr. Pradeesh S, Assistant Professor at the Department of Botany, NSS College, Pandalam. Additionally, several faculty members contributed to the course by conducting classes, thus offering students a diverse range of expertise.

Classes commenced on a Saturday and continued on subsequent working days, being accommodated either before or after regular college hours. In the inaugural session, Dr. Pradeesh S introduced students to the multifaceted world of Mushroom and discussed ongoing research in the field. The session was interactive, and students eagerly engaged with Dr. Pradeesh S, showcasing their enthusiasm for the subject.

Subsequent lectures delved into the intricacies of Mushroom Cultivation. Students were familiarized with terminologies, techniques, and tools associated with Mushroom Cultivation. Newer methodologies and the significance of Mushroom Cultivation in diverse cultures were elaborated upon, further enriching student understanding. Importantly, sessions were designed to be interactive, encouraging students to clarify doubts. Many were curious about the feasibility of cultivating Mushrooms in their homes. Regular review sessions were embedded into the course structure, where students had the opportunity to consolidate their learning and interact with the faculty. These interactions proved to be invaluable in reinforcing the course content. Following the conclusion of the course, an examination was administered, with 47 students out of a total of 50 successfully passed the exam. Students were awarded certificates to acknowledge their participation and successful completion.

In conclusion, the add-on course in mushroom cultivation is a testament to the Department of Botany's commitment to holistic student development, bridging the gap between theoretical knowledge and practical application.

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Tissue Culture
Department of Botany
2018 – 19



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POST GRADUATE DEPARTMENT OF BOTANY & RESEARCH CENTER

NOTICE

ADD-ON COURSE –TISSUE CULTURE

Dear students,

We are excited to announce the introduction of an Add-On course titled "Tissue Culture" for the academic year 2018-2019. This course aims to provide students with an in-depth understanding of tissue culture techniques and their practical applications.

Details of the Add-On Course:

Course Duration: 3 months

Start Date: 11/07/2018

End Date: 30/10/2018

Time: 0 hr

Venue: Room 55

Registration Details

Last Date for Registration: 30/06/2018

Seats are limited, and admission to the course will be on a first-come, first-served basis. Interested students are encouraged to register at the earliest to secure their spot.

For any queries or additional information, please contact the course coordinator, Head, Department of Botany at the department office between 10:00 AM to 4:00 PM on weekdays.

Warm regards,

Head, Department of Botany

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**ADD ON COURSE
TISSUE CULTURE TECHNIQUES
COURSE STRUCTURE AND SYLLABUS**

BY


**POST GRADUATE DEPARTMENT &
RESEARCH CENTRE OF BOTANY**



(2018 onwards)

OBJECTIVES OF THE COURSE

- **Understanding the principles of tissue culture:** The course aims to provide a comprehensive understanding of the basic principles of tissue culture, including cell culture techniques, media preparation, aseptic techniques, and laboratory safety.
- **Practical skills development:** Participants are expected to gain hands-on experience in performing various tissue culture techniques, such as cell line establishment, subculturing, cryopreservation, and media optimization. They should also learn to identify and troubleshoot common issues that may arise during the tissue culture process.
- **Familiarity with equipment and instrumentation:** Participants will be exposed to the various laboratory equipment and instruments used in tissue culture, such as laminar flow hoods, CO₂ incubators, microscopes, centrifuges, and pipettes. They should gain proficiency in operating and maintaining these instruments.
- The candidate is trained on professional skill, professional knowledge and Employability skill related to jobs in Tissue culture.
- To create awareness about cell and tissue biology, through the cultivation of cells *in vitro*, students can observe and analyze various cellular processes, including cell growth, differentiation and cellular interactions.
- By studying tissue culture, students can develop proficiency in wide range of fundamental laboratory skills, including aseptic techniques, media preparation, cell isolation and culture maintenance.
- By studying tissue culture, students gain the knowledge and skills necessary to contribute to ongoing research projects and potentially pursue their research interests in the future.
- Studying tissue culture techniques enhances critical thinking and problem-solving abilities, which are valuable in scientific research and other fields.
- Students learn to formulate research questions, design appropriate controls, and select relevant assays to address specific scientific inquiries.


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EXPECTED OUTCOMES OF THE COURSE

- **Competence in basic tissue culture techniques:** Participants should be able to independently perform routine tissue culture procedures, including cell line maintenance, passaging, and cryopreservation.
- **Ability to troubleshoot issues:** Students should be equipped with problem-solving skills to identify and address challenges that may arise during tissue culture, such as contamination, low cell viability, or growth issues.
- **Proficiency in experimental design and data analysis:** Participants should be able to design tissue culture experiments, collect and analyze data, and draw meaningful conclusions from their results.
- **Familiarity with specialized techniques:** Depending on the course content, students may have acquired knowledge and practical skills in specific tissue culture techniques, allowing them to pursue more specialized research areas.
- **Awareness of safety and ethical considerations:** Participants should have a clear understanding of safety protocols and ethical considerations associated with tissue culture research, ensuring responsible and compliant practices.
- **Enhanced career prospects:** Successful completion of the course and acquisition of tissue culture skills can enhance participants' employability in various fields such as biomedical research, pharmaceuticals, agriculture, and biotechnology.


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COURSE STRUCTURE

DURATION : 30 Hrs

ASSESSMENT & CERTIFICATION : The trainee will be tested for his skill, knowledge and attitude during the period of training and at the end of the training programme including practical examinations.


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TISSUE CULTURE TECHNIQUES

SYLLABUS

MODULE I

(5 hrs)

Introduction to Plant Tissue Culture:

- Historical background and significance of plant tissue culture
- Applications of plant tissue culture in research and industry
- Applications of Plant Tissue Culture
- Ethical and Regulatory Issues in Plant Tissue Culture
- Biosafety regulations and ethical considerations in plant biotechnology

MODULE- II

(15hrs)

Plant Tissue Culture Laboratory:

- Aseptic techniques and sterile conditions in the laboratory
- Preparation of culture media and culture vessels
- Sterilization methods and equipment
- Maintenance of stock cultures and subculturing techniques

Culture Initiation and Establishment:

- Selection and preparation of suitable explants
- Surface sterilization of explants
- Inoculation techniques and explant establishment on culture media

Plant Growth Regulators:

- Introduction to plant growth regulators (hormones) and their role in tissue culture
- Types, functions, and applications of plant growth regulators (auxins, cytokinins, gibberellins, etc.)
- Manipulation of plant growth regulators for specific tissue culture purposes (shoot initiation, root induction, callus formation, etc.)

Callus Culture and Cell Suspension Culture:

- Callus induction and proliferation techniques
- Factors influencing callus growth and differentiation
- Cell suspension culture and its applications

MODULE- III

(10hrs)

Micropropagation:

Mass propagation of plants through tissue culture techniques

Techniques for shoot multiplication and rooting

Acclimatization and transfer of micropropagated plants to *ex vitro* conditions

- **Workshops and visit to an established Tissue culture lab**


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POST GRADUATE DEPARTMENT AND RESEARCH CENTRE OF BOTANY

THIRUVNANTHAPURAM

ADD ON COURSE-2018-2019


LIST OF STUDENTS –TISSUE CULTURE TECHNIQUES

SL.NO	NAME OF STUDENT	CLASS/ SEMESTER
1	ASWATHY V	II PG
2	ATHIRA I S	II PG
3	GOURI KRISHNAN	II PG
4	ANNIE T U	I PG
5	ANU JOSE	I PG
6	ANUPAMA ARAVIND	I PG
7	ANAGHARAJASEKHARAN	III UG
8	ANEESH S	III UG
9	ANIEMOLAN	III UG
10	ASWANIANIL	III UG
11	GAYATHRIL	III UG
12	GAYATHRIDEVIGS	III UG
13	GOKULGA	III UG
14	GOPIKAPS	III UG
15	KARTHIKVIJAYAKUMAR	III UG
16	LEKSHMIP	III UG
17	MITHUNMNAIR	III UG
18	RESMIS	III UG
19	SABARICHANDRAN	III UG
20	SREEHARIMR	III UG
21	VEENAVIJAYAN	III UG
22	THEERTHAGR	II UG
23	VISHNUAS	II UG
24	VYSHAKRNAIR	II UG
25	ANANDHUKRISHNANRS	II UG
26	ANUMOLBINU	II UG
27	ARAVINDPS	II UG
28	ARIYANANTHASJ	II UG

29	ASWATHYK	II UG
30	FATHIMASS	II UG
31	GANGAMS	II UG
32	JEEVAMURUKESH	II UG
33	KRISHNAGS	II UG
34	PRIYANM	II UG
35	RESHMIKL	II UG
36	SUBINB	II UG
37	VAISHNAV.V.L	I UG
38	YADHUKRISHNANR.L	I UG
39	ABHIJITHKUMARAB	I UG
40	ABHIRAMIR.S	I UG
41	AMALGKRISHNAN	I UG
42	ANANDITAD	I UG
43	APARNA.B	I UG
44	APARNA.S.B	I UG
45	ARDRA J S	I UG
46	DHANAKRISHNA R R	I UG
47	NAVYA B S	I UG
48	LEKSHMI S S	I UG
49	MEGHA D	I UG
50	KAVYA T NAIR	I UG


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POST GRADUATE DEPARTMENT & RESEARCH CENTRE OF BOTANY

ADD ON COURSE- TISSUE CULTURE

QUESTION PAPER

2018-2019 Academic year

Duration: 1 hr

Marks: 30

PART A - (Answer all 5; 1 marks each = 5 marks)

1. In which year was the concept of plant tissue culture introduced?
2. Name an application of plant tissue culture in research.
3. What is the primary purpose of biosafety regulations in plant biotechnology?
4. Why is aseptic technique crucial in the tissue culture laboratory?
5. What is the role of plant growth regulators in tissue culture?

PART B - (Answer any 5; 2 marks each = 10 marks)

6. Briefly discuss the significance of plant tissue culture in modern biotechnology.
7. Elaborate on an ethical issue associated with plant tissue culture.
8. Describe the importance of maintaining sterile conditions in the plant tissue culture laboratory.
9. How is culture media preparation pivotal for the success of tissue culture?
10. Mention two sterilization methods commonly used in the tissue culture laboratory.
11. Explain the concept of subculturing techniques.
12. How does the type of explant influence tissue culture success?
13. What role do cytokinins play in tissue culture?

PART C - (Answer any 3; 5 marks each = 15 marks)

14. Provide a comprehensive overview of the historical background and significance of plant tissue culture.
15. Elaborate on the applications of plant tissue culture in the industry, with examples.
16. Discuss in detail the preparation of culture media and the factors influencing its composition.
17. Explain the various types of plant growth regulators and their roles in different stages of tissue culture.
18. Describe the entire process of callus culture, including induction, proliferation techniques, and factors affecting its growth.


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POST GRADUATE DEPARTMENT AND RESEARCH CENTRE OF BOTANY

THIRUVNANTHAPURAM

ADD ON COURSE - 2018-2019

MARK LIST OF STUDENTS – TISSUE CULTURE TECHNIQUES

SL.NO	NAME OF STUDENT	CLASS/ SEMESTER	MARK	SIGNATURE
1	ASWATHY V	II PG	22	<i>Aswathy</i>
2	ATHIRA I S	II PG	19	<i>Athira</i>
3	GOURI KRISHNAN	II PG	27	<i>Gouri</i>
4	ANNIE T U	I PG	25	<i>Annie</i>
5	ANU JOSE	I PG	21	<i>Anu Jose</i>
6	ANUPAMA ARAVIND	I PG	17	<i>Anupama</i>
7	ANAGHA RAJASEKHARAN	III UG	18	<i>Anagha</i>
8	ANEESH S	III UG	24	<i>Aneesh</i>
9	ANIEMOL A N	III UG	26	<i>Aniemol</i>
10	ASWANI ANIL	III UG	24	<i>Aswani</i>
11	GAYATHRI L	III UG	08	<i>Gayathri</i>
12	GAYATHRI DEVI G S	III UG	16	<i>Gayathri Devi</i>
13	GOKUL G A	III UG	23	<i>Gokul</i>
14	GOPIKA P S	III UG	22	<i>Gopika</i>
15	KARTHIK VIJAYAKUMAR	III UG	24	<i>Karthik</i>
16	LEKSHMI P	III UG	26	<i>Lekshmi</i>
17	MITHUN M NAIR	III UG	19	<i>Mithun</i>
18	RESMI S	III UG	18	<i>Resmi</i>
19	SABARICHANDRAN	III UG	22	<i>Sabar</i>
20	SREEHARI M R	III UG	24	<i>Sreehari</i>
21	VEENA VIJAYAN	III UG	25	<i>Veena</i>
22	THEERTHA G R	II UG	26	<i>Theertha</i>
23	VISHNU A S	II UG	25	<i>Vishnu</i>
24	VYSHAK R NAIR	II UG	22	<i>Vyshak</i>
25	ANANDHU KRISHNAN R S	II UG	22	<i>Anandhu</i>
26	ANUMOL BINU	II UG	06	<i>Anumol</i>
27	ARAVIND PS	II UG	24	<i>Aravind</i>
28	ARIYANANTHA S J	II UG	24	<i>Ariyanantha</i>

29	ASWATHY K	II UG	19	<i>Aswathy</i>
30	FATHIMA S S	II UG	08	<i>Fathima</i>
31	GANGA M S	II UG	20	<i>Ganga</i>
32	JEEVA MURUKESH	II UG	21	<i>Jeeva</i>
33	KRISHNA G S	II UG	22	<i>Krishna</i>
34	PRIYAN M	II UG	23	<i>Priyan</i>
35	RESHMI K L	II UG	24	<i>Reshmi</i>
36	SUBIN B	II UG	25	<i>Subin</i>
37	VAISHNAV. V. L	IUG	22	<i>Vaishnavi</i>
38	YADHU KRISHNAN R.L	IUG	18	<i>Yadhu</i>
39	ABHIJITH KUMAR A B	IUG	07	<i>Abhi</i>
40	ABHIRAMI R.S	IUG	21	<i>Abhirami</i>
41	AMAL G KRISHNAN	IUG	20	<i>Amal</i>
42	ANANDITA D	IUG	15	<i>Anandita</i>
43	APARNA.B	IUG	17	<i>Aparna</i>
44	APARNA.S.B	IUG	26	<i>Aparna</i>
45	ARDRA J S	IUG	08	<i>Ardra</i>
46	DHANAKRISHNA R R	IUG	25	<i>Dhanakrishna</i>
47	NAVYA B S	IUG	22	<i>Navya</i>
48	LEKSHMI S S	IUG	23	<i>Lekshmi</i>
49	MEGHA D	IUG	24	<i>Megha</i>
50	KAVYA T NAIR	IUG	22	<i>Kavya</i>


HEAD OF THE DEPARTMENT


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Report on the Add-on Course – Tissue Culture Techniques

Academic Year: 2018-2019

In its quest to offer students a more enriched learning experience that transcends standard curriculum boundaries, the Department of Botany embarked on introducing an add-on course in tissue culture techniques. This initiative is not just about imparting academic knowledge; it's about nurturing a robust scientific temperament and fostering a heightened sense of societal responsibility among our learners. The course stands as a clear reflection of our dedication to holistic education. The course, structured over 30 hours, was meticulously designed to cater to both Undergraduate and Post Graduate students. Dr. Remya Krishnan, Assistant Professor from the Department of Botany at NSS College, Cherthala, was at the helm of this endeavor. Her expertise was complemented by the involvement of multiple faculty members, thereby ensuring students had access to a rich tapestry of knowledge and experience.

Classes kicked off on a Saturday, and to accommodate students' schedules, were scheduled either before or after regular college hours on subsequent working days. The inaugural lecture by Dr. Pradeesh S was an enlightening dive into the fascinating realm of tissue culture techniques. It quickly became evident that the students were intrigued, as they actively participated in discussions, showcasing their zeal for the topic. Following lectures took a deeper dive into the various aspects of tissue culture. Students were introduced to the essential terminologies, state-of-the-art techniques, and critical tools pivotal in tissue culture. Furthermore, the potential and importance of tissue culture in various fields were explored, broadening the horizon for students. To ensure a two-way flow of knowledge, the course was structured to be interactive. This design spurred students to ask questions, with many showing keen interest in adopting these techniques. Periodic review sessions offered a platform for recapitulation and clarification, ensuring a strong conceptual foundation.

After the classes concluded, an examination took place, and 45 students out of the 50 who participated passed the exam. At the course's conclusion, the students were bestowed with certificates, symbolizing their dedication and the acquisition of a new skill set. To encapsulate, the introduction of the add-on course in tissue culture techniques exemplifies the Department of Botany's ethos: a commitment to marrying theoretical insights with practical application for an all-rounded educational experience.



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Molecular Spectroscopy
Department of Chemistry
2018 – 19



MAHATMA GANDHI COLLEGE

THIRUVANANTHAPURAM

POST GRADUATE DEPARTMENT OF CHEMISTRY & RESEARCH
CENTER

NOTICE

ADD-ON COURSE –MOLECULAR SPECTROSCOPY

Department of chemistry is conducting an Add-On course titled "MOLECULAR SPECTROSCOPY" for the academic year 2018-2019. This course aims to provide students with an in-depth understanding of spectroscopic techniques and their practical applications.

Course Duration: 30 hour

Last Date for Registration: 4/06/18

For any queries or additional information, please contact the course coordinator, Head, Department of Chemistry.

Head, Department of Chemistry

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Add on course Syllabus

Molecular spectroscopy

Unit I Introduction

8h

General features of absorption - Beer-Lambert's law and its limitations, transmittance, Absorbance, and molar absorptivity. Single and double beam spectrophotometers. Electronic spectroscopy: Interaction of electromagnetic radiation with molecules and types of molecular spectra. Energy levels of molecular orbitals (σ , π , n). Selection rules for electronic spectra. Types of electronic transitions in molecules effect of conjugation. Concept of chromophore and auxochrome.

UNIT-II Infra red spectroscopy

8h

Different Regions in Infrared radiations. Modes of vibrations in diatomic and polyatomic molecules. Characteristic absorption bands of various functional groups. Interpretation of spectra-Alkanes, Aromatic, Alcohols, carbonyls, and amines with one example to each.

UNIT-III Proton magnetic resonance spectroscopy

8h



Principles of nuclear magnetic resonance, equivalent and non-equivalent protons, position of signals. Chemical shift, NMR splitting of signals - spin-spin coupling, coupling constants. Applications of NMR with suitable examples - ethyl bromide, ethanol, acetaldehyde, 1,1,2-tribromo ethane, ethyl acetate, toluene and acetophenone.


UNIT-IV

6h

Instrument demonstration

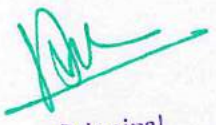
UV-Visible spectroscopy, IR spectroscopy, Photoluminescence Spectrometer (PL)



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Academic Year 2018-2019		
Sl.No.	Name	Candidate Code
1	Abhirag G.R	235118506234
2	Amal Krishnan	235118524275
3	Amritha B.S	235118526686
4	Amritha M.B	235118520216
5	Anjana A.V	235118574223
6	Anjana M.G	235118516210
7	Aparna S	235118528245
8	Bharath S Kumar	235118566031
9	Jithin Aji	235118525399
10	Kavya M Biju	235118564973
11	Keerthana R.S	235118510400
12	Maneesha M	235118523632
13	Midhun Raj I	235118537215
14	Neetha J.A	235118570529
15	Parvathy J	235118519510
16	Pradeep Sankar	235118500234
17	Sruthy M.R	235118550516
18	Surya S.S	235118578946
19	Yadukrishnan R.S	235118501126
20	Archa Santhosh	235118560338
21	Adithya A	235118536743
22	Akhil S	235118509782
23	Aneesh S.R	235118538714
24	Anoop M	235118591403
25	Arunima Chandra	235118511593
26	Athira Anil	235118520867
27	Badhush M.S	235118526247
28	Devika Venu J	235118548074
29	Govind G.S	235118551705
30	Greeshma G	235118508603
31	Jithin M.V	235118800292
32	Kallyani M	235118516388
33	Lekshmy A.K	235118575757
34	Lekshmy S.S	235118574076
35	Megha M Nair	235118572376
36	Neethu Lekshmy R.J	235118548320
37	Nikhil Rajendran	235118527693
38	Rajikrishna R.C	235118561819
39	Reshma S Nair	235118556305
40	Sreelekshmy R	235118507775
41	Sruthy S	235118524624
42	Sudheesh S	235118527714
43	Syama M.S	235118516577
44	Vrinda V.S	235118508098
45	Amritha R.V	235118538348
46	Anusha Raj	235118536117
47	Aravind M Raj	235118546153
48	Fathima S.N	235118535514


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49	Harikrishnan V	235118526060
50	Krishnanunni V.S	235118522296
51	Krishnapriya R	235118501405
52	J.D Haripriya	235118559736
53	Aiswarya Krishna	235118524092


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Add on Course Examination

Molecular Spectroscopy

MCQ

Answer all the questions

Time: 15 minutes

Marks: 10

- Absorption of radiation in the UV range attributable to $n \rightarrow \pi^*$ electronic transitions is characteristic of which of the following types of compounds?
 - a) Aromatic hydrocarbons.
 - b) Unsaturated carbonyl compounds.
 - c) Non-conjugated polyenes.
 - d) Conjugated polyenes.
- Which is the correct order of increasing wave number of the stretching vibrations of (1) C-H (alkane), (2) C-H (alkene), (3) C-H (alkyne), and (4) C-H (arene)?
 - a) (1) < (2) \approx (3) < (4)
 - b) (4) < (3) \approx (2) < (1)
 - c) (3) < (4) \approx (2) < (1)
 - d) (1) < (4) \approx (2) < (3)
- Which of the following statements in the context of ^1H NMR spectroscopy is true?
 - a) Arene C-H chemical shift (δ) values are greater than simple alkenes C-H chemical shift values because of the aromatic ring current.
 - b) Arene C-H chemical shift (δ) values are smaller than simple alkenes C-H chemical shift values because of the aromatic ring current.
 - c) Arene C-H signals are always multiplets.
 - d) Arene C-H signals are always singlets.
- Which of the following statements is wrong?
 - a) UV absorption is attributable to electronic transitions.
 - b) UV spectra provide information about valence electrons.
 - c) IR absorption is attributable to transitions between rotational energy levels of whole molecules.
 - d) NMR spectrometers use radiofrequency electromagnetic radiation.
- Which is the correct order of increasing wave number of the stretching vibrations of (1) C-H (alkane), (2) O-H (alcohol), (3) C=O (ketone), and (4) C \equiv C (alkyne)?
 - a) (4) < (3) < (2) < (1)

SUMMARY REPORT OF ADD-ON COURSE – MOLECULAR SPECTROSCOPY (2018-2019)

Add-on course on Molecular Spectroscopy was successfully completed. In the academic year 2018-2019, fifty three students were enrolled for the course. Classes were conducted from 01/08/2018 to 22/02/2019 for 30 hours. Theory and practical sessions were included in this course. A hand on training was given to students and the practical session was very useful for the students.

After the completion of the course, students were assessed by written examination. Those who secured 60% marks and above in written examinations were honoured by certificates .



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Molecular Spectroscopy

3

2018 - 2019

Name	candidate code	Marks (out of 10)
1. Abhirag G.R	235118506234	9
2. Amal Krishnan	235118524275	10
3. Amritha B.S.	235118526686	9
4. Amritha M.B	235118520216	8
5. Anjana A.V.	235118574223	10
6. Anjana M.G.	235118516210	9
7. Aparana S	235118528245	8
8. Bharat S. kumar	235118566031	8
9. Jithin Aji	235118525399	10
10. Kavya M. Biju	235118564973	10
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12. Maneesha M.	235118523632	9
13. Midhun Raj T.	235118537215	8
14. Neetha J. A.	235118570529	9
15. Parvathy J.	235118519510	9
16. Pradeep Sankar	235118500234	8
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38.	Rajikrishna R.C.	235118561819	8
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40.	Sreelekshmi R.	235118507775	10
41.	Senthy S.	235118524624	8
42.	Sudheesh S.	235118527774	9
43.	Syama M.S.	235118516577	9
44.	Veinda V.S.	235118508098	10
45.	Amertha R.V.	235118538348	8
46.	Anisha Raj	235118536117	9
47.	Aravind M. Raj	235118546153	9
48.	Fathima S.N.	235118535514	10
49.	Harikrishnan V.	235118526060	8
50.	Krishnanunni V.S.	235118522296	10
51.	Krishnapriya R.	235118501405	9
52.	J.D. Haripriya	235118559736	9
53.	Arswalya Krishna	115118524092	10

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Film Appreciation
Department of English
2018 – 19

Notice

The P.G department of English is planning to conduct an Add on course “**Film Appreciation**” from January 2019 onwards. Students who are interested please contact the course co-ordinators Dr. Vidya Rajagopal and Jeeva Krishnan, Dept of English.



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DR. VIDYA RAJAGOPAL
Associate Professor and Head
P.G. Dept. of English
Mahatma Gandhi College
Research Guide, University of Kerala
Thiruvananthapuram

**MAHATMA GANDHI COLLEGE, TRIVANDRUM
DEPARTMENT OF ENGLISH
ADD ON COURSE ON**

“ FILM APPRECIATION”

COURSE DURATION: 30 HOURS.

From January 2019 onwards

Interested students please contact Department of English

SYLLABUS

Course Title: Film Appreciation

Course Duration: 30 hours

Instructors: Teachers from the department and Guest speakers

Course Description: This undergraduate-level Film Appreciation course is designed to provide students with a comprehensive understanding of the art and language of cinema. Through analysis, discussion, and screenings of various films, students will explore the history, aesthetics, and cultural significance of cinema.

Course Objectives: By the end of the course, students should be able to:

- Analyze and interpret the formal elements of film, including cinematography, editing, sound, and mise-en-scène.
- Understand the historical development of cinema and key movements and genres.
- Recognize the role of directors, screenwriters, and actors in shaping cinematic narratives.
- Evaluate and critically discuss films from diverse cultural backgrounds.
- Develop a deeper appreciation for the artistic and cultural significance of cinema.

Session 1: Introduction to Film Appreciation (3 hours)

- What is film appreciation?
- Key concepts and terminology in film analysis.
- The importance of film in contemporary culture.

Session 2: Understanding Cinematography (3 hours)

- Elements of cinematography: camera angles, framing, movement, and lighting.
- Screening and discussion of a classic film to analyze cinematography.

Session 3: The Art of Editing (3 hours)

- The role of editing in storytelling.
- Montage theory and continuity editing.
- Screening and discussion of a film focusing on editing techniques.

Session 4: Sound in Film (2 hours)

- Diegetic vs. non-diegetic sound.
- Sound design and its impact on storytelling.
- Audio-visual analysis of film clips.

Session 5: Film Genres (3 hours)

- Introduction to film genres (e.g., drama, comedy, horror, sci-fi).
- Exploring genre conventions and subversions.
- Screening and discussion of representative films from different genres.

Session 6: The Director's Vision (3 hours)

- The director as an auteur.
- Case study of a renowned film director and their signature style.
- Viewing and analyzing one of the director's films.

Session 7: History of Cinema (3 hours)

- A survey of key developments in the history of cinema.
- Screening and discussion of excerpts from silent films, classic Hollywood, and world cinema.

Session 8: International Cinema (3 hours)

- Exploring the diversity of global cinema.
- Screening and analysis of a foreign-language film.
- Discussion on the cultural context and impact of international cinema.

Session 9: Film and Society (2 hours)

- Examining the socio-political themes in cinema.
- Screening and discussion of a socially relevant film.

Session 10: Interactions(5 hours)

- Students present their analysis of a selected film.
- Course summary, key takeaways, and open discussion.

Dr. VIDYA RAJAGOPAL
Associate Professor and Head
P.G. Dept. of English
Mahatma Gandhi College
Research Guide, University of Kerala
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DEPARTMENT OF ENGLISH
MAHATMA GANDHI COLLEGE
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ADD ON COURSE ENROLMENT LIST (2018-19)

The following students of UG 2018-19 batch enrolled for the add on course offered by the Department of English.

SL no	Candidate Code	Name of the student
1.	13017118001	ABHISHEK S.L <i>Abhishe</i>
2.	13017118002	AKSHAY SHIV <i>Akshay</i>
3	13017118003	GOPIKA A .S <i>Goikha</i>
4	13017118004	KAVYA S.P <i>Kavya</i>
5	13017118005	NEETHU S <i>Neethu</i>
6	13017118006	RADHIKA R <i>Radhi</i>
7	13017118007	RAJI S.R <i>Raji</i>
8	13017118008	SRUTHI J <i>Sruthi</i>
9	13017118009	SWETHA NAIR <i>Swetha</i>
10	13017118010	ABHISHEK M.L <i>Abhishek</i>
11	13017118011	AKHILA NAIR <i>Akhila</i>
12	13017118012	AKHILA KRISHNAN <i>Akhil</i>
13	13017118013	AKSHAY S <i>Akshay</i>
14	13017118014	ANJALI S <i>Anjali</i>
15	13017118015	ANOOP M.R <i>Anoop</i>
16	13017118016	ARYA S <i>Arya</i>
17	13017118017	ASWATHY S <i>Aswathy</i>
18	13017118018	BHAGYA R SAJEEV <i>Bhagyat</i>
19	13017118019	GOPIKA G.S <i>Goika</i>
20	13017118020	GOWRI CHANDANA K <i>Gowri</i>
21	13017118021	J.S VISHNU PRATHAP <i>Vishnu</i>
22	13017118022	KEERTHI R.G <i>Keerthi</i>
23	13017118023	LEKSHMI KRISHNA V.S <i>Lekshmi</i>
24	13017118024	N ARCHA <i>Archa</i>
25	13017118025	NIMA S SHAJI <i>Nima</i>
26	13017118026	R.S VARUN <i>Varun</i>
27	13017118027	RADHIKA L RAJ <i>Radhika</i>
28	13017118028	SILPA SANKAR <i>Silpa</i>
29	13017118029	SUKANYA S.R <i>Sukanya</i>
30	13017118030	VARSHA V.M <i>Varsha</i>
31	13017118031	YEDU NARAYANA MOORTHY <i>Yedu</i>
32	13017118032	ABHIJITH M.S <i>Abhijith</i>
33	13017118033	ANAGHA KRISHNAN <i>Anaghak</i>
34	13017118034	ANANTHU KRISHNAN P.S <i>Ananthu</i>
35	13017118035	ARSHA R CHANDRAN <i>Arsha</i>

36	13017118036	LUIGI BASIL	<i>Luigi</i>
37	13017118037	SAJITH S	<i>Sajith</i>
38	13017118038	VAISAKH S.V	<i>Vaisakh</i>
39	13017118039	ALKESH RAJ T.V	<i>Alkesh</i>
40	13017118040	JIDHU K ROBY	<i>Jidhu</i>
41	13016118001	ANANDHU S NAIR	<i>Anandhu</i>
42	13016118003	ANJANA A.R	<i>Anjana</i>
43	13016118004	ARYA VIJAY H	<i>Arya</i>
44	13016118005	DEVIKA B.K	<i>Devika</i>
45	13016118006	DEVIKA S	<i>Devika</i>
46	13016118010	SONIYA.G	<i>Soniya</i>
47	13016118013	AKHIL S	<i>Akhil</i>
48	13016118014	ANOOPA C.A	<i>Anoopa</i>
49.	13016118015	ASWIN A.P	<i>Aswin</i>
50	13016118017	DEVIKA A.A	<i>Devika</i>
51	13016118018	JIJO E	<i>Jijo</i>
52	13016118021	LEKSHMIPRIYA P.V	<i>Lekshmi Priya</i>
53	13016118023	MEGHA AJITH	<i>Megha</i>
54.	13016118027	VISHNU G.S	<i>Vishnu</i>
55	13016118029	ADARSH B.L	<i>Adarsh</i>
56.	13016118030	ALKA RAJ.G	<i>Alka</i>
57.	13016118032	ARCHA MOHAN	<i>Archa</i>
58	13016118034	ASIYA ALI A.H	<i>Asiya</i>
59	13016118035	FEBIN DAS D	<i>Febin</i>
60	13016118036	GOPIKA KRISHNAN	<i>Gojika</i>


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MAHATMA GANDHI COLLEGE, TRIVANDRUM
ADD ON COURSE: FILM APPRECIATION

QUESTION PAPER

Total Marks: 25

Duration: 1.5 hours

Instructions:

- Answer all questions.
- Write your answers in clear and legible handwriting.
- Provide examples and explanations to support your answers.

Section A: Multiple Choice Questions (5 marks)

1. What is mise-en-scene in film terminology?
a) Lighting in a scene b) The arrangement of visual elements within the frame
c) The film's musical score d) The camera's movement
2. Which film movement is characterized by its focus on realism, often using non-professional actors and real locations?
a) Surrealism b) Expressionism c) Neorealism d) New Wave
3. Which of the following is not a film genre?
a) Science Fiction b) Film Noir c) Romanticism d) Western
4. What does the term "auteur theory" in film refer to?
a) The director as the primary creative force behind a film b) The role of the producer in shaping a film's vision c) The influence of the screenplay on a film's success d) The use of special effects in filmmaking
5. In film editing, what technique is used to condense time by cutting between different actions happening simultaneously?
a) Cross-cutting b) Flashback c) Dissolve d) Jump cut

Section B: Short Answer Questions (10 marks)

6. Explain the concept of "cinematic language" in film and provide two examples of how it is used to convey meaning in a film.

7. Define "mise-en-scène" and discuss its importance in film. Provide examples from a specific film to illustrate your points.
8. Briefly describe three key components of film sound (diegetic, non-diegetic, and sound design) and their impact on the viewer's experience.
9. How does cinematography contribute to storytelling in a film? Provide an example of a film where the cinematography plays a crucial role in conveying the narrative.
10. Discuss the importance of the film director's role in shaping the overall artistic vision of a film. Provide an example of a director known for their distinctive style.

Section C: Essay Question (10 marks)

11. Select a film of your choice (please specify the title and director) and critically analyze how it uses symbolism to convey deeper themes or messages. Discuss at least two symbols used in the film and their significance. How do these symbols contribute to the overall impact and interpretation of the film



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MAHATMA GANDHI COLLEGE
DEPARTMENT OF ENGLISH
ADD ON COURSE MARKLIST (2018-19)

SL no	Candidate Code	Name of the student	Mark list/25
1.	13017118001	ABHISHEK S.L	20
2.	13017118002	AKSHAY SHIV	20
3	13017118003	GOPIKA A .S	19
4	13017118004	KAVYA S.P	19
5	13017118005	NEETHU S	18
6	13017118006	RADHIKA R	17
7	13017118007	RAJI S.R	18
8	13017118008	SRUTHI J	20
9	13017118009	SWETHA NAIR	18
10	13017118010	ABHISHEK M.L	17
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12	13017118012	AKHILA KRISHNAN	20
13	13017118013	AKSHAY S	21
14	13017118014	ANJALI S	21
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17	13017118017	ASWATHY S	17
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19	13017118019	GOPIKA G.S	17
20	13017118020	GOWRI CHANDANA K	18
21	13017118021	J.S VISHNU PRATHAP	18
22	13017118022	KEERTHI R.G	20
23	13017118023	LEKSHMI KRISHNA V.S	20
24	13017118024	N ARCHA	21
25	13017118025	NIMA S SHAJI	21
26	13017118026	R.S VARUN	21
27	13017118027	RADHIKA L RAJ	18
28	13017118028	SILPA SANKAR	19
29	13017118029	SUKANYA S.R	19
30	13017118030	VARSHA V.M	18
31	13017118031	YEDU NARAYANA MOORTHY	19
32	13017118032	ABHIJITH M.S	21
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34	13017118034	ANANTHU KRISHNAN P.S	21
35	13017118035	ARSHA R CHANDRAN	21
36	13017118036	LUIGI BASIL	20
37	13017118037	SAJITH S	19
38	13017118038	VAISAKH S.V	19
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52	13016118021	LEKSHMIPRIYA P.V	21
53	13016118023	MEGHA AJITH	20
54.	13016118027	VISHNU G.S	17
55	13016118029	ADARSH B.L	18
56.	13016118030	ALKA RAJ.G	18
57.	13016118032	ARCHA MOHAN	21
58	13016118034	ASIYA ALI A.H	20
59	13016118035	FEBIN DAS D	20
60	13016118036	GOPIKA KRISHNAN	17


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ADD ON COURSE: REPORT ON SESSIONS HELD (2018-19)

Introduction:

This final report aims to provide an overview and assessment of the Film Appreciation course offered at the undergraduate level by the Department of English, Mahatma Gandhi College, Trivandrum. This course, spanning several weeks, was designed to introduce students to the art of cinema, exploring its history, aesthetics, and cultural significance. Through analysis, discussion, and screenings of diverse films, the course sought to develop students' understanding and appreciation of the medium.

Course Objectives:

The primary objectives of the Film Appreciation course were:

1. To enable students to analyze and interpret the formal elements of film, including cinematography, editing, sound, and mise-en-scène.
2. To foster an understanding of the historical development of cinema, key movements, and genres.
3. To recognize the pivotal roles played by directors, screenwriters, and actors in shaping cinematic narratives.
4. To encourage students to evaluate and critically discuss films from diverse cultural backgrounds.
5. To cultivate a deeper appreciation for the artistic and cultural significance of cinema.

Course Structure:

The course consisted of 30 sessions, each addressing specific aspects of film appreciation. Topics covered included cinematography, editing, sound design, film genres, the role of directors, the history of cinema, international cinema, and the socio-political themes in film. Practical analysis and discussion formed the backbone of each session, allowing students to engage with the material actively.

Assessment:Assessment:

- Class participation and engagement: 20%
- Film analysis assignments: 30%
- Test paper based on the syllabus(50%)

Student Outcomes:

Throughout the course, students demonstrated significant growth in their film appreciation skills. They deepened their understanding of cinematography, sound design, and editing, and learned how these elements contribute to storytelling and theme development. The exposure to a wide range of film genres and international cinema broadened their cultural and artistic

horizons. Students also exhibited a newfound ability to critically analyze and discuss films, with greater attention to detail and context.

Conclusion:

The Film Appreciation course has been a valuable addition to the undergraduate curriculum, providing students with a comprehensive understanding of the world of cinema. It has achieved its objectives by enhancing students' critical thinking abilities, cultural awareness, and their capacity to appreciate and interpret film as an art form. The feedback from students will be invaluable for future improvements to the course. It is recommended that this course continues to be offered and that further enhancements are considered, such as guest lectures, field trips to film festivals or studios, and the incorporation of contemporary film examples.

Dr. VIDYA RAJAGOPAL
Associate Professor and Head
P.G. Dept. of English
Mahatma Gandhi College
Research Guide, University of Kerala
Thiruvananthapuram

Principal
Mahatma Gandhi College
Thiruvananthapuram

Yoga and Stress Management

Department of Psychology

2018 – 19

MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM

Department of Psychology

Add on Course

Yoga and Stress Management

2018-19



Register now

Course Coordinator: Dr. Prathibha S Nair
Phone : 94463-23061



ADD-ON COURSE – YOGA AND STRESS MANAGEMENT

Duration: 30 hours

Instructor: Dr. Prathibha S Nair

Department of Psychology

Mahatma Gandhi College, Thiruvananthapuram

Course Outcomes

CSO1. To familiarize with the concept of yoga.

CSO2. Effectively use Yoga Asanas for stress management.

Module-wise topics:

Module 1: Introduction

Duration:10 hours

- Relevance of Yoga in Modern Life- Misconceptions about Yoga – Secular Nature of Yoga

Module 2: Stress

Duration:10 hours

- Definition of stress
- Causes of Stress - Symptoms of Stress -Physical-Psychological-Behavioral
- Coping with Stress – relaxation- life style management.



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Module 3: (Theory and Practicals)

Duration: 10 hours

- Basic Relaxation Techniques
- Simple meditation Techniques
- Basic Pranayama Techniques
- Yoga Nidra
- Basic Asanas (Postures).

References

Iyengar, B.K.S (2011) Light on yoga. Harper Collins Publishers, New Delhi

Tamini, I.K (2011) Commentary - Harper Collins Publishers, New Delhi

Swami Vivekananda, (2004). Raja Yoga revised. Cosmo Publication, New Delhi.


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ADD ON COURSE
DEPARTMENT OF PSYCHOLOGY
YOGA AND STRESS MANAGEMENT
2018-2019

MAX MARKS:20

ANSWER THE FOLLOWING

- 1.Explain the secular nature of yoga?
- 2.Define stress and mention the causes of stress?
- 3.How to cope with stress?
- 4.What are the basic relaxation techniques?
- 5.What are the simple meditation techniques?
- 6.What are the basic pranayama techniques ?
- 7.What is yoga nidra?
- 8.What are the basic asanas ?
- 9.What is the relevance of yoga in modern life ?
- 10.What are the misconceptions about yoga ?

2 x 10=20


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Department of Psychology
Add on Course
Yoga and Stress Management 2018-
2019

Sl. No.	Name of the Student	Total mark	Mark obtained
1.	Anagha B Murugan	20	18
2.	Aparna Raj A	20	19
3.	Arya Muraleedharan	20	18
4.	Aswathy K. S	20	17
5.	Gokul G. R	20	16
6.	D. Krishnapriya	20	20
7.	Rahul A. S	20	20
8.	Sandra P Prasad	20	18
9.	Tripta Nair	20	20
10.	Veena V Nair	20	15
11.	Abiram A. L	20	18
12.	Abirami S Nair	20	17
13.	Gokul Krishna A S	20	16
14.	Ardra S	20	18
15.	Gopika Krishna	20	19
16.	Kails B H	20	19
17.	Lekshmi. K S	20	17
18.	Lunch Justin	20	18
19.	Panchami P	20	19
20.	Prejith S	20	19
21.	Sumesh S	20	16
22.	Arya Mathew	20	18
23.	Akhila Ajith	20	17
24.	Ananathapadmanabhan	20	19
25.	Archana Ravendran	20	20
26.	Arjun M	20	17
27.	Gopika S S	20	17
28.	Harinandana	20	18
29.	Jimi Elsa Simon	20	17
30.	Jishnu Krishna	20	19
31.	Lakshmi Priya J R	20	19



P. 9. 0

32.	Merlyn Mary	20	17
33.	Midhuna U M	20	18
34.	Praveen Kumar	20	19
35.	Sreelakshmi P S	20	18
36.	Thammanah Fathima	20	19
37.	Ankita Krishna	20	17
38.	Arya S Nair	20	18
39.	Kailasanadhan A	20	19
40.	Abhichandana R	20	18
41.	Adithyan K S	20	18
42.	Adithya V S	20	17
43.	Amritha H	20	19
44.	Ananthalekshmi	20	20
45.	Aneesha JJ	20	20
46.	Anjali	20	19
47.	Aparna R	20	20
48.	Arya S R	20	18
49.	Bumi B	20	19
50.	Devika B S	20	20
51.	Divya K S	20	16
52.	Dhanalekshmi	20	18
53.	Gayathri Soman	20	19
54.	Haritha Prasad	20	18
55.	Jincy T	20	19
56.	Krishnapriya	20	18
57.	Maheshwari	20	20
58.	Meenakshi S	20	20
59.	Muhsina	20	20
60.	Padma	20	18
61.	Pooja	20	19
62.	Sandeep S Kumar	20	20
63.	Sanjana	20	17
64.	Sarathraj	20	20
65.	Saranyakrishna	20	18
66.	Sreejith	20	19
67.	Vaishnavi	20	18



P.T.O

68.	Vipin V G	20	19
69.	Vishnu S S	20	20
70.	Adithyan S	20	18


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REPORT OF ADD ON COURSE ON YOGA AND STRESS MANAGEMENT (2018-19)

THIS ADD-ON COURSE WAS INTRODUCED TO STUDENTS TO BENEFIT THE TEACHINGS OF YOGA IN STRESS MANAGEMENT. 70 STUDENTS ENROLLED FOR THE COURSE AND COMPLETED THE COURSE. THE COURSE COMPRISED OF 30 HOURS. THE STUDENTS WERE TAUGHT BOTH THE THEORY AND PRACTICALS. THE COORDINATOR OF THE COURSE WAS DR PRATHIBHA S NAIR, HEAD OF THE DEPARTMENT OF PSYCHOLOGY.



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Thiruvananthapuram



Dr Prathibha S Nair

YOGA & STRESS MANAGEMENT

- | | |
|-------------------------------|------------------------|
| 1. Anagha. B. Murugan | 36. Tamara Fathima |
| 2. Aparna. Raj. A | 37. Anjitha Krishna |
| 3. Anya. Muralidharan | 38. Arya. S. Naik |
| 4. Anuswathy. K. S. | 39. Kailasanathan. A. |
| 5. Gokul. G. R. | 40. Abhichandana. R. |
| 6. P. Krishnapriya | 41. Adithyan. S. |
| 7. Rahul. A. S. | 42. Adithya. S. |
| 8. Sandra. P. Prasad. | 43. Adithya. V. S. |
| 9. Tripta. Nair | 44. Ananth. H. |
| 10. Veena. V. Naik. | 45. Anandhalekshmi |
| 11. Abhiram. A. K. | 46. Aneetha. J. J. |
| 12. Abhisami. S. Nair | 47. Anjali. S. K. |
| 13. Ardra. S. | 48. Aparna Raj. R. |
| 14. Gokul Krishna. A. S. | 49. Arya. S. R. |
| 15. Gopika. Krishna. S. | 50. Binu. B. |
| 16. Kael. B. H. | 51. Divya. B. S. |
| 17. Lekshmi. K. S. | 52. Divya. K. S. |
| 18. Lincy Justin. J. K. | 53. Dhanalekshmi. |
| 19. Panchami. P. | 54. Gayathri. Soman. |
| 20. Prajith. S. | 55. Haritha. Prasad. |
| 21. Sumesh. S. | 56. Jincy. T. |
| 22. Aarya. Mathew | 57. Krishnapriya. |
| 23. Anila. S. J. | 58. Maheswary. M. |
| 24. Ananthapadmanabhan. U. R. | 59. Meenakshi. S. |
| 25. Anusha. Ravindran. | 60. Mubina. T. S. |
| 26. Arjun. M. | 61. Padma. P. |
| 27. Gopika. S. S. | 62. Pooja. P. |
| 28. Anandhan. K. A. | 63. Sandeep. S. Kumar. |
| 29. Jina. K. S. Simon | 64. Saijana. S. |
| 30. JISHNU KRISHNA | 65. Sarathraj. S. |
| 31. Lekshmi. Priya. J. R. | 66. Saanya. Krishna. |
| 32. Herlin. Mary | 67. Sreejith. B. |
| 33. Midhuna. U. M. | 68. Vaishnavi. |
| 34. Prasanna. Kumar. D. | 69. Vipin. V. G. |

30
YOGAL STRESS MANAGEMENT

- | | | | |
|-------------------------------|------------------------|-----------------|-----------------|
| 1. Ananya S.S | <u>Ananya</u> | 36. Nandana B | <u>Nandana</u> |
| 2. Anakha S | <u>Anakha</u> | 37. Rahul R | <u>Rahul</u> |
| 3. Aparna K.N | <u>Aparna</u> | 38. Shubin S.L | <u>Shubin</u> |
| 4. Arsha A.S | <u>Arsha</u> | 39. Suraj Singh | <u>Suraj</u> |
| 5. Bhagyaa R Nair | <u>Bhagyaa</u> | 40. Divya M | <u>Divya</u> |
| 6. Chandana Jayakumar | <u>Chandana</u> | 41. R. Derapsya | <u>Derapsya</u> |
| 7. Deepika K.S | <u>Deepika</u> | 42. Vyshna G | <u>Vyshna</u> |
| 8. Gopika Anilkumar | <u>Gopika</u> | | |
| 9. Kanya S | <u>Kanya</u> | | |
| 10. Lekshmi B | <u>Lekshmi</u> | | |
| 11. Sooraj B | <u>Sooraj</u> | | |
| 12. Vaishakhi DV | <u>Vaishakhi</u> | | |
| 13. A.R. Ardra | <u>Ardra</u> | | |
| 14. Adash A.S | <u>Adash</u> | | |
| 15. Anakha Ashok | <u>Anakha</u> | | |
| 16. Aparna A | <u>Aparna</u> | | |
| 17. Dileep T.S | <u>Dileep</u> | | |
| 18. Gopika J.R | <u>Gopika</u> | | |
| 19. Karthik V. Nair | <u>Karthik</u> | | |
| 20. Megha J.S | <u>Megha</u> | | |
| 21. Sandeep Chandan B.M | <u>Sandeep</u> | | |
| 22. Sankeethana S | <u>Sankeethana</u> | | |
| 23. Saraswathidevi K | <u>Saraswathi</u> | | |
| 24. Sowathy J. Das | <u>Sowathy</u> | | |
| 25. Syankumar S | <u>Syankumar</u> | | |
| 26. Abhiramiraj A.G | <u>Abhiramiraj</u> | | |
| 27. Akhil A.J | <u>Akhil</u> | | |
| 28. Aneela Grace | <u>Aneela</u> | | |
| 29. Anjali Mohan M | <u>Anjali</u> | | |
| 30. Dipin D.S | <u>Dipin</u> | | |
| 31. Doel Douglas | <u>Doel</u> | | |
| 32. Gayathri Soman | <u>Gayathri</u> | | |
| 33. Krishnachandran S | <u>Krishnachandran</u> | | |
| 34. Krishnadev S.A | <u>Krishnadev</u> | | |
| 35. K. Anand D | <u>K. Anand</u> | | |

[Signature]
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Mahatma Gandhi College
Thiruvananthapuram



COURSE - CO-ORDINATOR
PRATHIBHA S NAIR