

ABOUT US

Presentations are tools that can be used as lectures.


Booklets are printed materials with four or more pages, containing details about a banking, insurance, finance etc.



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GET IN TOUCH

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 **WEBSITE**
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**GOOD NEWS WELFARE SOCIETY'S
FIRST GRADE DEGREE COLLEGE
OF ARTS AND COMMERCE**
KALGHATAGI - 581204

BANKING AND INSURANCE



BANKING AND INSURANCE

Objectives

- To make the students understand the various services offered and various risks covered by the insurance
- Faced by banks to make them aware of various banking innovations after
- Nationalization of insurance to give them an overview about insurance industry to make the students understand various principles, provisions that govern by the insurance industry and banking regulations.
- Life insurance and General Insurance Contracts

Course contents

INTRODUCTION TO BANK

BANKING SYSTEMS AND ITS INNOVATIONS

LOANS AND ADVANCES

INTRODUCTION TO INSURANCE

TYPES OF INSURANCE

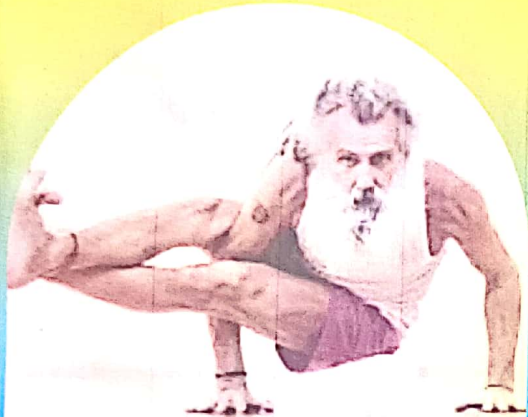
BANKING AND INSURANCE

Learning Outcomes

- On completion of this course students will be able to
- Understand the risks faced by banks and ways to overcome them.
 - Understand the difference between Life & Non-Life Insurance.
 - Understand how to choose life insurance policies based on their needs.



Managed by
Montfort Brothers of St.Gabriel



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**GOOD NEWS WELFARE SOCIETY'S
ARTS & COMMERCE FIRST GRADE COLLEGE
KALGHATAGI-581204**

**VALUE ADDED COURSE ON
YOGA EDUCATION
2021-2022**

Duration: 40 hrs



YOGA EDUCATION

COURSE OBJECTIVE

Yoga helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Briefly the objectives of Yoga are:

- To enable the student to have a healthy life
- To practice mental hygiene.
- To have emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- The main objectives of the Yogic practices are to make one free from
 - a. Diseases,
 - b. Ignorance,
 - c. Egoism,
 - d. Stress.

COURSE CONTENT

METHODS OF DOING ASANAS

2 hrs per day, Total 40 hours

- PRAYER
- LOOSENING THE JOINTS
- SITTING POSTURE:
 1. Swastikasana
 2. Virasana
 3. Upavista konasana
- STANDING POSTURE:
 1. Tadasana
 2. Tadasana Urdhvahastasana
 3. Tadasana Urdhva Baddha hastasana
- LYING POSTURE:
 - SUPINE
 1. SHAVASANA
 2. ARDHA PAVANA MUKTASANA
 3. SUPTA BADDHA KONASANA
 4. SETU BANDHASANA
 - PRONE
 1. BHUJANGASANA
 2. SALAMBA BHUJANGASANA
 3. SHALABASANA
 4. DHANURASANA
- ADVANCED ASANAS:
 1. Adho Mukha Vrksasana
 2. Bakasana
 3. Hanumanasana
 4. Eka Pada Rajakapotasana

COURSE OUTCOME

- At the end of the Yoga, The student will develop the physical stability.
- It will keep them young & energetic.
- At the end of the Yoga, The student will Strengthen the hamstring, calf, and back muscles.
- It will relieve the stiffness of joint, particularly at knee, hip and ankle.
- It will remove excess fat in the abdominal region
- It will give more flexibility to the vertebral column
- At the end of the Session, The student was extremely beneficial to the spinal column.
- It will enlarge the thoracic cavity.
- It will strengthen the back and abdomen muscles.
- It will help to make the maximum range of movement in all directions in the hip joint.
- At the end of the Yoga, The student will develop the balancing power in the body.
- It will help loosen the spinal column.
- It will reduce the excess fat in the sideways.
- It will strengthen the ankles and tones the muscles of the legs.
- At the end of the session, The student will promote the spinal bone growth



Contact Us

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**GOOD NEWS WELFARE SOCIETY'S
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**CERTIFICATE COURSE ON
SELF DEFENCE**

2021-2022

DURATION : 30 hrs



SELF DEFENCE

COURSE OBJECTIVES

Educate girl students about types of violence against them.

To provide knowledge and tips of self-protection in order enhance themselves at given situations.

Demonstrate on types of self defense techniques.

It is a need of the hour for the girls and men to safeguard themselves against the violence committed against them.

It is an assurance of Student Welfare along with NSS can strengthen the girl students for their self-protection and women empowerment through a Self Defense.

COURSE CONTENTS

2 hrs per day, total 30 hrs

TAEKWONDO :

- Punches
- Kick
- Block

Special Trainings :

1. Prevention is the best self-defense.
2. Get rained in Loud screams and Push Back at the time of attack.
3. To Remember in the time of attack; the Most Effective Body Parts to Hit.
4. Different techniques in order to self defend against different forms of attacks while an outside strikes.
5. Escape from a bear hug of the attacker
6. Use of hand edges to counter strike an attacker.

OUTCOMES

1) The student will become aware about the types of violence that are faced by a girl or boy in any place including at home.

2) The student will learn about the different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, while subjected to physical abuse, violence, crime, etc.

3) The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.

MORE INFORMATION



08370-284177



KALGHATAGI



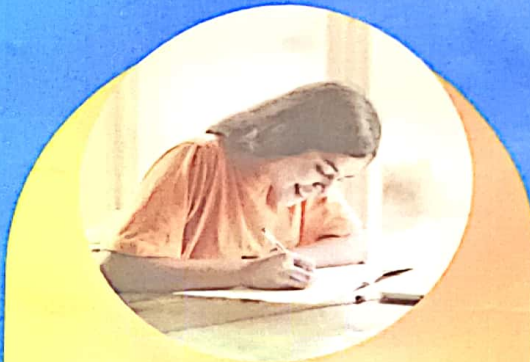
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**GOOD NEWS WELFARE SOCIETY'S
ARTS & COMMERCE
FIRST GRADE COLLEGE**

**VALUE ADDED
COURSE ON
ENGLISH GRAMMAR**

DURATION: 30 hrs



COURSE OBJECTIVE

□To make the students to understand need of English language which is the most commonly spoken language in the world.

□To make the students to understand that English is the language of science, computers, diplomacy, and tourism. So, Knowing English increases the chances of getting a good job in a multinational company within the home country or of finding work abroad.

□To make the students to understand that English is the language of the media industry and if they speak English, they need not to rely on translations and subtitles anymore to enjoy your favourite books, lessons, songs, films and TV shows.

□To make the students to realize that English is also the language of the phones, Internet and the social media. Many websites are written in English – by learning English they will be able to understand and to take part in forums and discussions.

□To motivate the students that English is based on a simple alphabet and it is fairly quick and easy to learn compared to other languages as English is not only useful in their education but also it gives them a lot of satisfaction and enthusiasm as they start learning and making progress, makes them feel great. They will enjoy learning English if they remember that every hour they spend gets them closer to perfection.

WHO CAN ENROLL ?

ALL THE B.A SECOND SEMESTER STUDENTS - 2020

COURSE CONTENT

WRITING - 10 hrs

SENTENCE PATTERN

PARTS OF SPEECH

TERMS AND DEFINITIONS OF PARTS OF SPEECH

1. NOUN
2. PRONOUN
3. ADJECTIVE
4. VERB
5. ADVERB
6. PREPOSITION
7. CONJUNCTION
8. INTERJECTION

TENSES - 6hrs

1. PAST TENSE
2. PRESENT TENSE
3. FUTURE TENSE

READING - 2 hrs

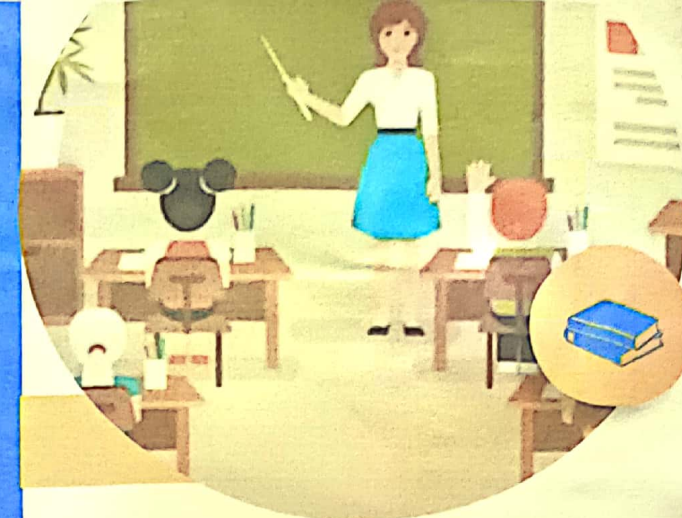
1. LOUD READING
2. READING STRATEGY

SPEAKING - 6 hrs

1. CLASS ROOM SPEECH
2. ONE TO ONE DIALOGUE

LISTENING 6 hrs

1. LISTENING TO ENGLISH SOUNDS
2. SUGGESTIONS TO IMPROVE YOUR LISTENING SKILLS



COURSE OUTCOME

□At the end of this English course the students will learn the basics of English which will remove the language inferiority complex and boost their confidence in the language.

□This basic course will help them to attend further coaching and trainings in schools, colleges and around the world that offer programs in English.

□By this short course the students will learn to speak English, which provide them the ample of opportunities to find an appropriate schools and course to suit their academic needs.

□By learning English, the students will also learn about other cultures which will make them to grow as a person more than learning, inculcating the values, habits, and way of life in a culture that is different from theirs.



GOOD NEWS WELFARE SOCIETY'S ARTS & COMMERCE FIRST GRADE COLLEGE, KALGHATAGI

VALUE ADDED COURSE ON
MS OFFICE AUTOMATION
2019 -2020

DURATION : 30 hrs



WHO CAN ENROLL ?

All The B.A Even Semester
Students &
B.Com I year Students
2019-2020



09:00 am to 10:00 am,
03:30 pm to 04:30 pm



L.H.NO 2



MS Office
Automation

MS OFFICE AUTOMATION

MS OFFICE APPLICATION

Course objective:

office tools course would enable the students in crafting professional,

- 1 Word documents,
- 2 Excel spread sheets,
- 3 Power point presentations

using the Microsoft suite of office tools.

To familiarize the students in preparation of documents and presentations with office automation tools.

Course content

2 hrs per day toatl 30 hrs

1. Introduction of Computer (7 hrs)
 2. MS Word (7 hrs 20 mints)
 - i word to create project
 - ii Creating project abstract
- Features
- iii Creating a Newsletter
 - iv Creating a Feedback form
3. MS Excel Spread sheet (7 hrs 20 mints)
 - a) Creating a Scheduler
 - b) Calculations
 - c) Performance Analysis
 4. MS Power Point Presentation. (7 hrs 20 mints)
 - I) Create basic power point presentation
 - II) Power point utilities and tools
 - III) Preparing power point presentation

Course outcome:

By learning the course, the students will be able

1. To perform documentation
2. To perform accounting operations
3. To perform presentation skills



MS,Office
Automation

