

Teresian Computer Center

Computer training classes typically teach participants basic skills in computer usage, often required in today's workplace and social exchanges. Learning objectives for these classes state the desired outcomes, such as improved confidence in technology use and increased awareness of opportunities afforded to individuals with computer application skills.

Diploma course in Computer Science
Course code: ADDCS

No of Hours: 150

Course Content :

- Computer Fundamentals
- Windows
- MS Office

Diploma course in Computer Application
Course code: ADDCA

No of Hours : 120

Course Content :

- Computer Fundamentals
- Windows
- MS Office

Certificate course in Office Automation
Course code: ADCOA

No of Hours : 35

Course Content :

- Windows
- MS Office
- Internet

Certificate Course in Graphic Designing
Course code: ADCGD

No of Hours : 35

Course Content Graphic Designing:

- I. Adobe PageMaker 7.0
- II. Adobe Photoshop
- III. Introduction Graphics
- IV. CorelDraw

Post Graduate Diploma course in
Computer Application
Course code: ADPGDCA

No of Hours : 240

Course Content :

- Computer Fundamentals
- Windows
- MS Office
- C ++
- System Analysis and Design
- Networking
- HTML
- Database Management
- Operating System
- Visual basic
- Project

Courses Offered by the International Language Centre

The International Language Centre at St. Teresa's College, Ernakulam is a nascent effort to provide foreign language learning opportunities to students. The center is being set up keeping in mind the fact that professional language institutes are at a premium. It aims at providing women with added skill sets, at a reasonable cost, that will enable them to take up jobs in unconventional sectors.

No of Hours : 35

Certificate Course in French

Course code: ADCCF

Course Content:

Our French for Absolute Beginners course syllabus provides a first contact with the language for those students with no previous knowledge or studied it a long time ago. The syllabus is based on different topics that will help you get by when meeting French speaking people. At the same time, it introduces the workings and sounds of the language and it provides the necessary tools to enable students to make sentences from scratch.

Certificate Course in German

Course code: ADCCG

Course Content:

Our German for Beginners course syllabus provides a first contact with the language for those students with no previous knowledge or studied it a long time ago. The syllabus is based on different topics that will help you get by when meeting German speaking people. At the same time, it introduces the workings and sounds of the language and it provides the necessary tools to enable students to make sentences from scratch.

Certificate Course in Spanish

Course code: ADCCS

Course Content:

Spanish for Beginners course syllabus provides a first contact with the language for those students with no previous knowledge or studied it a long time ago. The syllabus is based on different topics that will help you get by when meeting Spanish speaking people. At the same time, it introduces the workings and sounds of the language and it provides the necessary tools to enable students to make sentences from scratch.

Courses Offered by various Departments

Certificate Course in Jewellery Designing (Fashion Designing)

Course code: ADCID

No of Hours : 35

Course Syllabus

- I. Fundamental Theory of Jewellery Design
- II. Jewellery Sketching
- III. Jewellery Design and Practice
- IV. Inspiration based Jewellery Design

Certificate Course in Career oriented Guidance and counselling
(Department of Home Science)

Course code: ADCOCGC

No of Hours : 35

Course Content:

Introduce students to the concept of counseling, the counseling process and the basic counseling approaches and skills, orient students towards the importance of guidance & counseling during childhood and adolescence, develop awareness among the students about the methods of dealing with the emotional problems of children and adults.

- I. Meaning – Aims and objectives – Historical background – Clarifying myths of counseling - Types of guidance and counseling – models of counseling (medical to preventive) – goals of counseling – personal characteristics of effective counselors.

Counselling and related field – Definition of counseling – Psychotherapy – related fields – Clinical Psychology – Counselling as a helping relationship – Counselling as a solution to human problems (4 Credits)

- II. Approaches to Counselling – Psychoanalytic – Relevance of psychoanalysis to counseling – Humanistic approach – Roger's self-theory – Development of self-concept – the counseling process – Experiencing of responsibility – Essential conditions for personality change – Stages in the counseling process – Behaviouristic approach to counseling – Reciprocal inhibition technique – Behavioural modification – Nature of counseling – Basic skills of Counseling. (4 Credits)

- III. Counselling Process – Preparation for counselling – Counselling relationship – Content and process – Counselling interactions – Variables affecting the counselling process – Portrait of an effective counsellor – Counseee factors. Theories of Counselling and Therapy - Psychoanalytic Therapy: Freud's psychoanalysis; Client-Centered Therapy: Carl Roger's Non-directive therapy - Cognitive Behaviour therapy (CBT), Rational-Emotive Behaviour therapy (REBT), Transactional Analysis; Special and Innovative approaches with children: Play therapy, Music therapy, Art therapy, Bibliotherapy- Horticultural therapy, Yoga, meditation etc. Role of Teachers, Guidance Personnel in organizing Guidance Programme. Issues in counselling – professional training of counsellors – ethical considerations – future trends in counselling. An introduction to mental health. How to improve present mental health. (4 credits)

Course Duration: 1 Year

Course Content:

- Plant propagation methods:
- Olericulture:
- Pomiculture:
- Floriculture
- Gardening:
- Garden designing.
- Production of value added products using plant fibers
- Mushroom cultivation:

Project/ Field work/ Training: Based on the above units

Certificate course in Tourism, French Language and Cultural History of Kerala

Course code: ADTFCHK (Dept of French and Dept of History)

No of Hours : 35

Course Objectives

This programme is offered by the Department of French along with the Department of History, St. Teresa's College. The course aims to enable the students to equip themselves with additional skills other than their curriculum. Course syllabus is a combination of Tourism, French language and Cultural History of Kerala. Each paper has 4 credits and a project with 8 credits.

Post Graduate Diploma course in Counselling

Course code: ADPGDC

Centre for Continuing Education Kerala (CCEK)

Course Duration: 1 year

Course Content

- Fundamentals of Counselling
- Mental Health Problems
- Theories and Techniques of Counselling
- Family Counselling
- Counselling in Special Settings

IGNOU COURSES OFFERED IN COLLEGE

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| MSc Dietetics and Food Service Management | - | MSCDFSM |
| Master of Commerce | - | MCOM |
| Master of Arts – Hindi | - | MA HINDI |
| PG Diploma in Translation | - | PGDT |
| Diploma in Nutrition and Health Education | - | DNHE |
| Diploma in Creative Writing in English | - | DCE |
| Certificate Course in Food and Nutrition | - | CFN |