I. Value Education 1
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III. Extension Activities 32
IV. Physical Education 44
V. IQAC – Recommendations 50
PART IV - VALUE EDUCATION

PREAMBLE

With effect from 2012-2015 batch onwards

UG – Syllabi of four newly introduced courses offered in Semesters II, III & IV and PG – Course on “Women’s Studies” offered in Semester IV are presented in this booklet.

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I COURSE PROFILE FOR VALUE EDUCATION (UG)

II For all the Value Education Courses only one credit Course is allotted.

III COURSE PROFILE FOR VALUE EDUCATION (PG)

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UGEV101 VALUES IN LIFE

Semester : I  Credit : 1
Category : Value Education  Hours/Week : 2
Class & Major: I UG  Total Hours : 26

Objectives:
To enable the students

- Understand the need and importance of value education and education for human values.
- Orient the student with various intervention strategies for moral education and conversion of moral learning into moral education.
- Understand the nature of values, moral values, moral education and differentiate such values from religious education, moral training or moral in doctrination.
- Develop their personal growth in relation to themselves and to others.

UNIT- I  5 Hrs
Value Education – Definition – Relevance to present day – Concept of human values – Self introspection – Self esteem.

UNIT- II  5 Hrs
Social Values – Faith, Service and Secularism – Social sense and commitment – Students and Politics – Social Awareness.

UNIT - III  5 Hrs

UNIT - IV  5 Hrs

UNIT- V  6 Hrs

REFERENCE BOOKS
UGEV104 GLOBALIZATION AND VALUES IN LIFE

Semester : I  Credit : 1
Category : Value Education  Hours/Week : 2
Class & Major: I UG  Total Hours : 26

Objectives:
To enable the students

- Inculcate a sound system of values with correct priorities.
- Help the youth to acquire the skill necessary to develop.
- Develop a good personality in the growing Adolescent & provide
- Good moral, Spiritual code & Stable Relationship.

UNIT - I
Family Life:-Definition of family and family life-Types of family patterns-Indian family-
Social functions of the family-Family as a custodian & transmitter of values-Reunite families with
their origin.

UNIT - II
Relationships & Responsibility in a Family:-Mothering-Fathering -Mother &
Daughter relationship-Warmth and love oriented discipline-Adjustability in a family- Carrying for
needy elders. Time allotment and sharing ideas-Dutiful parent responsibility.

UNIT - III
Globalization and its impacts on family:-Mobility of family-joint family-nuclear family-
divorce-single parent family-old age home-creche-fission of family structure-children affected by
urbanization and nuclear family.

UNIT – IV
Impact of globalization on cultural activities of family:-The process of socialization-
cultural diffusion-cross culture in food-festival and dress-life style of adolescent- Infatuation- peer
groups- love- Mental Health-mental hygiene.-Mental health programme-anxiety-stress- eustress -
distress.

UNIT - V
Responsibilities to Preserve family values:-Teaching children the values of responsibility-
Mental health and hygiene-Healthy management of stress-Parent-teacher responsibility-Parent
responsibility towards adolescent-Personality development-moral education.

REFERENCE BOOKS
- K.R.Lakshminarayanan, M.Umamageswari-“Value Education”, Nalnilampublication, Chennai
- M.M.Mascarenhas-“Natural Family Planning”, Bangalore.
- Family life Education - Value Education, Marie Mignon Mascarenhas, MBBS(Bombay)
  MFCMRCP(Eng) DPH(Lond) FRIPHH(Engg).
UGEV105 FAMILY LIFE EDUCATION
Semester : I Credit : 1
Category : Value Education Hours/Week : 2
Class & Major: I UG Total Hours : 26

Objectives:
To enable the students
- Understand the values of family life.
- Help the students to acquire the skills necessary to develop and maintain stable relationship.

UNIT – I THE FAMILY 2 Hrs
Definition of family and family life – need for family - Importance of family – social function of family – Types of family – changing trend(Positive and Negative approaches).

UNIT – II MARRIAGE 5 Hrs
Definition, types of marriage – love, arranged, arranged love marriages. Love and Infatuation marriage – purpose of marriage – need for marital preparation and pre marital counseling. Dating, courtship, choosing the life partner, pre marital intimacy.

UNIT – III CONJUGAL HARMONY 5 Hrs
Husband and wife relationship: Difference between men and women. Accepting difference, mutual understanding and adjustment. Changing roles of husband and wife – multiple role of women in present day- handling conflicts in marriage life.

UNIT - IV REPRODUCTION 7 Hrs

UNIT - V PROTECTION 7 Hrs
Family Disorganization – Impact of globalization on family – Separation – Divorce, Deservation – Single parent family – need to protect our self in marriage – pre family counseling centers – family court – All women’s police station.

REFERENCE BOOKS
USEV 208 GANDIAN THOUGHTS

Semester : II Credit : 1
Category : Value Education Hours/Week : 2
Class & Major: I UG Total Hours : 26

Objectives:
To enable the students
- Understand Gandhiji’s Thoughts
- Adhere the principles of Gandhiji for the change in society.

UNIT- I 5 Hrs
A Brief Biographical sketch – The Ethical Foundations of Gandhian thought (Truth, Non-Violence, Moral Values, related goodness spirituality, confidence, Honesty, Peace trustworthy, Empathy, Sacrifices)

UNIT- II 5 Hrs
Gandhian thought at present day situation – Terrorism – Caste – Falsehood Untouchability – Leadership qualities.

UNIT- III 5 Hrs
The techniques and strategies of Gandhi – Political action – Civil disobedience – Personality development – Sathyagraha – Fasting – Prayers and padayatra

UNIT- IV 5 Hrs

UNIT- V 5 Hrs

REFERENCE BOOKS
- Gandhi M.K – My Experiments with Truth, Nav Jeevan Publishing
- House, New Delhi, 1980.
- J.B. Kripalini, Gandhi – His Life and thought, Minister of Information and Broadcasting, Publication Division, Govt. Of India -1962.

USEV209 HUMAN RIGHTS

Semester : II Credit : 1
Category : Value Education Hours/Week : 2
Class & Major: I UG Total Hours : 26
Objectives:
To enable the students
- Develop awareness of how human right can be translated into social and political reality.
- Gain knowledge about constitutional law.

UNIT – I
4 Hrs
Definition of HR lights – Nature-scopes- Significance of HR- Historical development of HR.

UNIT – II
6 Hrs
Universal declaration of international covenant of HR-1948-The protection of HR lights Act 1993-political rights 1996- ICESR- International covenant on economical social & cultural rights1996- Natural HR commission

UNIT - III
5 Hrs
Contemporary issues on human rights- Children right – Women’s right- Bonded labor & Wages.

UNIT – IV
6 Hrs

UNIT – V
5 Hrs

REFERENCE BOOKS
- Human Rights, Questions and answer, UNESCO,1982
- Mausice Cranston -What is Human Rights.

USEV203 CONSUMER PROTECTION

Semester : II Credit : 1
Category : Value Education Hours/Week : 2
Class & Major: I UG Total Hours : 26

Objectives:
To enable the students
- Gain awareness of consumer protection.
- Know about the redressal mechanism.
- Know about the right and responsibility of the consumer.
UNIT – I 4 Hrs

UNIT - II 5 Hrs

UNIT – III 5 Hrs
Adulteration – how to face the problems with the marketers – how to approach the court.

UNIT - IV 5 Hrs

UNIT - V 7 Hrs
Redressal Mechanism – Consumer disputes redressal forms – State and National Consumer disputes redressal commission.

REFERENCE BOOKS
• Kapoor, N. D., Elements of Mercantile Law, Sultan Chand and sons, New Delhi, 2005.
• Matinchian, C. B., Consumer Behavior, Margham Publications, Chennai, 2004
• Philip kotler, Marketing Management, Himalaya Publications, New Delhi, 2005
• Rajan Nair, Marketing Management, Sultan chand and Sons, New Delhi, 2006.

USEV210 INDIAN CULTURE AND HERITAGE

Semester : II Credit : 1
Category : Value Education Hours/Week : 2
Class & Major: I UG Total Hours : 26

Objectives:
To enable the students
• Understand the importance and maintenance of Indian Heritage
• Understand the nature of heritage properties and conservation
• Know about the nature of Indian Culture

UNIT – I 6 Hrs
Indian culture: General Features-sources-Unity in Diversity-Family Culture in India-Attires in Indian Culture-Caste System-Types of marriages-Dance Forms in India-Cultural Symbols.

UNIT - II 5 Hrs
Orgin of Indian Culture-Vedas-Ethics-Myths-poetry-Sculpture-Temples-Tourism.

UNIT - III 5 Hrs
Heritage management, Objectives-Strategies-Protection-Conservation and Preservation

UNIT - IV 5 Hrs
UNIT - V

5 Hrs

What is heritage: Meaning and concept-Criterions for selection as heritage sites, Monuments and zone-types of heritage

TEXT BOOK


REFERENCE BOOKS


USEV205 PUBLIC AWARENESS

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Objectives:
To enable the students
- Gain the knowledge of education, ethical values.
- Understand the concepts of violence, child labour.

UNIT – I

5 Hrs


UNIT – II

6 Hrs

Pollution and Over population: Definition-causes- how to avoid pollutions -introduction of over population, causes and remedies, environmental degradation as a result of overpopulation.

UNIT – III

5 Hrs


UNIT – IV

5 Hrs


UNIT – V

5 Hrs
Public Nuisance: Definition – antisocial behavior disorder powers and remedies, public nuisance in temples, hospitals etc-behaviourism in schools and work places.

REFERENCE BOOKS

- Thomsan Anchu Kandam, Jose kuttianimattathil, Grow free, Live free, 2003.

USEV 206 INDIAN CONSTITUTION

Semester : II  
Category : Value Education  
Class & Major: I UG  
Credit : 1  
Hours/Week : 2  
Total Hours : 26

Objectives:
To enable the students
- Understand the Constituent of India.
- Know about how Union and State Government functions.
- Understand the concept of Indian Federal system.
- Understand the Constitutional Amendments.

UNIT - I  
5 Hrs
Historical Background – Constituent Assembly of India – Fundamental Rights – Fundamental Duties – Citizenship - Dual Citizenship – Indian Penal Code(IPC).

UNIT - II  
5 Hrs
Union Government – Structures of the Union Government and Functions – President – Vice President – Prime Minister – Cabinet – Parliament – Supreme Court of India – Judicial Review.

UNIT – III  
5 Hrs

UNIT - IV  
5 Hrs
Indian Federal System – Center – State Relations – President’s Rule Constitutional Functionaries-Assessment of working of the Parliamentary System in India.

UNIT - V  
6 Hrs
Constitutional Amendments – Village Court – Lok Adalath – Mobile Court.

REFERENCE BOOKS

- Agarwal R.C, Indian Political System, S.Chand and Company, New Delhi, 1997
USEV207 AWARENESS ON ANTICORRUPTION

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Objectives:
To enable the students
- Understand the evil of corruption.
- Appreciate and adopt anti corruption strategies.

UNIT - I CORRUPTION 6 Hrs
Corruption: Definition-Etymology-Types: Governmental and Non-Governmental Services. Corruption in India: Major factors responsible for corruption.

UNIT- II CORRUPTION & SCAMS 5 Hrs

UNIT- III ANTI-CORRUPTION 5 Hrs
Anticorruption: Definition-Types:Petty and Grand-Organized and Unorganized - Types of anti-corruption programs : Rule of Law - Fiscal/Customs, Civil Society Programs, Financial Management and Other Programs.

UNIT- IV CORRUPTION AND ANTI-CORRUPTION STRATEGIES 5 Hrs

UNIT- V CORRUPTION AND PUNISHMENT 5 Hrs

REFERENCE BOOKS
- Susan Rose-Ackerman, Corruption and Government – Causes, Consequences and Reform, First Edition, Published by the University of Cambridge, 1999.

**UESV301 Pollution and its management**

| Semester | III | Credit | 1 |
| Category  | Value Education | Hours/Week | 2 |
| Class & Major | II UG | Total Hours | 26 |

**Objectives:**

To enable the students

- Become Pollution conscious.
- Know how to control the pollution and make them analyze the methods of management of waste in their day to day life.

**UNIT – I INTRODUCTION TO ENVIRONMENTAL STUDIES**

6 Hrs

Definition, scope, importance and need for public awareness and methods to propagate environmental awareness.

**UNIT II ENVIRONMENTAL POLLUTION**

5 Hrs

Causes, Deleterious effects and control measures of air pollution, water pollution and Noise pollution.

**UNIT – III ENVIRONMENTAL POLLUTION**

5 Hrs

Causes, Deleterious effects and control measures of soil pollution, plastic pollution thermal and nuclear pollution. Role of an individual in prevention of pollution.

**UNIT – IV SOLID WASTE MANAGEMENT**

5 Hrs

Causes, effects and control measures of urban and industrial wastes and vermicomposting.

**UNIT – V DISASTER MANAGEMENT**

5 Hrs

Floods, earthquake, cyclone and land slides. Watershed management and rainwater harvesting and energy conservation in urban areas.

**REFERENCE BOOKS**

- Kaushik & Kaushik Perspectives in environmental studies - New Age international publishers.
- Kalavathy s, Environmental studies Bishop Heber College, Trichy.
- K.Kumaraswamy, K.Alagappa Moses and M.Vasanthy, Environmental studies-Bharathidasan University publications.
- Rajamannar, Environmental studies –EVR College Publications.
UESV305 Environmental Issues and Human health

Semester : III
Category : Value Education
Class & Major: II UG
Credit : 1
Hours/Week : 2
Total Hours : 26

Objectives:
To enable the students
- Environment conscious
- Understand the environmental issues and its impact on human health.
- Provide them with value based environmental education.

UNIT – I INTRODUCTION TO ENVIRONMENTAL STUDIES
Definition, scope, importance and need for public awareness and methods to propagate environmental awareness.

UNIT – II SOCIAL ISSUES AND ENVIRONMENT
Resettlement and rehabilitation issues, environmental ethics- issues and possible solutions.

UNIT – III DISASTER AND ENVIRONMENT
Global Warming, Acid Rain, ozone depletion, Wasteland reclamation, consumerism and waste products. Role of Women and NGO’s in environmental protection.

UNIT - IV HUMAN POPULATION AND WELFARE PROGRAMME

UNIT – V HUMAN HEALTH AND ENVIRONMENT

REFERENCE BOOKS
- Kaushik & Kaushik Perspectives in environmental studies - New Age international publishers.
- Kalavathy s, Environmental studies Bishop Heber College, Trichy.
- K.Kumaraswamy, K.Alagappa Moses and M.Vasanthy, Environmental studies- Bharathidasan University publications.
- Rajamannar, Environmental studies –EVR College Publications.

UESV306 NATURAL RESOURCES AND CONSERVATION

Semester : III
Category : Value Education
Class & Major: II UG
Credit : 1
Hours/Week : 2
Total Hours : 26

Objectives:
To enable the students
• Know about the types of natural resources.
• Become natural resources conscious.

UNIT-I  4 Hrs
Natural Resources: Definition- classification- concept of renewable and non-renewable resources- their conservation and importance

UNIT-II  6 Hrs
Energy Resources: Non-renewable and conventional energy resources like coal, petroleum, fuel gases, - Renewable and non-conventional energy resources like solar, wind, geothermal, trial and wave energy, bio mass- biogas and bio diesel- Environmental impacts of energy exploitation- Energy conservation

UNIT-III  6 Hrs
Water Resources: Water resources on the earth- consumption and uses of water- Management and conservation of water resources- Rain water harvesting- conflicts over sharing water. Forest resources and Bio diversity- Importance of forests and bio diversity- types of forest resources- Overexploitation of forests- Deforestation- Forest management and Conservation- conservation of bio diversity.

UNIT-IV  6 Hrs
Soil Resources- Importance – Classification of soils – soil formation- Soil profile-soil fertility- Major types of soils in India. Mineral resources- Types and importance of minerals- important minerals of India- Mineral extraction and environmental problems- Conservation of mineral resources- Reclamation of mining areas.

UNIT-V  4 Hrs
Role of Individuals and NGOs in Resource conservation- Environmental movements such as ‘chipko’ Western Ghat and Silent valley, Narmada project agitation etc, - Role of individuals and NGO’s- Sustainable resource utilization.

REFERENCE BOOKS

UESV304 BIODIVERSITY

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Objectives:
To enable the students
- Know about Environmental impact in the society.
- Create the awareness of environmental effect & remedial measures.

UNIT- I BIODIVERSITY 5 Hrs

UNIT- II BIODIVERSITY IN INDIA 5 Hrs
Levels of biodiversity – global, national & local levels- Biogeographical classification of India- India as mega diversity nation- “Hot-spots” and Biodiversity in India.

UNIT- III MODERN TOOLS IN THE STUDY OF BIODIVERSITY 5 Hrs

UNIT- IV THREATS TO BIODIVERSITY 5 Hrs

UNIT- V VALUES AND CONSERVATION OF BIODIVERSITY 6 Hrs

REFERENCE BOOKS
- Ramesh Menon, Restoring in endangered Biospecies, June 2005.

UWSV401 WOMEN AND EDUCATION
Semester : IV Credit : 1
Objectives:
To enable the students
- An understanding about the need of women’s education.
- Empower themselves through education.

UNIT-I INTRODUCTION 2 Hrs
Concept of women empowerment – women’s empowerment in today’s world-global gender gaps –women’s rights- women’s movements.

UNIT-II STATUS OF WOMEN 5 Hrs

UNIT-III WOMEN AND EDUCATION 5 Hrs
Sexism in education – education is an agent to change the sex role sterotyping – gender inequality in education.

UNIT-IV EDUCATION OF WOMEN IN DEVELOPMENT 7 Hrs
Approaches to women’s education – reorganizing and using the education system for raising the status of women- eradication of literacy-education for achieving quality of life equality opportunity and equity creating gender sensitive educational system.

UNIT-V ROLE OF WOMEN IN DEVELOPMENT 7 Hrs
Women in developing countries with special reference to India- Famous Women Personalities in different sectors - women in national development- Leadership Qualities - women in decision making.

REFERENCE BOOKS

UWSV406 WOMEN AND HEALTH
Semester : IV  Credit : 1
Category : Value Education  Hours/Week : 2
Class & Major: II UG  Total Hours : 26

Objectives:
To enable the students
• Know about the physiology of women.
• Realize the role of gender in women’s health issue.

UNIT-I  ANATOMY AND PHYSIOLOGY OF WOMEN  4 Hrs

UNIT-II  PUBERTY  6 Hrs
Need of knowledge of menstruation- menstrual symptoms- how to handle menstruation problem- menstrual disorders – importance of maintaining the good personal hygiene - misbelieves.

UNIT-III PREGNANCY CARE  7 Hrs
Motherhood as a fulfilling Experience - Stages of Pregnancy – Need of Regular check up – Nutritional Diet – Post Pregnancy care.

UNIT-IV COMMON HEALTH PROBLEM AND HEALTH CARE  5 Hrs

UNIT V HEALTH AND GENDER  4 Hrs
Health as a gender issue – Illiteracy – rural, urban Education and its role in Women health – Infant Mortality Rate (IMR) – Nutritional Disorders between men and Women – Gender Bias and Family Planning.

REFERENCE BOOKS

UWSV403  WOMEN’S RIGHTS

Semester   : IV
Category    : Value Education
Class & Major: II UG
Credit      : 1
Hours/Week  : 2
Total Hours : 26

Objectives:
To enable the students
• Understand about the violence against women.
• Gain knowledge about the women’s rights.

UNIT-I  INTRODUCTION  3 Hrs
Human Rights-Definition and meaning- Introduction to woman rights, Nature and characteristics – importance
UNIT-II  NEED FOR WOMEN’S RIGHTS  

Violence against Women-Various forms of violence- Verbal Violence-Physical Violence Eve teasing-Sexual adherence-child abuse-Mental torture’

UNIT-III  FAMILY AND WOMEN’S RIGHTS  


UNIT IV  CAREER WOMEN AND RIGHT  

Sanitation at work place- Sexual harassment at workplace-maternity benefit act- equal benefits- reservation policy.

UNIT-V POLICIES AND PROGRAMMES  

Government policies and programmes- Action for ensuring rights of women- The national commission for women,- role of women’s Organization –Global level support for women’s right- the impact of CEDAW in India

REFERENCE BOOKS
- Mohini Chatterjee, *Feminism and Women’s Human rights-vol.2*, Aavishkar Publication , Jaipur 2004

UWSV404 DOMESTIC VIOLENCE AGAINST WOMEN

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Objectives:
To enable the students
- Understand the domestic violence against women in family and society.
- Know about violence against women in media.
- Know about prevention of domestic violence against women.

UNIT - I  INTRODUCTION  

6 Hrs
Discrimination at different stages- Fetus & Infancy, Childhood, Adolescence, Adult, marriage, pregnancy, Motherhood and old age, types of harassment. Patriarchy

UNIT - II TYPES OF VIOLENCE AGAINST WOMEN 5 Hrs

UNIT - III ACTS AGAINST DOMESTIC VIOLENCE 5 Hrs

UNIT - IV VIOLENCE IN MEDIA 5 Hrs
Serials, advertisement, movies, journals, Newspaper, magazines. Counseling programs.

UNIT - V CONTINUING AND EMERGING ISSUES 5 Hrs
Violence Against Older Women - Violence Against Women with Disabilities- Human Trafficking- Stalking - Violence Against Women as Human rights: NGO Activity, School Based Education and Prevention Programs.

REFERENCE BOOKS

PWSV401 WOMEN’S STUDIES
Semester : IV Credit : 4
Category : Value Education Hours/week : 5
Class & Major: II PG Total Hours : 65

Objectives:
To enable the students
- Incorporate awareness about prospects for women.
- Become best women in future.

UNIT - I INTRODUCTION 14 Hrs
Definition of women’s studies – The rationale of women’s studies and its growth – History of women’s movements in India - Meaning and definition of Patriarchy, Feminism, Gender and Sex – Gender Analysis.

UNIT - II WOMEN’S HEALTH AND EDUCATION 15 Hrs
Women’s health, population – demographic features – Occupational health hazards – Issues related to general and reproductive health- Women and Education – the need to enrol and retain girls in schools. - Primary, secondary, higher secondary, professional and technical education – Skill formation and productivity – importance of educating women.

UNIT - III WOMEN AND WORK 12 Hrs
Marginalisation of women-visible and invisible work – women in the labour market - sexual division of work-wage discrimination - Women work participation in the organised and unorganised sectors. - Impact of globalisation on women-feminisation of work and feminisation of poverty.

UNIT - IV WOMEN AND ENVIRONMENT 12 Hrs
Definition of Eco feminism – The myth of catching up – Impoverishment of environment and its impact on women – women and biodiversity.

UNIT - V WOMEN AND LAW 12 Hrs

REFERENCES BOOKS

PREAMBLE
Course profile and syllabi for soft skills offered to under graduate students is presented in the booklet. This comes into effect from 2012 –15 Batch.

UG – COURSE PROFILE FOR SOFT SKILLS

<table>
<thead>
<tr>
<th>Semester</th>
<th>Part</th>
<th>Course code</th>
<th>Course title</th>
<th>Contact Hours/Week</th>
<th>Credit</th>
</tr>
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<tbody>
<tr>
<td>I</td>
<td>IV</td>
<td>USKS101</td>
<td>Communication Skills</td>
<td>2</td>
<td>1</td>
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<tr>
<td></td>
<td></td>
<td>USKS102</td>
<td>Effective Communication Skills</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>II</td>
<td>IV</td>
<td>USKS201</td>
<td>Spoken English</td>
<td>2</td>
<td>1</td>
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<tr>
<td></td>
<td></td>
<td>USKS202</td>
<td>Presentation Skills</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>III</td>
<td>IV</td>
<td>USKS301</td>
<td>Personality Development</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>
USKS101 COMMUNICATION SKILLS

Semester : I  Credit : 1
Category : Soft Skills  Hours/Week : 2
Class : I UG  Total Hours : 26

Objectives: To enable the students
- To learn the nuances of the use of English.
- To acquire LSRW Skills.
- To develop effective communication skills.

Unit – I  5 Hrs
Listening to casual conversation & responding

Unit – II  5 Hrs
Reading & Comprehending

Unit – III  5 Hrs
Learning Techniques

Unit – IV  5 Hrs
Techniques of Note-Taking and Summarising

Unit – V  6 Hrs
Descriptions – people, places, things and events

Text Books:

Evaluation Components:
- Listening comprehension : 10 marks.
- Reading comprehension : 10 marks.
- Written quiz : 10 marks.
- Note making : 10 marks.
- Describing a chart modal : 10 marks.
  **Total : 50 Marks**

USKS102 EFFECTIVE COMMUNICATION SKILLS

Semester : I  Credit : 1
Objectives: To enable the students
- To develop writing skills.
- To acquire communication skills.
- To prepare for Competitive Exam.

Unit – I
Listening – News, film, speech

Unit – II
Reading and Comprehension. Tongue Twisters

Unit – III
Dialogues

Unit – IV
Group Discussion

Unit – V
Skit, Creative Writing

Text Books:

Evaluation Components:
- Listening comprehension : 10 marks
- Reading comprehension : 10 marks
- Dialogue Making : 10 marks
- Group discussion : 10 marks
- Staging a skit : 10 marks
Total : 50 Marks

USKS201 SPOKEN ENGLISH

Objectives: To enable the students
- To develop acquainted with English Language.
- To develop Speaking Skills.
- To prepare for Interviews.

Unit – I
6 Hrs
Self – Introduction

Unit – II
5 Hrs
Conversation, GD

Unit – III
5 Hrs
Body Language and Art of small talk

Unit – IV
5 Hrs
Giving & getting information (Watching, Listening, Reading)

Unit – V
5 Hrs
Role play – Group Dynamics

Text Books:

Evaluation Components:
- Self Introduction : 10 marks
- Logical sequencing : 10 marks
- Extempore : 10 marks
- Listening comprehension : 10 marks
- Role play : 10 marks

Total : 50 Marks

USKS202 PRESENTATION SKILLS

<table>
<thead>
<tr>
<th>Semester</th>
<th>II</th>
<th>Credit</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category</td>
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<td>Hours/week</td>
<td>2</td>
</tr>
<tr>
<td>Class</td>
<td>I UG</td>
<td>Total Hours</td>
<td>26</td>
</tr>
</tbody>
</table>

Objectives: To enable the students
- To develop presentation skills.
- To develop the overall personality.
- To inculcate interpersonal relationship.

Unit – I
4 Hrs
Techniques of Preparation

Unit – II
4 Hrs
Handling Questions
Unit – III  
Art of Presentation  

6 Hrs

Unit – IV  
Telephonic Conversation. Tele-conference  

6 Hrs

Unit – V  
Videography and observation and feedback  

6 Hrs

Text Books:  

Evaluation Components:  
- Multiple choice question : 10 marks  
- Oral testing : 10 marks  
- Topic presentation : 10 marks  
- Role play : 10 marks  
- Reviews : 10 marks  

Total : 50 Marks

USKS 301 PERSONALITY DEVELOPMENT  

Semester : III  Credit : 1  
Category : Soft Skills  Hours/week : 2  
Class : II UG  Total Hours : 26

Objectives: To enable the students  
- To achieve self actualization.  
- To create self acceptance and positive attitude.  
- To develop decision making skill.

UNIT – I Self:  

5 Hrs  

Self Esteem, Self Acceptance, Johari window.  
Exercise : Expressing feelings about self.  
Reference : Shiv kera, You can win, MacMillan India Ltd, New Delhi, 1998.  

UNIT – II Positive Thinking:  

5 Hrs  

Definition – Characteristics of Good Personality – power of positive thinking – learn to turn negative thinking patterns.
Exercise: Story of positive thinking.

UNIT – III Motivation and Self Actualisation: 6 Hrs

Meaning – motivation leads to self actualization – difference between inspiration and motivation – needs of motivation to demotivation.
Exercise: Case studies of achievers in great leaders to examine their motives.

UNIT – IV Goal Setting: 5 Hrs

Definition – focus on the goals – importance – dreams and goals – obstacles to set goals-types of goals – scrutinize your goals – goals must be balances.
Exercise: Each group gets ball and a bucket or box. Each one of the group takes a turn and tries to throw the ball in to the bucket from the distance of 5 meters.

UNIT – V Decision-Making Skills: 5 Hrs

Introduction – decision making process – ‘5 Cs’ of decision making.
Exercise: Students could be asked to be in groups of six and go through the process of decision making by giving them matter for decision making.
Alanbarker, *How to be a better decision maker*, Kogan page India Pvt Ltd., New Delhi, 1996.

Evaluation Components:
- SWOT Analysis of self (Chart) : 20 marks
- Need Hierarchy self (Chart) : 20 marks
- Oral presentation (of self mission, goals) : 20 marks
- Group Discussion : 20 marks
- In basket method : 20 marks

Total : 100 Marks

USKS 401 LIFE COPING SKILLS

Semester : IV
Category : Soft Skills
Class : II UG
Credit : 1
Hours/week : 2
Total Hours : 26

Objectives: To enable the students
- To cope with depression.
To develop ability to cope with anger and fear.
To develop confident students.

UNIT – I Coping with Depression: 6 Hrs

Definition – symptoms – causes of depression – impact of depression – how to overcome depression and regain a positive outlook.

Exercise:
Students to depict depression and its evil reflects on human personality.
Group discussion to find out ways to confront with depression.

Reference: www.effexorxr.com
www.iugm.qc.ca

UNIT – II Coping with Fear: 5 Hrs

Definition – kinds of fear – handling fear – coping with fear – ways to overcome fear – tips to cope with fear.

Exercise: Students to prepare list of current life situation that regret fear.

Reference: www.counsellingzone.com
Swami Sukhabodhanandha, Oh, mind relax please!, Author house, 2005.

UNIT – III Coping with Anger: 5 Hrs


Exercise: Students to identify Five ways to handle anger.


UNIT – IV Coping with Failure & Criticism: 5 Hrs


Exercise:
Brainstorming session to identify the reason for the failure.
To identify attitude of students towards failure.
Exercise on response to criticism by others.


**UNIT – V Stress Management:** 5 Hrs


Exercise:

Students to identify stress, they are undergoing currently.
To identify stressful situations and response to situation.


**Evaluation Components:**

- Poster presentation : 20 marks
- Chart presentation : 20 marks
- Oral presentation : 20 marks
- Ideas in brainstorming : 20 marks
- Group discussion : 20 Marks

**Total** : 100 Marks

**USKS 501 JOB SKILLS**

**Semester** : V  
**Credit** : 1  
**Category** : Soft Skills  
**Hours/week** : 2  
**Class** : III UG  
**Total Hours** : 26

**Objectives:** To enable the students

- To prepare resumes.
- To face interviews.
- To participate in group discussion.

**UNIT – I C.V / Resume writing skills:** 5 Hrs

Writing of C.V, memos, e-mail writing

Exercise:

To prepare resume  
To write covering letters for different situation

**UNIT – II Aptitude Test:** 6 Hrs


Exercise: Psychological testing to identify individual differences.


**UNIT – III Interview Techniques – I:** 5 Hrs

Preparing for interview, facing interviews, types of interview

Exercise: Mock interview.


**UNIT – IV Interview Techniques – II:** 6 Hrs

Bargaining, mock interview, Do’s and Don’t’s of interview

Exercise: Mock interview.


**UNIT – V Group Discussion:** 4 Hrs

Introduction – different kinds of GD topics – outcome of GD – structure of GD – how to prepare for GD – successful GD – successful GD techniques – Do’s and Don’t’s of GD.

Exercise: To segregate the students as each group and give the topic spontaneously and test to the soft skills of students.


**Evaluation Components:**

- Resume writing: 20 marks
- Memo writing: 20 marks
- Projective test: 20 marks
- Mock interview: 20 marks
- Group discussion: 20 marks
USKS 601 CAREER SKILLS

Semester : VI
Category : Soft Skills
Class : III UG

Credit : 1
Hours/week : 2
Total Hours : 26

Objectives: To enable the students
- To develop leadership skill.
- To plan for future career.
- To develop the qualities to work as team.

UNIT – I Leadership:

5 Hrs

Meaning – traits of leadership – Leaders Vs managers – attributes for a good leader

Exercise : To conduct role play of each style of leadership


UNIT – II Team Building:

6 Hrs


Exercise : To conduct team work for analyses their contribution of the task.

Reference :

Aswathappa, Organisational behavior, Tata McGraw hill publication, New Delhi.

UNIT – III Office Correspondence:

4 Hrs


Exercise : To give situation of business proposals for preparing letter.

UNIT – IV Career Guidance:  
6 Hrs


Exercise: The faculty should introduce to the students magazines like competition success and career digest and ask the students to go through them and find out how they help them in choosing a career.

Reference: Dr. S. Xavier Alphonse, Change or be changed, Sultan chand, New Delhi, 1999.

UNIT – V Career Planning:  
5 Hrs

Introduction – four step process – sources of career placements – choosing a career

Exercise: The faculty should introduce to the students magazines like competition success and career digest and ask the students to go through them and find out how they help them in choosing a career.


Evaluation Components:

- Role play : 20 marks
- Group discussion : 20 marks
- Writing business letters : 20 marks
- Log book preparation : 20 marks
- Poster presentation : 20 marks

Total : 100 Marks
Extension Programme
(With effect from 2012-15 batch onwards)

Preamble:
Changes made in allotment of hours for Theory and Activities, Course Code, Credit and Evaluation are presented.

1. **Contact Hours**:  

<table>
<thead>
<tr>
<th>Clubs</th>
<th>Theory</th>
<th>Activities</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>NSS Unit I &amp; II</td>
<td>40</td>
<td>80</td>
<td>120</td>
</tr>
<tr>
<td>Other Service Clubs</td>
<td>20</td>
<td>40</td>
<td>60</td>
</tr>
</tbody>
</table>

2. **Course Code and Credit**:  

<table>
<thead>
<tr>
<th>Name of the Club</th>
<th>Semester I &amp; II</th>
<th>Semester III &amp; IV</th>
<th>Semester V &amp; VI (Optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Course Code</td>
<td>Credit</td>
<td>Course Code</td>
</tr>
<tr>
<td>NSS – Unit I &amp; II</td>
<td>UNSX202</td>
<td>02</td>
<td>UNSX402</td>
</tr>
</tbody>
</table>

Other Service Clubs:

<table>
<thead>
<tr>
<th>Name of the Club</th>
<th>Semester I &amp; II</th>
<th>Semester III &amp; IV (Optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Course Code</td>
<td>Credit</td>
</tr>
<tr>
<td>Social Service League</td>
<td>USSX202</td>
<td>01</td>
</tr>
<tr>
<td>Youth Red Cross</td>
<td>UYRX202</td>
<td>01</td>
</tr>
<tr>
<td>Literacy Club</td>
<td>ULCX202</td>
<td>01</td>
</tr>
<tr>
<td>Population Club</td>
<td>UPCX202</td>
<td>01</td>
</tr>
<tr>
<td>Environmental Club</td>
<td>UEUX202</td>
<td>01</td>
</tr>
<tr>
<td>Rotaract Club</td>
<td>URTX202</td>
<td>01</td>
</tr>
<tr>
<td>Physical Fitness Club</td>
<td>UPFX202</td>
<td>01</td>
</tr>
</tbody>
</table>
3. The following topics are included in the Service Clubs.

<table>
<thead>
<tr>
<th>Name of the Club</th>
<th>Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Service Scheme</td>
<td>Awareness on Tree plantation and develop home garden. Importance of female education and Health.</td>
</tr>
<tr>
<td>Youth Red Cross</td>
<td>Health care aspects, Road safety measures and Rules.</td>
</tr>
<tr>
<td>Literacy Club</td>
<td>Education for School Drop-Outs</td>
</tr>
<tr>
<td>Population Club</td>
<td>Awareness on Women’s Issue and Drug abuse.</td>
</tr>
<tr>
<td>Environmental Club</td>
<td>Awareness on Home garden, Plastic Eradication</td>
</tr>
<tr>
<td>Rotaract Club</td>
<td>Humanitarian attitude and Behaviour</td>
</tr>
<tr>
<td>Physical Fitness Club</td>
<td>Importance of Nutritious Food</td>
</tr>
</tbody>
</table>

4. Evaluation:

Grading will be awarded

**Assessment**

<table>
<thead>
<tr>
<th>Components</th>
<th>Marks</th>
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</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>- 20</td>
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<tr>
<td>Theory</td>
<td>- 20</td>
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<tr>
<td>Participation &amp; Involvement</td>
<td>- 20</td>
</tr>
<tr>
<td>Commitment &amp; Co-operation</td>
<td>- 20</td>
</tr>
<tr>
<td>Leadership</td>
<td>- 20</td>
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<tr>
<td><strong>Total</strong></td>
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</table>

**Grading System**

<table>
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<tr>
<th>Range of Marks</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>90&lt;100</td>
<td>O – Outstanding</td>
</tr>
<tr>
<td>80&lt;90</td>
<td>E – Excellent</td>
</tr>
<tr>
<td>70&lt;80</td>
<td>D – Distinction</td>
</tr>
<tr>
<td>60&lt;70</td>
<td>A – Good</td>
</tr>
<tr>
<td>50&lt;60</td>
<td>B – Average</td>
</tr>
<tr>
<td>40&lt;50</td>
<td>C – Fair</td>
</tr>
</tbody>
</table>
PART V
EXTENSION PROGRAMME

“SERVICE TO HUMANITY IS SERVICE TO GOD”

As a part of service to the community development, “Theivanai Ammal College for Women, Villupuram”, aims to raise the social awareness of students in the college and motivate them and their teachers to transfer the knowledge and skills they have to rural communities.

The TACW outreach programme activities are coordinated by the outreach staff with an objective.

- To interact with rural people
- To identify their own potentials and weakness
- To identify and analyse the various forces operative in society.
- To conscientise people in the community and induce attitudinal changes on Literacy, Health & Hygiene, Women Empowerment.

Clubs

To develop initiative, a sense of responsibility and to widen the interests of the students, the college offers various clubs such as

- National Service Scheme
- Social Service League
- Youth Red Cross
- Literacy Club
- Population Club
- Environment Club
- Rotaract Club
- Physical Fitness Club

Programme requirements and evaluation of extension programmes are presented here with effect from 2012 – 13 onwards.

<table>
<thead>
<tr>
<th>Programme</th>
<th>I Year (I &amp; II Semester)</th>
<th>II Year (III &amp; IV Semester)</th>
<th>III Year (V &amp; VI Semester)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Credit</td>
<td>Hour</td>
<td>Credit</td>
</tr>
<tr>
<td>NSS</td>
<td>2</td>
<td>120</td>
<td>2</td>
</tr>
<tr>
<td>Any other club apart from NSS</td>
<td>1 (Compulsory)</td>
<td>60</td>
<td>1 (Optional Extra)</td>
</tr>
</tbody>
</table>
Rules and Regulations applicable to all outreach programmers
Enrolment in any one of the Part V programme is compulsory in the first and second year and optional for the Third years. Students enrolled in NSS cannot opt for any other Part V Programme in the II year.

- Attendance requirement for completion of Part V in all Clubs is 100%
- Students who have lack of attendance have to compensate the same during the subsequent years.
- Interested students can earn extra credit 2/1 in case of NSS and other service organization respectively in the II & III year. The main components for evaluation are Attendance, participation & commitment, Involvement & Co-operation, Leadership and Theory.

Role of the Student
- Students are expected to be in the field / work spot before the time allotted to them. If the student is not available during the time of the spot / field visit she will be treated as absent.
- Students should not leave field during the field visit hours, if so they should get prior permission in charge from the Faculty Advisor.
- Students should maintain classroom discipline during their field work.
- The team leader is the person in charge for maintaining discipline in the field and submission of consolidated and group reports.

Role of Faculty Advisor
The Faculty will guide the students in all ways and means by
- Organizing special programmes in the field and to encourage the students.
- To collect feedback from the social workers regularly.
- To evaluate and monitor the student activities along with social workers.

Assessment
Final assessment includes
- Regular attendance
- Participation and Commitment
- Leadership
- Involvement and Co-operation
- Theory

Provision for earning extra credit
Interested students can earn extra credit 2/1 in case of NSS and other service organization respectively in the II and III year. The main components of evaluation are attendance, theory, participation & commitments, Leadership, Involvement & Co-operation.
UNSX202, UNSX402 NATIONAL SERVICE SCHEME

Semester: I to IV  
Category: Extension Programme  
Credits: 2  
Hours: 120

MOTTO NOT ME BUT YOU

Objectives:
- To establish close linkage with rural communities
- To enable the Public to look at social realities critically through social analysis.
- To create a student with a fine sense of commitment and deep concern for others.
- To create health awareness among women.

I & II Semester:  
120 Hrs
Theory  
40 Hrs
- History and objectives of NSS
- History and Objectives of RRC
- Awareness Programme on health and hygiene, Micro finance, and SHG.
- Awareness on Rain Water Harvesting, Tree Plantation, Parthenium plant eradication and develop home garden to the Village people.
- Importance of First Aid, Eye donation, Blood donation, HIV and AIDS.

I & II Semester:  
80 Hrs
Activities
- Personality development for the local students and adopted village people.
- Soft skill Development.
- Disaster Management Training
- Leadership training for our students.
- Rally on AIDS awareness and Eye donation.
- To conduct Socio-Economic Survey and to develop a data base of the adopted village.
- To develop home garden in the village.
- Tree plantation.

III & IV Semester:  
40 Hrs
Theory
- Importance of small savings
- Awareness on Consumer Protection Act, fire disaster management, domestic violence
- Importance of Social Organization Work, Women education and health
- Leadership training
- Civics Responsibilities

III & IV Semester:  
80 Hrs
Activity
- Self Help Group formation
- Demonstrative programme on disaster management.
- To organize a rally for creating awareness on domestic violence.
- Leadership training to youth and women.
- Creating awareness on health and hygiene for young girls at village
- Saplings to be collected from the students' Birthday (Mango tree, Goave tree, Coconut tree) and plant to the villages.
- Books to the villages.

**Special camp:**
Special camp will be conducted at villages in concentrating various aspects such as Medical Camp, Veterinary Camp etc.

**Third Year: (Optional)**

**USSX601**
Students can earn extra 2 credits by contributing NSS activities as a Leader.

**NOTE:**
- 240 hrs of attendance is compulsory for completing NSS
- 7 days NSS special camp is mandatory for all II year students
- Additional 10 Marks for Blood donation.

**USSX202 SOCIAL SERVICE LEAGUE**

**Semester: I & II**
**Category: Extension Programme**
**Credits: 1**
**Hours: 60**

**Objectives:**
- To create helping tendency for the physically challenged.
- To develop fine sense of commitment and deep concern for others.
- To make the students understand the problem of real life with respect to take care of their parents, orphans and mentally challenged.

**I & II Semester:**
**Theory**
- Introduction – SSL.
- Inter-personal communication.
- Developing optimistic view.
- Rights of the physically challenged.
- Awareness on personal health and hygiene.

**Activities**
- Regular visit to mentally challenged home, old age home, Orphanage
- Taking theory classes for students
- Taking subject oriented classes
- Teaching moral stories to embed moral values
- Medical camp for old age people
- Conducting cultural programmes and games for inmates
Course Code: USSX401

III & IV Semester: (Optional) 60 Hrs
Students can earn extra one credit by contributing Social Service League activities.

Theory 20 Hrs
- Inculcating Moral values.
- Attributing steps to enrich self-confidence.

Activities 40 Hrs
- Taking subject oriented classes
- Teaching moral stories to embed moral values
- Conducting cultural programmes and games for inmates

UYRX202 YOUTH RED CROSS

Semester : I & II Credit : 1
Category : Extension Programme Hours : 60

Objectives:
- To promote friendship and to develop mental and moral capacities to Members.
- To create awareness about voluntary services and render service to the sick and suffering in government hospital.
- To educate the student on First Aid and provide First Aid on times of emergency.

I & II Semester:
Theory 20 Hrs
- Origin and Principles of Youth Red Cross.
- International Committee of Red Cross (ICRC).
- Achievements of Youth Red Cross.
- Awareness on Health care aspect such as Smoking, Alcoholism, Drug abuse Road rules and safety measures

I & II Semester:
Activities 40 Hrs
- Conduct oratorical competition on the title of “YRC and its role”.
- ‘Blood Donation Camp’ will be conducted in our campus.
- First Aid Program in our college campus.
- Pulse Polio Camp.
- Visit to Hospital.
- Train JRC members.
- Blood Donors Hand Book
Course Code: UYRX401

III & IV Semester: (Optional)

Students can earn extra one credit by contributing Youth Red Cross activities.

**Theory**
- Principles of Youth Red Cross.
- Achievements of Youth Red Cross.
- Awareness of Blood Donation.

**Activities**
- Awareness program on First aid to school Children.
- Awareness on blood donation to school students.
- District level competition for Youth Red Cross members.

ULCX202 LITERACY CLUB

**Semester : I & II**

**Credit : 1**

**Category : Extension Programme**

**Hours : 60**

**Objectives:**
- To enable to increase the literacy and educational level of rural women in the adopted Village.
- To give an opportunity to render literacy services to the community.

**Theory**
- Introduction about the Club
- History and development
- Objectives of the Club
- Activities of the club
- Education for school Drop-outs

**Activities**
- Survey on Literacy and school Drop-outs
- Rally regarding women’s Education
- Awareness Programs on Environmental Education
- Health Education
- Training on career Guidance to the Students.

Course Code: ULCX401

III & IV Semester: (Optional)

Students can earn extra one credit by contributing Literacy Club activities.

**Theory**
- Orientation Programme on Importance of Education
- Training on Career and Guidance
Activities 40 Hrs
- Awareness Programme on Importance of Education
- Counselling the parents of the school drop-outs.
- Education for School Drop-outs

UPCX202 POPULATION CLUB ACTIVITIES

Semester : I & II  Credit : 1
Category : Extension Programme  Hours : 60

Objectives:
- To create awareness on population growth and to understand the importance of population control.
- To create awareness on women’s health and reproduction.
- To involve students in creating awareness on reproductive health care.

I & II Semester:
Theory 20 Hrs
- Causes and effects of Population growth and important measures for Population control.
- Hygiene and care for adolescent girls during Menstruation period care for pregnant, lactating women.
- Importance of Nutrition for women and children and Government Scheme for women and child.
- Women health and related problems, Child health and hygiene.
- Women’s Issue, Drug Abuse.

Activities 40 Hrs
- Interaction with each family and to know about each family’s health related problems.
- Survey on women reproductivity and health.
- Educate the school children on health and hygiene with the help of Population Club volunteers in nearby villages of Villupuram.
- Involve students in creating awareness on available services at Primary Health Centre and other referral Institutions.

Course Code : UPCX401

III & IV Semester : (Optional)

Students can earn extra one credit by contributing Population Club activities.

Theory 20 Hrs
- Introduction about Population growth.
- Promotion Programme and government scheme for child and women care.
- Importance of Nutrition for women and child.
- Women health and related problems and child health and hygiene.
Activities 40 Hrs

- Screening film on health education and family planning.
- Awareness on personal hygiene for pregnant women in village people.
- Awareness on Government schemes for women and child.
- Health Campaign and Preventive measures to control stress and strain during pregnancy.

**UEVX202 ENVIRONMENTAL CLUB**

Semester: I & II  
Category: Extension Programme  
Credit: 1  
Hours: 60

Objectives:
- To make the students sensitize the environment conscious so that a pollution free environment is created.
- To make the students to understand the importance of Environment and its Protection.
- To create a sense of responsibility and urgency towards Environmental Pollution.

I & II Semester 20 Hrs

Theory
- Basic components of Environment.
- Importance of tree plantation.
- Differentiate degradable/non-degradable things.
- Green House Effect, Global warming, and Ozone depletion.
- Awareness on home garden and plastic eradication.

Activities 40 Hrs

- Preparing an album regarding environment impact.
- Collecting sapling/seeds.
- Maintain the nursery garden.
- Provide sapling to other clubs.
- Campaigns inside and outside campus to prevent pollution.
- Present environmental tips of the week on college notice board.
- House Garden with the help of household waste, plastic eradication, seed bank, Distribution of free saplings.

**Course Code: UEVX401**

Semester III & IV: (Optional)

Students can earn extra one credit by contributing Environmental Club activities.

Theory 20 Hrs

- Treatment of Municipal & Industrial waste
- Renewable and Non-Renewable Resources.
- Management of Environmental quality.
Activities 40 Hrs

- Design a problem solving approach to any of the environmental issues.
- Door to Door distribution of sapling and planting.
- Maintain the Roof Garden.

**URTX202 ROTARACT CLUB**

**Semester : I & II**

**Category : Extension Programme**

**Hours : 60**

**Objectives:**

- To help the needy people of concerned area by conducting General Medical camp, Eye Camp, Blood Donation Camp.
- To create awareness about Polio among Rotaractors and to enable them to participate in Pulse Polio camp to eradicate the disease.
- To create awareness about the effects of natural disaster among Rotaractors and make them to serve the Community by injecting the spirit of love for fellowmen.
- To bring out the inner-talents and leadership qualities of Rotaractors.

**Theory 20 Hrs**

- Purpose of Rotaract club and Rotary international.
- Importance of Immunization.
- Socio-economic and health conditions of home town people.
- Humanitarian Attitude & Leadership Qualities.

**Activity 40 Hrs**

- Participate in Pulse Polio camp organized by Rotary Club.
- Organising Eye camp & General Medical camp by co ordination with reputed hospitals.
- Conducting competition to develop the skill and leadership qualities of Rotaractors.
- Awareness programme on Cancer, Diabetics, Heart Problem and Drug Abuse.

**Course Code : URTX401**

**III & IV Semester: (Optional)**

Students can earn one extra credit by contributing Rotaract Club activities.

**Theory 20 Hrs**

- Aims and objectives of Rotaract club and Rotary international.
- Importance of Immunization.
- Socio-economic health conditions of home town people.
- Humanitarian Attitude & Leadership Qualities.

**Activity 40 Hrs**

- Awareness programmes on Government Schemes like Polio immunization, TB through Rally, Cultural programs, street play, etc.,
- Organising Eye Camp, General Medical Camp, Blood Donation Camp.
• Conducting competition to bring out the talent and Leadership Qualities of Rotractors.

UPFX202 PHYSICAL FITNESS CLUB

Semester: I & II  Credit: 1
Category: Extension Programme  Hours: 60

Objectives:
• To develop the physical and mental fitness of the students.
• To develop memory power of the student.

Theory  20 Hrs
• Yoga and definition
• Introduction on Breathing practice.
• Body stretching practice.
• Phases of yoga – entry phases, static phases, exit phases
• Benefits of yogasanas
• Importance of Nutritious Food.

Activity  40 Hrs
• Basic level of yogasanas
• Yogasanas in different postures
• Meditation and concentration exercise
• Yoga training programmes for children and adult in the village.

Course Code: UPFX401

III & IV Semester: (Optional)

Students can earn one extra credit by contributing Physical Fitness Club activities.

Theory  20 Hrs
• Yoga and definition
• Breathing practice for awareness.
• Body stretching practice
• Phases of yoga – entry phases, static phases, exit phases
• Benefits of yogasanas

Activity  40 Hrs
• Basic level of yogasanas
• Yogasanas in different postures
• Meditation and concentration exercise
• Yoga training programmes for children and adult in the village
DEPARTMENT OF PHYSICAL EDUCATION

PREAMBLE
UG: Course Profile and Syllabi of courses offered with effect from 2012-15 batch are presented in this booklet

COURSE PROFILE

NON MAJOR ELECTIVE

<table>
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<tr>
<th>Semester</th>
<th>Part</th>
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<td>IV</td>
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UPEE202 YOGA AND HEALTH FITNESS

Semester : II 
Category : Non-Major Elective
Class & Major : I UG
Credits : 2
Hours/Week : 4
Total Hours : 52

Objectives:
To enable the students
- Develop physical fitness, Peace and happiness.
- Promote health body.

UNIT – I
Introduction of yogasana – Philosophy of yoga – Purpose of yoga – Aims and objectives of yogasana – Different techniques of yoga.

UNIT – II
Eight limbs of yoga – Yamma, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samath. Phase of yoga. The body entry phase, Static Phase and Exit Phase.

UNIT – III

UNIT – IV
UNIT – V  
Do’s and Dont’s of yogasana – Therapy – Yoga for diabetes – Obesity – Hypertension – Stress.

Reference Books  
- B.K.S. Iyengar – Lights on yoga sutras of patanjali  
- Nagendra – The art and science of pranayama  
- M. Rajan – Stretching and Relaxation for sportsmen.  
- Swami Sivananda – Practice of yoga.

UPEE302 SPORTS MEDICINE AND PHYSIOTHERAPY

Semester : III  
Category : Non-Major Elective  
Class & Major : II UG

Credits : 2  
Hours/Week : 4  
Total Hours : 52

Objectives:
To enable the students
- Enhance the knowledge about physiotherapy  
- First aid and emergency care for athletic injuries.

UNIT – I  
10 Hrs

UNIT – II  
10 Hrs

UNIT – III  
15 Hrs

UNIT – IV  
10 Hrs
Electrotherapy – Infrared radiation – Short wave diathermy – Ultra sound.

UNIT – V  
7 Hrs

Reference Books
- N. Govindarajulu – Sports injuries and its rehabilitation  
- N.P.K. Pande - Sports medicine  
- G.C. Satpathy - Sports medicine and Exercise science
UPEE402 THERAPEUTIC EXERCISE AND PHYSICAL REHABILITATION

Semester : IV
Category : Non-Major Elective
Class & Major : II UG
Credits : 2
Hours/Week : 4
Total Hours : 52

Objectives:
To enable the students
- Recover from the injury through exercise.
- To correct the inefficiency of the specific muscle or muscle groups and regains the normal range of joint movement without delay to achieve efficient functional movement.

UNIT – I

UNIT – II

UNIT – III

UNIT – IV

UNIT – V
Physical rehabilitation – Definition – Need and scope of physical rehabilitation and guidance – Technique of physical rehabilitation – Selection maintenance safety.

Reference Books
- Stafford and Kelly – prevention and corrective physical education.

UPEE502 RULES AND REGULATION OF GAMES

Semester : V
Category : Non-Major Elective
Class & Major : III UG
Credits: 2
Hours/Week : 4
Total Hours : 52

Objectives:
To enable the students
• Develop the physical and mental fitness.
• Develop players for tournament.

UNIT – I 15 Hrs

UNIT – II 12 Hrs

UNIT – III 5 Hrs

UNIT – IV 15 Hrs

UNIT – V 5 Hrs

Reference Books
• Harry Crowe buck – Rules and Regulations of games.

UPEE503 ADVANCED YOGA AND WELLNESS

Semester : V
Category : Non-Major Elective
Class & Major : III UG

Credits : 2
Hours/Week : 4
Total Hours : 52

Objectives:
To enable the students
To develop physical and physiological fitness among the students.
To develop the tendency of teaching yoga.

UNIT – I Introduction of Yoga and Types of Kriyas 10 Hrs
UNIT – II Various types of Pranayama  13 Hrs

UNIT – III Asanas in standing Postures  12 Hrs

UNIT – IV Asanas in sitting Postures  10 Hrs

UNIT – V Health Education  7 Hrs

Text Books:

Reference Books:
• Dr. K.S. Joshi, *Yogic Pranayama*, Ravindra publication Ansari road, New Delhi 16th 2009.

PREREQUISITE:
Those who have basic knowledge of Yoga may enroll.

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EVALUATION: UPEE202, UPEE502, UPEE503 (Theory cum practical)

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EVALUATION: UPEE302, UPEE402 (Theory)

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## POLICY RECOMMENDATIONS OF IQAC

### UG COURSE PROFILE – Allotment of Hours

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*Not more than six courses per semester for Arts and seven courses per semester for Science
### UG Course Profile – Credit Allotment

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*Not more than six courses per semester for Arts and seven courses per semester for Science*

**Only for courses offering language for one year (BBA, B.Com, B.Com with CA & BCA)**

### PG Course Profile – Allotment of Hours

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PG COURSE PROFILE – Credit Allotment

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<td></td>
</tr>
<tr>
<td>Service learning (outside class hours)</td>
<td>1</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Total credit</td>
<td>67</td>
<td>6</td>
<td>8/10</td>
<td>4</td>
<td>90/92</td>
</tr>
</tbody>
</table>

I. Allied Optional (2010-13 batch onwards)
A Science or Arts student can choose an allied optional course offered by Science or Arts departments respectively expect the course offered by the concerned major department. Computer courses can be taken by all UG students except CS, CA & ISM.

II. Soft skill (2010-13 batch onwards)
- Soft skill courses to be offered as 2 hours/week in the regular time table instead of continuous 5 days.
- Attendance requirements as per all other courses.
- A student who has not completed the soft skill courses offered in first five semesters has to re-register and complete the course along with the next batch on payment of re-registration fee of Rs. 250/-
- If a student absents/fails in the V/VI semester, she has to re-register for course in the month of June and complete the course.

III. Evaluation (2010-13 batch onwards)

a) Provision for Re-totaling, photocopies of answer scripts and revaluation to all UG courses:
   - Last date to apply for re-totaling/photocopies/revaluation.
   - Seven working days from the date of result publication.
   - The photocopies of answer scripts, to be issued to the students within 7 working days after the receipt of application, from the students.
   - If the student desires to go for revaluation after verifying photocopies of answer scripts, it is to be applied within next 7 working days after receiving photocopies.
b) Practical exam
   - Practical exams for UG & PG to be conducted before the ESE theory in all semesters except semester I.
   - Practical exams for I semester of UG & PG to be conducted after the conduct of theory ESE.

c) Provision for Improvement in Test I & II of CIA (Semester II to VI for UG & PG)
   - Only students who have failed in both CIA Test I & II are eligible.
   - Improvement provision will be available for test II only.
   - Can appear only in Part II-English & Part III-Major & Allied subject to a maximum of three papers.
   - Registration to be done on payment of registration fee of Rs. 25/- per paper.
   - Highest mark will be taken as the final mark.

d) Supplementary Exam
   III UG / II PG students can appear for the supplementary exam for all papers subject to a maximum of 5 papers in Semester VI / Semester IV respectively.

e) Evaluation component for theory cum practical (NME)

<table>
<thead>
<tr>
<th>Continuous Internal Assessment</th>
<th>End Semester Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max : 30</td>
<td>Max : 70</td>
</tr>
<tr>
<td>Theory (15)</td>
<td>Theory - 50</td>
</tr>
<tr>
<td>Test I - 5</td>
<td>Practical - 20</td>
</tr>
<tr>
<td>Test II - 5</td>
<td>Daily Practical Assessment - 10</td>
</tr>
<tr>
<td>Component III - 5</td>
<td></td>
</tr>
</tbody>
</table>

IV. Extra Credit Provision

a) Summer Internship Programme – UG & PG (2011-14 batch onwards)
   One month training programme in Industry/Research Institutes/ Laboratory/ any other concern related to the major discipline for all UG students at the end of II semester and IV semester and for all PG students at the end of II semester, to promote practical/ research skill.

Norms:

- Provision for earning extra credit to UG & PG students.
- All teachers in the department are responsible to organize the programme.
- A batch of six students depending on the strength of the department with a teacher in charge.
- Either can do it in the first year summer/ second year summer compulsorily with the minimum of the one.
- Departments are responsible to sign MOU with Industries for Collaboration.
  Students also can get approval from the respective Industries.
• Performance certificate and attendance certificate duly signed by the authority of the concern to be obtained by the student.
• Record of daily work to be submitted.
• Report of the training programme to be submitted.
• Power point presentation and Viva voce to be conducted with the external expert.

Assessment by the internal teacher and the external expert:
1. Report - 20
2. Presentation - 20
3. Viva voce - 10

Total - 50

b) Project (2010-13 batch onwards)
• Introductory course in Research Methodology to be offered outside the class hours.
• Projects are to be offered under extra credit provision to gifted students outside class hours in the final year for UG students, of the departments which are not offering compulsorily projects to their major students.
• The projects could be done as individual or in a group with the maximum of three.

V. Summer Coaching for NET/SET:
Special coaching will be given for NET/SET paper II during semester holidays for all II PG students to take the NET exam in the month of December by the respective department teachers.

PREAMBLE

Preparatory course for NET/SET – Paper I to all PG Students in Semester IV under NME is offered here presented.

PALE301 PREPARATORY COURSE FOR NET/SET
(With Effect from 2012-2014 Batch)

Semester : III
Category : NME
Credits : 4
Hours/Week : 5
Total Hours : 65

General Objectives:
To enable the students
• Familiarize about reasoning ability and research aptitude.
• Take up competitive exam skills.
• Acquire Language skill.
• Eligible for lectureship upon Indian nationals & belonging state.

Unit I: Teaching Aptitude & Research Aptitude
15 Hrs

Teaching: Nature, objectives, characteristics and basic requirements; Learners characteristics; Factors affecting teaching; Methods of teaching; Teaching aids; Evaluation systems.
Research: Meaning, characteristics and types; Steps of research; Methods of research;
Research Ethics; Paper, article, workshop, seminar, conference and symposium; Thesis writing: its characteristics and format.

**Unit II: Reading Comprehension & Communication**  
10 Hrs

Reading Comprehension: A passage to be set with questions to be answered.  
Communication: Nature, characteristics, types, barriers and effective classroom communication.

**Unit III: Mathematical & Logical Reasoning**  
15 Hrs

Mathematical Reasoning: Number series; letter series; codes; Relationships; classification.  
Logical reasoning: Understanding the structure of arguments; Evaluating and Distinguishing deductive and inductive reasoning; Verbal analogies: Word analogy- Applied analogy; Verbal classification; Reasoning Logical Diagrams: Simple diagrammatic relationship, multi diagrammatic relationship; Venn diagram; Analytical Reasoning.

**Unit IV: Data Interpretation & Information and Communication technology (ICT)**  
12 Hrs

Data Interpretation: Sources, acquisition and interpretation of data; Quantitative and Qualitative data; Graphical representation and mapping of data.  
ICT: Meaning, advantages, disadvantages and uses; General abbreviations and terminology; Basics of internet and e-mailing.

**Unit V: People and Environment & Higher Education System**  
13 Hrs

People and Environment: People and environment interaction; Sources of pollution; Pollutants and their impact on human life, exploitation of natural and energy resources; Natural hazards and mitigation.  
Higher Education System: Structure of the institutions for higher learning and research in India; formal and distance education; professional/technical and general education; value Education; governance, polity and administration; concept, institutions and their interactions.

**Reference Books:**

- Dr. M. I. Kamlesh, “UGC Net Digest Teaching and Research Aptitude”, Khelsahitya Kendra Publisher, 2005.  