

ACADEMIC COUNCIL
BOOKLET - IV

MASTER COPY

Part IV, V & IQAC

**THEIVANAI AMMAL COLLEGE FOR WOMEN (AUTONOMOUS)
VILLUPURAM**

(Re-Accredited by NAAC with 'A' Grade & ISO 9001:2008 Certified)
30th June 2012

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PART IV - VALUE EDUCATION

With effect from 2012-2015 batch onwards

PREAMBLE

**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.**

Semester	Part	Category	Course Code	Course Title	Contact Hrs/Week	credit
I	IV	Value Education	UGEV101	Values in Life	2	1
			UGEV104	Globalization and Values in Family Life	2	1
			UGEV105	Family Life Education	2	1
II	IV	Value Education	USEV208	Gandhian Thoughts	2	1
			USEV209	Human Rights	2	1
			USEV203	Consumer Protection	2	1
			USEV210	Indian Culture and Heritage	2	1
			USEV205	Public Awareness	2	1
			USEV206	Indian Constitution	2	1
			USEV207	Awareness on AntiCorruption	2	1
III	IV	Value Education	UESV301	Pollution and its Management	2	1
			UESV305	Environmental Issues and Human Health	2	1
			UESV306	Natural Resources and Conservation	2	1
			UESV304	Biodiversity	2	1
IV	IV	Value Education	UWSV401	Women and Education	2	1
			UWSV405	Women and Health	2	1
			UWSV403	Women’s Rights	2	1
			UWSV404	Domestic Violence Against Women	2	1

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)

Semester	Part	Category	Course Code	Course Title	Contact Hrs/Week	credit
IV	IV	Value Education	PWSV401	Women’s Studies	5	4

UGEV101 VALUES IN LIFE

Semester : I
Category : Value Education
Class & Major: I UG

Credit : 1
Hours/Week : 2
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

Cultural Values – Respect for elders – Hospitality – Charity – Gentleness – Kindness – Peace –Love – Non violence – Appreciation of other culture.

UNIT - IV

5 Hrs

Ethical Values – Mass Media – Advertising ethics –Professional Ethics - Influence of ethics on Family life – Psychology of youth – Leadership Qualities – Personality development.

UNIT- V

6 Hrs

Family Values – Components, Structures and responsibility of family – Status of women in family and society – the analysis of mind – Instinct and habit – general ideas and thoughts – Truths and falsehood.

REFERENCE BOOKS

- Anchukandam.T and Kuttianimathathil.J Ed. *Grow Free Live Free*, Kristtu Jyoti Publications, Bangalore.1995.
- Daniel and Selvamony – *Value Education Today*, (Madras Christian College, Tambaram and ALACHE, New Delhi, 1990).
- Mani Jacob. Ed. *Resource Book for Value Education*, Institute for Value Education, New Delhi. 2002.
- Scarf Peter. Ed., *Readings in Moral Education*, Minnipolis Press Inc. 2001.
- Wilson, J., Williams. N and Sugarman B. *Introduction to Moral Education*, Penguin Books. 1967.

UGEV104 GLOBALIZATION AND VALUES IN LIFE

Semester : I
Category : Value Education
Class & Major: I UG

Credit : 1
Hours/Week : 2
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

5 Hrs

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

5 Hrs

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

5 Hrs

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

7 Hrs

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

4 Hrs

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.Umameswari-“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
Category : Value Education
Class & Major: I UG

Credit : 1
Hours/Week : 2
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

Definition – determinants of sexuality, sex education – female reproductive system – male reproductive system – pregnancy and birth – family planning – Child Care.

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

- Betty, Carten and Mcg Goldric, *The changing Family Life cycle – A framework for Family Therapy*, II Edition, 2000.
- Marie, Masearentas, *Family Life Education, CREST -Center for research education service Training for Family life promotion*, Bangalore, 1999.

USEV 208 GANDIAN THOUGHTS

Semester : II
Category : Value Education
Class & Major: I UG

Credit : 1
Hours/Week : 2
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 – Fastings – Prayers and padayatra

UNIT- IV

5 Hrs

Gandhi's view's on Education Right to good Education – Economic wealth – education – Economic development of the village – women education.

UNIT- V

5 Hrs

Re marriage of widows – Gethaupadesh – self control – Social service in Society – how to improve the Society. The techniques and Strategies of Gandhiji's thought.

REFERENCE BOOKS

- Gandhi M.K – My Experiments with Truth, Nav Jeevan Publishing House, New Delhi, 1980.
- S.K. Kim, The political thought of Mahatma Gandhi, Vikas Publishing House, New Delhi, 1989.
- J.B. Kripalini, Gandhi – His Life and thought, Minister of Information and Broadcasting, Publication Division, Govt. Of India -1962.

USEV209 HUMAN RIGHTS

Semester : II
Category : Value Education
Class & Major: I UG

Credit : 1
Hours/Week : 2
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

Constitutional law Vs Human Rights- Fundamental Rights- globalization & Human Rights- The right to information Act2005 – Human rights perspective of social research.

UNIT – V

5Hrs

Fundamental rights in Indian constitution – Directive principles of state policy- Fundamental duties – National Human Rights commission.

REFERENCE BOOKS

- International Bill of Human Rights, Amnesty International Publication, 1988.
- Human Rights, Questions and answer, UNESCO,1982
- Mausice Cranston -What is Human Rights.

USEV203 CONSUMER PROTECTION

Semester : II
Category : Value Education
Class & Major: I UG

Credit : 1
Hours/Week : 2
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
Consumer – Meaning – definition – importance of a consumer – Consumer Behaviour.	
UNIT - II	5 Hrs
Meaning of Consumer protection - Definition of the concept – objectives of the act – Consumer Protection council.	
UNIT – III	5 Hrs
Adulteration – how to face the problems with the marketers – how to approach the court.	
UNIT - IV	5 Hrs
Sale of goods – formation of Contract – Conditions and Warranties – Rights of an Unpaid seller.	
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.
- Kapoor, N. D., Business Laws, Sultan Chand and sons, New Delhi, 2006.
- Matinchan, 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

Indian : Society-Cusinie-Languages-Paintings-Honours and Awards-Musics-Fairs and Festivals of India

UNIT - V

5 Hrs

Whatis heritage: Meaning and concept-Criteria for selection as heritage sites, Monuments and zone-types of heritage

TEXT BOOK

Awakening Indian to India-Chinmaya Publications,2007.

REFERENCE BOOKS

- Allchin,B,Allchin,I.R.et.alConservation of Indian Heritage, Cosmo Publishers, New Delhi,1989.
- Rajkumar, essays in Indian Art and Architecture-Discovery Publishing House,Pvt Ltd,New Delhi 2003.

USEV205 PUBLIC AWARENESS

Semester : II
Category : Value Education
Class & Major: I UG

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

Objectives:

To enable the students

- Gain the knowledge of education, ethical values.
- Understand the concepts of violence, child labour.

UNIT – I

5 Hrs

Behaviorism: Definition – three types of behaviorism – roots of behaviorism – popularity of behaviorism – why be a behaviorist – conclusion.

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

Violence that leads nowhere: What is violence?-the causes of violence- violence begets violence – is violence justified – issues of globalization – modern warfare and terrorism – environmental issues.

UNIT – IV

5 Hrs

Addictive Habits and Child labour: Smoking – alcoholism – drugs – what is child labour – child labour today- causes – child labour laws – real situation.

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

- K.R. Lakshminarayanan, M. Uma Mageswari ,Value Education ,2001.
- Thomsan Anchu Kandan, Jose kuttianimattathil ,Grow free, Live free,2003.

USEV 206 INDIAN CONSTITUTION

Semester	: II	Credit	: 1
Category	: Value Education	Hours/Week	: 2
Class & Major:	I UG	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 5Hrs

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

State Government – Structure and Functions – Governor – Chief Minister – Cabinet – State Legislature – Judicial System in States – High Courts and other Subordinate Courts.

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
- Durga Das Basu, *Introduction to the Constitution of India*, Prentice Hall of India, New Delhi, 1999.
- Gahai U.R, *Indian Political System*, New Academic Publishing House, Jalaendhar, 1998.
- Sharma, Brij Kishore, *Introduction to the Constitution of India*, Prentice Hall of India, New Delhi,1999.

- Yogendra Singh, *Social Stratification and Change in India*, Manohar, New Delhi, 1997.

USEV207 AWARENESS ON ANTICORRUPTION

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

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

Corruption effects-Causes-Factors-Major Scams identified in India: 2G spectrum, Commonwealth games, Telgi, Satyam, Bofors, Fodder, Hawala Scandal, IPL Scam, Stock Market Scams and others –Impact on society.

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

Corruption and anti-corruption strategies: Introduction-Good government and governance, Corruption and Change, Issues in Dealing with Corruption, Choice of strategy for anti-corruption-Measures to control corruption.

UNIT- V CORRUPTION AND PUNISHMENT

5 Hrs

Corruption and types of punishment: Introduction – Offences: Personation, Postal vote, Candidate, Bribing, Treating- Non Criminal sanctions-Criminal Punishment.

REFERENCE BOOKS

- Seumas Miller, Peter Robert & Edward Spence, *Corruption and Anti-Corruption: An Applied Philosophical Approach*, First Edition, Frank Cross Publishers, 1999.
- Goran Klemen, Janez Stusek *Specialised Anti-Corruption Institutions: Review of Models*, First Edition, University of California Press, 2000.
- Susan Rose-Ackerman, *Corruption and Government – Causes, Consequences and Reform*, First Edition, Published by the University of Cambridge, 1999.

- Kimberly Ann Elliot, *Corruption and Global Economy*, First Edition, Published by Institute for International Economics, 1997.
- Seppo Tiihonen, *The History of Corruption in Central Government*, First Edition, Published by IOS Press, 2003.
- Mark Robinson, *Corruption and Development*, First Edition, Frank Cass Publishers, 1998.
- Robert Klitgaard, *Controlling Corruption*, First edition, University of California Press, 1998.

UESV301 Pollution and its management

Semester : III
Category : Value Education
Class & Major: II UG

Credit : 1
Hours/Week : 2
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 o 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 5 Hrs

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

UNIT – II SOCIAL ISSUES AND ENVIRONMENT 5 Hrs

Resettlement and rehabilitation issues, environmental ethics- issues and possible solutions.

UNIT – III DISASTER AND ENVIRONMENT 5 Hrs

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 5 Hrs

Population explosion, Family Welfare programme, Environment and Human Health, Value based environmental education.

UNIT – V HUMAN HEALTH AND ENVIRONMENT 5 Hrs

Effect of HIV / AIDS on Environment, Women and Child Welfare, Role of information technology in Environment and human health.

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, tidal 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

- Benny Joseph, *Environmental Studies*, Tata Mc Gram Hill Publishing company Limited, New Delhi, 2005.
- Cunningham W.P.Cooper, T.H .Gorhani, *Environmental Encyclopedia* Jaico Publication House Mumbai, 2001.
- Gilbert M.masters, *Introduction to Environmental Engineering Science*, Pearson education Pvt. Ltd., second edition, 2004.

UESV304 BIODIVERSITY

Semester : III
Category : Value Education
Class & Major: II UG

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

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**

Defining biodiversity –components of biodiversity –Genetic species and Ecosystem diversity- Evaluation and genesis of biodiversity – Biodiversity crisis & loss – Importance of biodiversity in daily life- Biodiversity and climate change.

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**

Endemism ,endemic plants and animals- Assessment of mapping of biodiversity-GIS/ Remote sensing-IUCN-germ plasm banks-National parks- Botanical gardens- Wild life sanctuaries.

UNIT- IV THREATS TO BIODIVERSITY**5 Hrs**

Habitat loss and destruction-Poaching of wildlife-man-wildlife conflicts – alterations in ecosystem-introduction of exotic species –Over exploitation –Global climate change-stages of species in India.

UNIT- V VALUES AND CONSERVATION OF BIODIVERSITY**6 Hrs**

Values –Consumptive-Productive use values-social value-ethical and moral values- Aesthetic value – option values. Conservation –In-situ and Ex-situ conservation- Community participation in conversation-conservation of wetlands-Medicinal plants-Indian and International conservation strategies, Green India Mission.

REFERENCE BOOKS

- D.K.Asthana & Meera Asthana , S.Chand & company, Ramnagar , New Delhi,2005.
- Benny Joseph, *Environmental Studies*, Tata McGraw – Hill,New Delhi,2005.
- M. Sivakumar & R. Saravanan *Principles of Environmental Science and Engineering*, Third Edition, Lakshmi publications, June 2006
- Rajamannar, *Environmental Studies* , EVR College Pub, Trichy 2004.
- Kalavathy . S.(ED.), *Environmental Studies*, Bishop Heber College Pub, Trichy, 2004.
- Ramesh Menon ,*Restoring in endangered Biospecies* ,June 2005.

UWSV401 WOMEN AND EDUCATION**Semester : IV****Credit : 1**

Category : Value Education
Class & Major: II UG

Hours/Week : 2
Total Hours : 26

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

Ideological and social cultural construction- sex ratio – family planning and welfare education – health and gender bias – work related issues- existing prejudices, gender discrimination- political participation: lack of women's representation.

UNIT-III WOMEN AND EDUCATION

5 Hrs

Sexism in education – education is an agent to change the sex role stereo typing – 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

- Agarwal S.P. *Women's education in India*, Guwahati, Eastern book house,2001.
- Gupta.N.L, *Women education through ages* , Guwahati eastern book house,2001.
- Narasimha Sakuntala, *Empowering Women* , New Delhi , Sage publications,1999.
- Singh N.K. *Women Education*, New Delhi . Sage publications,1999.

UWSV406 WOMEN AND HEALTH

Semester : IV
Category : Value Education
Class & Major: II UG

Credit : 1
Hours/Week : 2
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

Review of genitor – urinary system of female organs- structure physiology – internal and external organs of reproduction.

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 - misbeliefs.

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

Lack of Nutritional Diet and Diseases - Anemic- irregular menstrual cycle – thyroid problem - Ovarian and Cervical Cancer- Breast Cancer – Fibroid – Importance of Exercises.

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

- Aryasadhana, *Women, gender Equity and the state*, Deep and Deep Publications, New Delhi 2000.
- Behraman J and A. Deoalikal, *Health and Nutrition Handbook of Development Economics*, North Hooland, Amsterdam, 2002.
- Diana M.Fraser, *Myles Text book for midwives*, Churchill Livingstone, 2004.

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**6Hrs**

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**7 Hrs**

Rights to Education-Child Marriage Act – domestic violence act- family court act- dowry
Prohibition act-Maintenance, Marriage, divorce, adaptation- minority and guardian ship- rights to
Property.

UNIT IV CAREER WOMEN AND RIGHT**4 Hrs**

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

UNIT-V POLICIES AND PROGRAMMES**6 Hrs**

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

- Das .P.K ., *Universal handbook on Protection of women from Domestic violence act and rules*, Universal law publishing Co. Pvt Ltd, 2007.
- Marjorie Agosin ed. *Women gender and Human rights. Global Perspective*, Rawal-
Publication New Delhi, 2005.
- Mohini Chatterjee, *Feminism and Women's Human rights-vol.2*, Aavishkar Publication ,
Jaipur 2004
- www.PUCL.ORG/TOPICS/GENDER/2003-PUCL Bulletin , July 2003. Aug 2004.

UWSV404 DOMESTIC VIOLENCE AGAINST WOMEN

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

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

Physical, Sexual, Emotional, Verbal, Economic. Causes to Effects – Causes of domestic violence. Female Infanticide in India – Domestic Violence Against Domestic Help.

UNIT - III ACTS AGAINST DOMESTIC VIOLENCE 5 Hrs

Advocacy on Behalf of Battered Women - Violence Against Women Act: Domestic Violence Act 2005- Child marriage - Eve Teasing - sati - Dowry Prohibition Act.

UNIT - IV VIOLENCE IN MEDIA 5 Hrs

Serials, advertisement, movies, journals, News paper, 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

- Claire M.Renzetti. Jeffrey L.Edleson, Kennedy Bergen, *Source Book on Violence against Women.*, Second Edition, Sage Publication, 2011.
- Vera Anderson ,*A Women Like you: The face of Domestic Violence.* First edition, Sear Press, 1997.
- B.J Whalen, *Justifiable Homicide: battered women self defense, and the law*, Second Edition, London Publications, 2010
- M.K. Roy, Ajay Varma,*Violence against women* , Commonwealth publication, 2000.
- Larva M. Purdy, Wanda Teays, Stanley G.French,*Violence against Women: Philosophical perspectives*, First Edition, Cornell University Press, 1998.

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**

Legal Rights of women- marriage-divorce-Property – Succession- Inheritance- Guardianship and adoption – Maternity benefits – Abortion – Domestic violence against women- Sexual Harassment.

REFERENCES BOOKS

- Bullock. S *Women and Work*, Zed Books, London(1994).
- Mies, M and Shiva, V. *Ecofeminism*, Kali for Women, New Delhi (1988).
- Desai, Neera and Maithreyi Krishnaraj *Women and Society in India*, Ajantha Publishers, New Delhi(1987).
- Aryasadhna, *Women Gender Equality and the State*, Deep and Deep, Publications 2002.

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

Semester	Part	Course code	Course title	Contact Hours/Week	Credit
I	IV	USKS101	Communication Skills	2	1
		USKS102	Effective Communication Skills	2	1
II	IV	USKS201	Spoken English	2	1
		USKS202	Presentation Skills	2	1
III	IV	USKS301	Personality Development	2	1

IV	IV	USKS401	Life Coping Skills	2	1
V	IV	USKS501	Job Skills	2	1
VI	IV	USKS601	Career Skills	2	1

USKS101 COMMUNICATION SKILLS

Semester : I
Category : Soft Skills
Class : I UG

Credit : 1
Hours/Week : 2
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:

- Dutt, P. Kiranmani and et al, *A Course in Communication Skills*, Cambridge University Press, New Delhi, 2008.
- Francis Thamburaj, *Communication Soft Skills*, Grace Pub, Trichy, 2009.

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

Category : Soft Skills
Class : I UG

Hours/Week : 2
Total Hours : 26

Objectives: To enable the students

- To develop writing skills.
- To acquire communication skills.
- To prepare for Competitive Exam.

Unit – I Listening – News, film, speech	4 Hrs
Unit – II Reading and Comprehension. Tongue Twisters	4 Hrs
Unit – III Dialogues	6 Hrs
Unit – IV Group Discussion	6 Hrs
Unit – V Skit, Creative Writing	6 Hrs

Text Books:

- Hancock and Mark, *English Pronunciation in U*, Cambridge University Press, New Delhi, 2003.
- Francis Thamburaj, *Communication Soft Skills*, Grace Pub, Trichy, 2009.

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

Semester : II
Category : Soft Skills
Class : I UG

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

Objectives: To enable the students

- To develop acquainted with English Language.
- To develop Speaking Skills.
- To prepare for Interviews.

Unit – I	6 Hrs
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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:

- Dutt, P. Kiranmani, and et al, *A Course in Communication Skills*, Cambridge University Press, New Delhi, 2008.
- Francis Thamburaj, *Communication Soft Skills*, Grace Pub, Trichy, 2009.

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

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

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:

- Dutt, P. Kiranmani, and et al, *A Course in Communication Skills*, Cambridge University Press, New Delhi, 2008.
- Francis Thamburaj, *Communication Soft Skills*, Grace Pub, Trichy, 2009.

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.

Dr. Mani Jacob, *Resource book for value education*, Institute of value education, 2002.

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.

Reference : Shiv kera, *You can win*, MacMillan India Ltd, New Delhi, 1998.

Arindam chaudhuri, *Count your chickens before they hatch*, Vikas publishing house Ltd, New Delhi, 2001.

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.

Reference : Shiv kera, *You can win*, MacMillan India Ltd, New Delhi, 1998.

Dr. Mani Jacob, *Resource book for value education*, Institute of value education, 2002.

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.

Reference : Shiv kera, *You can win*, MacMillan India Ltd, New Delhi, 1998.

Dr. Mani Jacob, *Resource book for value education*, Institute of value education, 2002.

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.

Reference : Shiv kera, *You can win*, MacMillan India Ltd, New Delhi, 1998.

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

Credit : 1

Category : Soft Skills

Hours/week : 2

Class : II UG

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.fffexorxr.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

Introduction – Is anger good or bad? – Ways of determining your anger responses – consequences of anger – 13 steps towards anger management – Five ways to handle anger.

Exercise : Students to identify Five ways to handle anger.

Reference : Les carter and Frank B. minirth, *The anger work book*, T. Nelson, 1998.

UNIT – IV Coping with Failure & Criticism:

5 Hrs

Introduction – positive attitude towards failure – winners Vs loser – coping with failure
- definition of criticisms – types of criticism – our response to criticism – coping with criticism – self criticism.

Exercise :

Brainstorming session to identify the reason for the failure.
To identify attitude of students towards failure.

Exercise on response to criticism by others.

Reference : Chandru Gidwani, *Ten secrets to a balanced successful and happy life*, Mumbai, Better Yourself Book, 2001.

UNIT – V Stress Management:

5 Hrs

Definition – kinds of stress – types of stress – causes of stress – sources of stress – response to stress – control negative stress – how to manage stress – ten commandments for management stress.

Exercise :

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

Reference : Les carter and Frank B. minirth, *The anger work book*, T. Nelson, 1998.

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
Category : Soft Skills
Class : III UG

Credit : 1
Hours/week : 2
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

Reference : Rajendra paul, Korlahalli, *Business communication*, Sultan chand, New Delhi, 1999.

UNIT – II Aptitude Test:

6 Hrs

Meaning – types of test – principles of psychological testing – applications – issues – Psychometric properties – Thematic Apperception Test, Rorschach inkblot test.

Exercise : Psychological testing to identify individual differences.

Reference : Robert M Kaplan and Dennis P Saccuzzo, *Psychological testing*, Books/ Cole publishing company, 1993.

UNIT – III Interview techniques – I:

5 Hrs

Preparing for interview, facing interviews, types of interview

Exercise : Mock interview.

Reference : S. Hariharan, S. Sundararajan and SP. Shanmughapriya, *Soft skills*, MJP publishers, Chennai, 2010.

UNIT – IV Interview techniques – II:

6 Hrs

Bargaining, mock interview, Do's and Dont's of interview

Exercise : Mock interview.

Reference : S. Hariharan, S. Sundararajan and SP. Shanmughapriya, *Soft skills*, MJP publishers, Chennai, 2010.

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 Dont's of GD.

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

Reference : S. Hariharan, S. Sundararajan and SP. Shanmughapriya, *Soft skills*, MJP Publishers, Chennai, 2010.

Evaluation Components:

- Resume writing : 20 marks
- Memo writing : 20 marks
- Projective test : 20 marks
- Mock interview : 20 marks
- Group discussion : 20 marks

Total : 100 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

Reference : S. Hariharan, S. Sundararajan and SP. Shanmughapriya, *Soft skills*, MJP publishers, Chennai, 2010.

UNIT – II Team Building:

6 Hrs

Group dynamics and group behavior – morale – interpersonal relationship – Conflict –

Grievances procedure.

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

Reference :

S. Hariharan, S. Sundararajan and SP. Shanmughapriya, *Soft skills*, MJP publishers, Chennai, 2010.

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

UNIT – III Office Correspondence:

4 Hrs

Lay out of the business letters – memos – circular – agenda – minutes.

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

Reference : Rajendra paul, Korlahalli, *Business communication*, Sultan chand, New Delhi, 1999.

UNIT – IV Career Guidance:**6 Hrs**

Meaning – definition – principles of career guidance – objectives – components.

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.

Reference : S. Hariharan, S. Sundararajan and SP. Shanmughapriya, *Soft skills*, MJP publishers, Chennai, 2010.

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:

Clubs	Theory	Activities	Total
NSS Unit I & II	40	80	120
Other Service Clubs	20	40	60

2. Course Code and Credit:

Name of the Club	Semester I & II		Semester III & IV		Semester V & VI (Optional)	
	Course Code	Credit	Course Code	Credit	Course Code	Credit
NSS – Unit I & II	UNSX202	02	UNSX402	02	UNSX601	02

Other Service Clubs:

Name of the Club	Semester I & II		Semester III & IV (Optional)	
	Course Code	Credit	Course Code	Credit
Social Service League	USSX202	01	USSX401	01
Youth Red Cross	UYRX202	01	UYRX401	01
Literacy Club	ULCX202	01	ULCX401	01
Population Club	UPCX202	01	UPCX401	01
Environmental Club	UEUX202	01	UEUX401	01
Rotaract Club	URTX202	01	URTX401	01
Physical Fitness Club	UPFX202	01	UPFX401	01

3. The following topics are included in the Service Clubs.

Name of the Club	Suggestions	
	Theory	Activity
National Service Scheme	Awareness on Tree plantation and develop home garden. Importance of female education and Health.	1. Training: Personality Development Soft Skill Leadership Disaster Management 2. Conduct of Socio-Economic Survey and creation of Data base
Youth Red Cross	Health care aspects, Road safety measures and Rules.	Preparation of college Blood Donors Hand Book.
Literacy Club	Education for School Drop-Outs	Training on Career Guidance
Population Club	Awareness on Women's Issue and Drug abuse.	----
Environmental Club	Awareness on Home garden, Plastic Eradication	Distribution of free Saplings.
Rotaract Club	Humanitarian attitude and Behaviour	Awareness Programme on Cancer, Diabeties, Heart Problem and Drug Abuse.
Physical Fitness Club	Importance of Nutritious Food	----

4. Evaluation:

Grading will be awarded

Assessment

Components	Marks
Attendance	- 20
Theory	- 20
Participation & Involvement	- 20
Commitment & Co-operation	- 20
Leadership	- 20
Total	100

Grading System

Range of Marks	Grade
90<100	O – Outstanding
80<90	E – Excellent
70<80	D – Distinction
60<70	A – Good
50<60	B – Average
40<50	C – Fair

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.

Programme	I Year (I & II Semester)		II Year (III & IV Semester)		III Year (V & VI Semester)	
	Credit	Hour	Credit	Hour	Credit	Hour
NSS	2	120	2	120	2(Optional Extra)	120
Any other club apart from NSS	1 (Compulsory)	60	1 (Optional Extra)	60	----	

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)

UNSX601

120 Hrs

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

Credits: 1

Category: Extension Programme

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:

20 Hrs

Theory

- Introduction – SSL.
- Inter-personal communication.
- Developing optimistic view.
- Rights of the physically challenged.
- Awareness on personal health and hygiene.

Activities

40 Hrs

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 **20 Hrs**

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

Activities **40 Hrs**

- 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 **20 Hrs**

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

Activities **40 Hrs**

- 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 **20 Hrs**

- 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****Credit : 1****Category : Extension Programme****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****Credit : 1****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 Retractors.

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

Semester	Part	Course Code	Course Title	Contact Hours/Week	Credits
II	IV	UPEE202	Yoga and health fitness	4	2
III	IV	UPEE302	Sports medicine and physiotherapy	4	2
IV	IV	UPEE402	Therapeutic exercise and physical rehabilitation	4	2
V	IV	UPEE502	Rules and regulation of games	4	2
V	IV	UPEE503	Advanced yoga and wellness	4	2

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

10 Hrs

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

UNIT – II

5 Hrs

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

UNIT – III

15 Hrs

Pranayama: Inhalation – The breath – Kinds of breathing – Exhalation – The flow in the nostrils – Posture in yogic breathing – The mind concentration on performance of Asana, Yogasanas with different posture.

UNIT – IV

12 Hrs

Importance facts and precaution for doing yogasanas. Beneficial effects of yogasanas and pranayama – Define meditation beneficial effects of meditation. Stretching effect – Pressure effect – Relaxation and Mental experience.

UNIT – V**10 Hrs**

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****Credits : 2****Category : Non-Major Elective****Hours/Week : 4****Class & Major : II UG****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**

Sports medicine – Definition – Need and importance of sports medicine – Prevention of common sports injuries – Diagnosis – First aid treatment – Open Wounds[Abrasion – Blister – Incised open wounds – Lacerated wound – Punctured wound] – Hemorrhage.

UNIT – II**10 Hrs**

Conduction – Sprain – Strain – Muscle Cramp- Dislocation – Fracture Definition, Classification and First aid treatment.

UNIT – III**15 Hrs**

Definition of physiotherapy – Guiding principles of physiotherapy – Hydrotherapy – cryotherapy – Thermotherapy – Contrast bath – Wapour bath – Whirlpool bath.

UNIT – IV**10 Hrs**

Electrotherapy – Infrared radiation – Short wave diathermy – Ultra sound.

UNIT – V**7 Hrs**

Define message – Classification of message – Manipulation of massage – Application – Physiological effects of massage – Contra – Indication of massage.

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

10 Hrs

Meaning and definition of therapeutic exercise – Role of the therapeutic exercise in the modern society – Principles of therapeutic exercise – Types of therapeutic exercise – Active passive movement – Resisted movement.

UNIT – II

15 Hrs

Assessment of the patient condition – methods of testing – Planning of treatment – Application of therapeutic exercise to injured part – Head and neck – Trunk – Shoulder – Elbow – Wrist, finger joint – Hip – Knee ankle and foot joint.

UNIT – III

10 Hrs

Definition of posture – Values of good posture – Causes of poor – Postural examination proper use of the body in sitting – Standing – Walking.

UNIT – IV

10 Hrs

Common spinal deviation – Causes – Diagnosis – Treatment – Corrective exercise Kyphosis Scoliosis – Lordosis – Kyphoscoliosis – Round shoulder – Knock knee – Bow leg – Flat foot.

UNIT – V

7 Hrs

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

History of basketball – Rules and regulation of games – Specification of the ball – Measurement of the court – fundamental skills in passing, dribbling, shooting – Different types of drill to develop the game – Advance skill – Defensive and offensive skill – system of play.

UNIT – II

12 Hrs

History of volleyball – Rules and regulation of games – Specification of the ball – Measurement of the court – Fundamental skills in passing, setting and smashing – Different types of drill to develop the game – Advance skill – Defensive and offensive skill – system of play.

UNIT – III

5 Hrs

History of badminton – Rules and regulation of games – Specification of the ball – Measurement of the court, racket, net, ground-Fundamental skills in passing, Setting, smashing – Different types of drill to develop the game – Advance skill – Defensive and offensive skill – system of play.

UNIT – IV

15 Hrs

History of handball – Rules and regulation of games – Specification of the ball – Measurement of the court – fundamental skills in passing, dribbling, goal – Different types of drill to develop the game – Advance skill – Defensive and offensive skill – system of play.

UNIT – V

5 Hrs

History of ball badminton – Rules and regulation of games – Specification of the ball – Measurement of the court, net, post, racket, ground – Fundamental skills in ball badminton – Different types of drill to develop the game – Advance skill – Defensive and offensive skill – system of play.

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 Kiriyas

10 Hrs

Meaning of yoga, concept of yoga, Integration and purpose of yoga, yogasutra, Kiriyas-trataka–kapalopathy–neti–dhouti–basti–nouli, Bandas-jalendra banda-mula banda-uddiyana banda.

UNIT – II Various types of Pranayama**13 Hrs**

Introduction & meaning of pranayama, Pranayama-nadi-sudhhi, nadi-Sodhana-Suryabedhana-Sitali-sitkari-Bhramari-Ujai-Bhastrika-Sadanta-Suryanamaskar, Mudras-Chinmudra-Chinmayamudra- Adimudra –Bhramamudra-Mahamudra-Ashwinimudra.

UNIT – III Asanas in standing Postures**12 Hrs**

Importance of asanas, Classification of asanas physical and physiological effects of asanas, Standingseries asana-Ekpadachakrasana-Natrajasana-Garudasana-Maricheyasana-Sirasasana-Veerasana-Veerapadrasana-therotiasana-nasanasana-ananda thandavam-saptavajrasana.

UNIT – IV Asanas in sitting Postures**10 Hrs**

Physical and physiological effects of asanas, benefits of asanas, Sittingseriesasana-Karnapedaana-Prasaritaparvotasana-Padottasana-Paryankasana-Poornastrasana-Uthithapadmasana-Bakasana-Ardhamukapascimottaasana-Coreposture-Badrasana,-Ardha Virichekasana-Kukoodasana-Karbasana-Bhoorejpedasana-Akarnadhanurasan-Upivista konasana.

UNIT – V Health Education**7 Hrs**

Yoga therapy – Treatment of disorders by yoga and nature cure – Acidity – Asthma- Back ache – Chronic bronchitis – chronic dysentery – Common cold – Constipation – Diabetes – Displacement of the uterus – headache – Hypertension – Insomnia – Irregularities of menstruation – nervousness, mental aberrations, maladjustment of personality – Obesity – Psoriasis.

Text Books:

- Dr. K. S. Joshi, *Yoga in life*, Lotus publication Madhya Pradesh, 23rd edition 2009.
- Swami kiriyandha, *Art and science of Raja yoga*, Anandha Sengha Publication, 2002.

Reference Books:

- Dr. J.P.N. Mishra, *Preksha yoga Management For Common Ailments*, Jain Publishers, Chuna mandi New Delhi, 2007.
- Dr. K.S. Joshi, *Yogic Pranayama*, Ravindra publication Ansari road, New Delhi 16th 2009.
- Dr. Richard rosen, *Yoga for 50 Plus*, Ansari road New Delhi, 2004.
- Swami Shivapremanandha, *Yoga for Stress Relief*, Heron quays London, 2007.

PREREQUISITE:

Those who have basic knowledge of Yoga may enroll.

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

COMPONENTS	CIA	ESE
Theory	15	50
Practical & Record	15	20
TOTAL	30	70

Continuous Assessment		End semester exam		Total
Component	Max marks	Component	Max marks	
Test I	5	Theory	50	
Test II	5	Practical	20	
Component III	5			
Component IV	5			
Daily Assessment	10			
Total	30	Total	70	100

EVALUATION: UPEE302, UPEE402 (Theory)

COMPONENTS	CIA	ESE
Theory	30	70

Continuous Assessment		End semester exam		Total
Component	Max marks	Component	Max marks	
Test I	10	Theory	70	
Test II	10			
Component III	5			
Component IV	5			
Total	30	Total	70	100

POLICY RECOMMENDATIONS OF IQAC

UG COURSE PROFILE – Allotment of Hours

Components	I Sem	II Sem	III Sem	IV Sem	V Sem	VI Sem
Part I Tamil/Hindi/French(2Levels)	4	4	4	4	-	-
Part II English(2 Levels)	4	4	4	4	-	-
Part III Major core & Allied	18	14	14	14	19	23
Major optional	-	-	-	-	-	5
Allied optional	-	-	-	-	5	-
Part IV Non major elective	-	4	4	4	4	-
Value education	2	2	2	2	-	-
Soft skill	2	2	2	2	2	2
Part V Extension activity/Physical Education (outside class hours)	60 Hours (Compulsory)		60 Hours (Optional)		60 Hours (Optional)	
Part VI Vocational courses (outside class hours)	Minimum one certificate and one diploma course (Certificate will be issued separately)					
Total Hours	30	30	30	30	30	30
* Not more than six courses per semester for Arts and seven courses per semester for Science						

UG Course profile – Credit Allotment

Components	I Sem	II Sem	III Sem	IV Sem	V Sem	VI Sem	Total credit
Part I Tamil/Hindi/French(2Levels)	2/3	2/3	2/3	2/3	-	-	8/12
Part II English(2 Levels)	2/3	2/3	2/3	2/3	-	-	8/12
Part III Major core & Allied	10-20	10-15	10-20	10-20	15-20	15-25	96/104**
Major optional	-	-	-	-	-	4	4
Allied optional	-	-	-	-	4	-	4
Comprehensive viva	-	-	-	-	-	1	1
Summer Internship	-	1	-	1	-	-	2
Part IV Non major elective	-	2	2	2	2	-	8
Value education	1	1	1	1	-	-	4
Soft skill	1	1	1	1	1	1	6
Part V Extension activity/Physical Education (outside class hours)	1/2		Extra 1/2		Extra 1/2		1/6
Total							140/155
<p>* 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)</p>							

PG COURSE PROFILE – Allotment of Hours

Components	I Sem	II Sem	III Sem	IV Sem
Major core	25	25	23	21
Major elective				
Project	-	-	2	4
Non major elective	5	5	-	-
NET/SET Exam	-	-	5	-
Value education – Women's studies	-	-	-	5
Service learning (Outside class hours)	40 Hrs		-	-
Total Hours	30	30	30	30

PG COURSE PROFILE – Credit Allotment

Components	I Sem	II Sem	III Sem	IV Sem	Total
Major core Major elective	15-20	15-20	15-25	15-25	67
Project	-	-	-	6	6
Non major elective	4/5	4/5	-	-	8/10
NET/SET	-	-	4	-	4
Value education – Women studies	-	-	-	4	4
Service learning (outside class hours)	1		-	-	1
Total credit					90/92

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)

Continuous Internal Assessment Max : 30			End Semester Exam Max : 70	
Theory (15)		Practical (15)		Theory - 50
Test I - 5		Test - 5		Practical - 20
Test II - 5		Daily Practical Assessment - 10		
Component III - 5				

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:

- R. Gupta, “*UGC NET Junior Research Fellowship and Eligibility for Lectureship Exam*”, Ramesh Publishing House, New Delhi – 2012.
- Dr. M. I. Kamlesh, “*UGC Net Digest Teaching and Research Aptitude*”, Khelsahitya Kendra Publisher, 2005.
- “*UGC University Grants Commission NET/SET for Lectureship Exam Paper I (Compulsory)*” – GKP Publisher: G. K. Publications Pvt. Limited, 2010.
- Lal Jain, K. C. Vashistha, “*UGC NET/JRF/SKET Teaching & Research Aptitude (General Paper- I)*”, Upkar Publications, 2009.