VIDYASAGAR UNIVERSITY

Paschim Midnapore, West Bengal

PROPOSED (DRAFT) SYLLABUS OF

COMMON COURSES UNDER CCFUP, 2023

FOR SEMESTER – I & II

Based on

Curriculum & Credit Framework for Undergraduate Programmes

(CCFUP), 2023 & NEP-2020

FOR ALL UNDERGRADUATE PROGRAMMES

(w.e.f. Academic Year 2023-2024)

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COMMON COURSES FOR UNDERGRADUATE PROGRAMMES (UNDER CCFUP, 2023)

SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
						CA	ESE	TOTAL
1	**SEMESTER-I**							
	AEC	**AEC01**	Communicative English -1	**2**	**2-0-0**	**10**	**40**	**50**
	MDC	**MDC-01** ***(Any one to be chosen)***	Indian Constitution	**3**	**3-0-0**	**10**	**40**	**50**
			Social value and Ethics	**3**	**3-0-0**	**10**	**40**	**50**
			Sports and fitness	**3**	**2-0-1**	**10**	**40**	**50**
			Basics of information technology (IT)	**3**	**3-0-0**	**10**	**40**	**50**
			Basics of Accounting	**3**	**3-0-0**	**10**	**40**	**50**
			NGO & its Operations	**3**	**3-0-0**	**10**	**40**	**50**
			Business Organization	**3**	**3-0-0**	**10**	**40**	**50**
	VAC	**VAC01**	Environment Studies (ENVS)	**4**	**2-0-2**	**50**	**50**	**100**
II	**SEMESTER-II**							
	AEC	**AEC02**	MIL-1 (***Bengali / Hindi/ Sanskrit/ Santali***)	**2**	**2-0-0**	**10**	**40**	**50**
	MDC	**MDC02** ***(Any one to be chosen)***	Nation, Culture & India	**3**	**3-0-0**	**10**	**40**	**50**
			Gender Studies	**3**	**3-0-0**	**10**	**40**	**50**
			Community nutrition and Public health	**3**	**3-0-0**	**10**	**40**	**50**
			Physical and Cultural Geography of Bengal	**3**	**3-0-0**	**10**	**40**	**50**
			Natural Resource Management	**3**	**3-0-0**	**10**	**40**	**50**
			Digital Technologies	**3**	**3-0-0**	**10**	**40**	**50**
			Financial Literacy and Household Decision-Making	**3**	**3-0-0**	**10**	**40**	**50**
	VAC	**VAC02** ***(Any one to be chosen)***	Human Rights	**4**	**4-0-0**	**10**	**40**	**50**
			Yoga and Wellness	**4**	**2-0-2**	**10**	**40**	**50**
			Disaster Management	**4**	**4-0-0**	**10**	**40**	**50**
	Summer Intern.	**CS**	Community Service (activities to be decided by the Colleges)	**4**	**0-0-4**	**-**	**-**	**50**

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Ability Enhancement Course (AEC)

Ability Enhancement Course (AEC) - 01

AEC-1T: Communicative English-01 **Credits 02 (Full Marks-50)**

Course Contents:

1. **Communication Skills**
   a) Types and Models of Communication
   b) Verbal and Non-verbal Communication
   c) Barriers and Strategies
   d) Inter-personal Communication

2. **Listening Skills:**
   a) Active and Passive Listening

3. **Speaking Skills:**
   a) Different forms of Speaking – Formal/Informal
   b) Group Discussion
   c) English in Situations: Greeting & Leave Taking, Making & Granting/Refusing Requests, Queries & Giving Information/Direction, Describing objects/process, Narrating events &Commentary, Persuasion & Motivation, Complaints &Apologies, Expressing disapproval, Alerting & Warning

4. **Reading Skills:**
   a) Different types of Reading
   b) Comprehension

Suggested Readings:

1. ***A Textbook of English and Communication Skills*.** Richa Mishra and Ratna Rao, New Delhi: Macmillan: 2019
2. ***Many Coloured Glass.*** Board of Editors, Department of English, Vidyasagar University, Delhi: Macmillan, 2013.
3. ***Connect: Course in Communicative English***, Debashis Bandyopadhyay & Malathi Krishnan, Cambridge University Press, New Delhi, 2018.

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Ability Enhancement Course (AEC) - 02

AEC-2T: MIL-01 **Credits 02 (Full Marks-50)**

Bengali - 1: বাংলা ভাষা - প্রসঙ্গ ও অনুবাদ

Course Contents:

বিভাগ -ক

বাংলা ভাষা – প্রসঙ্গ

১. ভাষাপরিকল্পনা
২. বাংলা বানানবিধি
৩. ধর্ম, পেশা, লিঙ্গ ভিত্তিক বাংলা সমাজভাষা
৪. বতমান আদর্শ কথ্য-বাংলার প্রকৃতি (ব্যকরণগত বৈশিষ্ট্য, শব্দভাণ্ডার)

বিভাগ -খ

অনুবাদ

১. অনুবাদ (বাংলা থেকে ইংরেজি ও ইংরেজি থেকে বাংলা)

Suggested Readings:

১. Sociolinguistics Pattern -William Lebov
২. Sociolinguistic-R.H. Hudson
৩. ভাষা ও সমাজ-মৃণাল নাথ
৪. সমাজভাষা বিজ্ঞান –রাজীব হুমায়ুন
৫. Theories of translation- J. Williams

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AEC-2T: MIL-01 **Credits 02 (Full Marks-50)**

HINDI- 1: हिन्दी व्याकरण और सम्प्रेषण

Course Contents:

इकाई I: हिंदी व्याकरण–संज्ञा, सर्वनाम, विशेषण,वचन ,क्रिया , अव्यय ,उपसर्ग, प्रत्यय, संधि तथा समास। का परिचय।

हिंदी की वर्ण-व्यवस्था : स्वर एवं व्यंजन , प्रकार , उच्चारण स्थान।

इकाई II: हिंदी वाक्य रचना, वाक्य और उपवाक्य। वाक्य भेद। वाक्य का रूपांतर।

इकाई III: संप्रेषण की अवधारणा और महत्व

संप्रेषण के प्रकार , संप्रेषण माध्यम और तकनीक।

इकाई IV: भाषा संप्रेषण के चरण : श्रवण, अभिव्यक्ति, वाचन तथा लेखन।

सहायक ग्रंथ :

1. हिन्दी व्याकरण – कमताप्रसाद गुरु
2. हिन्दी शब्दानुशासन – किशोरीदास वाजपेयी
3. हिन्दी व्याकरण –एन. सी. ई. आर. टी.
4. आधुनिक हिन्दी व्याकरण और रचना – डॉ. वासुदेव नंदन प्रसाद
5. बेसिक हिन्दी – बद्रीनाथ कपूर
6. हिन्दी मुहावरे – श्री ब्रहमस्वरूप दिनकर शर्मा

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AEC-2T: MIL-01 **Credits 02 (Full Marks-50)**

SANSKRIT- 1: History of Sanskrit Literature

Course Contents:

Section A: Vedic History
Section B: Epic and Puranic History
Section C: Classical History
Section D: Scientific and Technical History

OR

AEC-2T: MIL-01 **Credits 02 (Full Marks-50)**

SANTALI- 1: Introduction of Santali Language

Course Contents:

1. Grammatical Part- Opposite word, Synonym word
2. Idiom, Riddle, Proverb, Phrase.
3. Essay & Letter writing.

Suggested Readings:

1. Ronor – CIIL
2. Kudum –Dr. Dhirendranath Baskey.
3. Men Katha-Bhenta Katha – Siran Murmu

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Multidisciplinary Course (MDC)

Multidisciplinary Course (MDC)- 01

MDC-01T: Indian Constitution **Credits 03 (Full Marks-50)**

Course contents:

Unit-I: Historical Background – Constituent Assembly of India – Philosophical Foundations Of The Indian Constitution – Preamble – Fundamental Rights – Directive Principles Of State Policy – Fundamental Duties – Citizenship – Constitutional Remedies For Citizens.

Unit-II: Union Government – Structures of the Union Government and Functions – President – Vice President – Prime Minister – Cabinet – Parliament – Lok Sabha – Composition and Powers - Rajya Sabha – Composition and Powers - Supreme Court of India – Judicial Review

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

Suggested Readings:

1. Durga Das Basu, "Introduction to the Constitution of India ", Prentice Hall of India, New Delhi.
2. R.C.Agarwal, (1997) "Indian Political System", S.Chand and Company, New Delhi.
3. Sharma, Brij Kishore, "Introduction to the Constitution of India", Prentice Hall of India, New Delhi

OR

MDC-01T: Social Value and Ethics **Credits 03 (Full Marks-50)**

Course contents:

Unit-I: Philosophy of Life and Individual Qualities

Human Life on Earth - Purpose of Life, Meaning and Philosophy of Life. The Law of Nature – Protecting Nature /Universe. Basic Culture - Thought Analysis - Regulating desire - Guarding against anger - To get rid of Anxiety – The Rewards of Blessing - Benevolence of Friendship - Love and Charity - Self – tranquility/Peace.

Unit-II: Social Values (Individual and Social Welfare)

Family - Peace in Family, Society, The Law of Life Brotherhood - The Pride of Womanhood – Five responsibilities/duties of Man : - a) to himself, b) to his family, c) to his environment, d) to his society, e) to the Universe in his lives, Thriftiness (Thrift)/Economics. Health - Education - Governance - People's Responsibility / duties of the community, World peace.

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Unit-III: Mind Culture & Tending Personal Health

Mind Culture - Life and Mind - Bio - magnetism, Universal Magnetism (God –Realization and Self Realization) - Genetic Centre – Thought Action – Short term Memory – Expansiveness – Thought – Waves, Channelizing the Mind, Stages - Meditation, Spiritual Value. Structure of the body - the three forces of the body- life body relation, natural causes and unnatural causes for diseases, Methods in Curing diseases.

Suggested Readings:

1. Value Education for Health, Happiness and Harmony, The World Community Service, Centre Vethathiri Publications (Unit 1 – III).
2. Thirukkural with English Translation of Rev. Dr. G.U. Pope, Uma Publication, 156,Serfoji Nagar, Medical College Road,Thanjavur 613 004 (for Units I - III).
3. R S Nagaarazan, Textbook on Professional Ethics And Human Values, New Age International Publishers, 2006 (for Units IV-V).
4. Bharatiya Dharmaneeti Edited by Amita Chatterjee, published by Jadavpur University; Dvitiya samskarana edition (2013)

OR

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
MDC01	SPORTS AND FITNESS	**3**	**2-0-1**	**10**	**40**	**50**

MDC-01T: Sports and Fitness **Marks-20**

Course contents:

Unit -1: Introduction of Sports

1. Concept of Play, Games and Sports.
2. Objectives and importance of Play, Games and Sports.
3. Fundamental movements of Sports in relation to joints.
4. Warming up and Limbering down:
   a) General warm up – Meaning, Importance and Benefits
   b) Specific warm up Meaning, Importance and Benefits

Unit-2: Health and Performance Related Physical Fitness

1. Meaning and Definition of Fitness and Physical Fitness
2. Components and types f Physical Fitness
3. Importance of Physical Fitness in present society
4. Assessment of Physical Fitness components

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MDC-01P: Sports and Fitness (Practical) **Marks-20**

Any two from options from below:

1. **Calisthenics: 16 Count Calisthenics exercises without/with light weight apparatus (*Atleast 06 set of exercises*)**

2. **Marching:** Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Mark Time, Forward March/Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss.

3. **Aerobics:*Atleast any 04 exercises*.**

Suggested Readings:

a. Saha, A. K. SarirSiksherRitiniti, Rana Publishing House, Kalyani.
b. Bandopadhyay, K. SarirSikshaParichay, Classic Publishers, Kolkata.

OR

MDC-01T: Basics of information technology (IT) **Credits 03 (Full Marks-50)**

Course contents:

Unit-I: Introduction to Computers

Introduction, Definition, Characteristics of computer, Evolution of Computer, Block Diagram Of a computer, Generations of Computer, Classification Of Computers, Applications of Computer, Capabilities and limitations of computer.

Unit-II: Basic Computer Organization:

Role of I/O devices in a computer system. Input Units: Keyboard, Terminals and its types. Pointing Devices, Scanners and its types, Voice Recognition Systems, Vision Input System, Touch Screen, Output Units: Monitors and its types. Printers: Impact Printers and its types. Non Impact Printers and its types, Plotters, types of plotters, Sound cards, Speakers.

Unit-III: Software:

Software and its needs, Types of S/W. System Software: Operating System, Utility Programs Programming Language: Machine Language, Assembly Language, High Level Language their advantages & disadvantages. Application S/W and its types: Word Processing, Spread Sheets Presentation, Graphics, DBMS s/w.

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Unit-IV: Operating System:

Functions, Measuring System Performance, Assemblers, Compilers and Interpreters. Batch Processing, Multiprogramming, Multi Tasking, Multiprocessing, Time Sharing, DOS, Windows, Unix/Linux.

Unit-VI: Data Communication:

Communication Process, Data Transmission speed, Communication Types (modes), Data Transmission Medias, Modem and its working, characteristics, Types of Networks, LAN Topologies, Computer Protocols, Concepts relating to networking.

Unit-VII: Business Data Processing:

Introduction, data storage hierarchy, Method of organizing data, File Types, File Organization, File Utilities.

Suggested Readings:

1. A. Goel, Computer Fundamentals, Pearson Education, 2010.
2. P. Aksoy, L. DeNardis, Introduction to Information Technology, Cengage Learning, 2006.
3. P. K.Sinha, P. Sinha, Fundamentals of Computers, BPB Publishers, 2007.

OR

MDC-01T: Basics of Accounting **Credits 03 (Full Marks-50)**

Course Contents: **(Total lecture hours: 45)**

Unit–I: Introduction to Financial Accounting: **(Lecture hours: 9)**

Meaning, Importance and objectives of Accounting; Concepts and Convention of Accounting. Meaning, Users, Sources of accounting information; Some Basic Terms –Transaction, Account, Asset, Liability, Capital, Expenditure, Income, Revenue, Profit, Loss, Concept of revenue and capital transactions, Accounting Year, Financial Year; Features of recordable transactions and events; Recording of Transactions; Types of Accounts - Personal account, Real Account and Nominal Account; Golden Rules and American Approach of Accounting-Rules for Debit and Credit; Double Entry System, Accounting Equation, Process of accounting – Business transactions – Journal entries – Ledger posting, Trial Balance

Unit-II: Accounting for Depreciation: **（Lecture hours: 6)**

Concept; Causes of Depreciation; Objectives of Providing Depreciation; Methods of providing depreciation: Fixed Instalment Method and Reducing Balance Method.

Unit-III: Accounting for Joint Venture: **(Lecture hours: 8)**

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Meaning and features; Distinction between Partnership and Joint Venture; Accounting Treatment of Joint venture

Unit-IV: Single entry System of Book keeping and Conversion of Single Entry to Double Entry system of Book Keeping (Lecture hours: 5)

Unit-V: Final accounts of Non-Profit Organizations: (Lecture hours: 9)
Meaning and Features of Non-Profit Organization; Preparation of Receipt and Payment Account; Income & Expenditure Account and Balance Sheet.

Unit-VI: Final Accounts of Sole Trading Concern: (Lecture hours: 8)
Preparation of Trading and Profit and Loss account and Balance sheet.

Suggested Readings::

1. Mukherjee and Mukherjee, Financial Accounting, Vol. I, Oxford University Press
2. Hanif & Mukherjee, Financial Accounting Vol. I, McGraw Hill
3. Sukla, Grewal, Gupta: Advanced Accountancy Vol. I, S Chand
4. R. L.Gupta & Radheswamy, Advanced Accountancy, Vol. I, S. Chand
5. Basu and Das, Principles and Practices of Accounting, Rabindra library, Kolkata.
6. S.Kr. Paul & Chandrani Paul, Financial Accounting, Vol-I, New Central Book Agency (P) Ltd., Kolkata

OR

MDC-01T: NGO & its Operations Credits 03 (Full Marks-50)

Course contents:

Unit 1: Introduction: Concept and Functions of NGOs

1.1 Concept of NGOs:
Definition and meaning of NGOs, Historical evolution of NGOs, Role and significance of NGOs in society
1.2 Functions of NGOs:
Social welfare and development activities, Advocacy and awareness campaigns, Empowerment and capacity-building initiatives

Unit 2: Types and Characteristics of NGOs

2.1 Types of NGOs:
Charitable NGOs, Service NGOs, Advocacy NGOs, Operational NGOs, Networking NGOs International NGOs (INGOs), Community-Based Organizations (CBOs)
2.2 NGO Characteristics:
Non-profit nature, Voluntary participation, Private initiative, Independence and autonomy, Social objectives
2.3 Strengths and Weaknesses of NGOs

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Advantages of NGOs in development work, Challenges and limitations faced by NGOs

Unit 3: Strategic Planning and Leadership in NGOs

3.1 Planning and Leading a Team:

Importance of strategic planning in NGOs, Setting goals and objectives, Formulating action plans, Effective team leadership and management

3.2 Conflict Resolution:

Understanding conflicts in NGO settings, Conflict resolution techniques, Promoting harmonious work environments

Unit 4: Issues Related to NGO Operations

4.1 Concentration of Power, Staff, and Accountability:

Power dynamics within NGOs, Ensuring transparency and accountability, Staff management and motivation

4.2 Fundraising:

Importance of fundraising for NGO sustainability, Fundraising strategies and techniques, Ethical considerations in fundraising activities

Unit 5: Funding Agencies and Schemes

5.1 National Bank for Agriculture and Rural Development (NABARD):

Overview of NABARD and its role, funding opportunities for rural development projects

5.2 National Human Rights Commission (NHRC)

Understanding the role of NHRC in protecting human rights, Collaboration opportunities for NGOs

5.3 Schemes for NGOs under the Government of India:

Introduction to various government schemes and programs, Eligibility criteria and application procedures for NGO participation

Suggested Readings:

1. Abebe, Desset., 2011, *Effects Of Regulatory Mechanisms On The Function Of Human Rights NGOs: Regulating The 'Right To Association'...To Foster Or To Tamper?* London: Lap Lambert Academic Publishing.
2. Alsop, Ruth., & Kurey, Bryan., 2005. *Local Organizations in Decentralized Development: Their Functions and Performance in India (Directions in Development)*, World Bank Publications.
3. Anita, Abraham. 2015. *Formation and Management of NGOs (Non-Governmental Organizations)*, 4th ed, Universal LexisNexis.
4. Baur, Dorothea., 2011. *NGOs as Legitimate Partners of Corporations: A Political Conceptualization: 36 (Issues in Business Ethics).* India: Springer.
5. Baviskar, B.S., 2001, "NGOs and Civil Society in India" in *Sociological Bulletin*, Vol 50, No 1.
6. Chandra, Snehlata., 2003. *Guidelines for NGOs Management in India*, Kanishka Publishers Distributers.
7. Chandra, Snehlata., 2007, *Non-Governmental Organisations: Structure, Relevance and Function*, Kanishka Publishers.

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8. Dobriyal, N.C., 2009. *NGOs and Government Organisation: Role, Duties and Function*. Sumit Enterprises.
9. Elliot, C., 1987, "Some Aspect of Relations between the North and South in the NGO Practices", *Annual Review of Anthropology* 26:439-64.
10. Gangrade, K.D., & Sooryamoorthy, R., 2001, *NGOs in India: A Cross- Sectional Study: 136 (Contributions in Sociology)*, Jaipur-New Delhi: Rawat Publication.
11. Goel, O.P., 2004. *Strategic Management and Policy Issues of NGOs. India*: Isha Books.
12. Kohli, A., & Sharma, S.R, 1997, Organisation of Social Welfare, New Delhi: Anmol Publication.
13. Kumar, R., & Goel, S.L., 2005. *Administration and Management of NGOs: Text and Case Studies*, Deep & Deep Publications.
14. Latha, Kakumani Lavanya., & Prabhakar, Kotte., 2011, " Non-Government Organizations: Problems & Remedies in India", in Serbia Journal of Management, Vol 6, Issue 1.
15. Lawani, B.T., 1999. *Non-Government Organizations in Development*, Jaipur: Rawat Publications.
16. Lewis, David. 2014. *Non Governmental Organizations: Management and Development*, London: Routledge.
17. Mohanty, Ranjita. 2002, "Civil Society and NGOs", in *The Indian Journal of Political Science*, Vol 63, No 2/3.
18. Palekar, S.A., 2012, "Role of NGOs in Policy- Making in India", in *The Indian Journal of Political Science*, Vol 73, No 1.

OR

MDC-01T: Business Organisation **Credits 03 (Full Marks-50)**

Course contents: **(Total lecture hours: 45)**

Unit–I: Introduction: Business: Definition- Nature and Scope- Objectives of Business; Social responsibility of Business; Classification of Business: Industry, Trade & Commerce and their functions; Different economic systems: Socialistic economy, Capitalistic Economy and Mixed Economy **Lecture hours: 9**

Unit –II: Forms of Business Organization: Sole Proprietorship, Partnership, Limited liability partnership, Joint Stock Company, One Person Company, Private limited Company: Features and economic significance. **Lecture hours: 8**

Unit–III: Business Combination and Concentration: Concept of Business Combination; Causes of combination; Types, advantages and disadvantages; Vertical and Horizontal Combination; Pool and Cartel. **Lecture hours: 10**

Unit-IV: Business intermediaries: Meaning; Concept of wholesalers, retailers and distributors; Role and significance **Lecture hours: 9**

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Unit –V: Administrative Organization in Business: Concept; Different types of Organisation Structure: Formal and Informal Organisation, Line and Staff organization; Centralisation and Decentralisation: Advantages and disadvantages. **Lecture hours: 9**

Suggested readings

1. Bose, C.P., Business Organisation and Management.
2. Companies Act, 2013.
3. Maheshwari, K.L., Maheshwari, R.K. & Madhu Bhatia – Vyavsayik Sanghtan.
4. Maheshwari, K.L., Maheshwari, R.K. & Ram Milan - Business Organisation.
5. Padmakar Asthana – Business Organisation.
6. Sekhri, Arun, Organisation, MUMBAI, Himalaya Publishing House, 2014.
7. Talloo, Thelman J., Business Organisational and Management, TMH, New Delhi.
8. Tulsian, P.C., Business Organisation, Pearson Education, New Delhi.
9. Vasishth, Neeru, Business Organisation, Taxmann, New Delhi.
10. Y.K. Bhushan - Business Organisation.

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Multidisciplinary Course (MDC)- 02

MDC-02T: Nation, Culture and India **Credits 03 (Full Marks-50)**

Course contents:

Unit-I: Introducing India

1. The Land of India: Geographical Setting; Physical and Natural Environment. The Names of our Country – Past and present: Jambudvipa, Sindhu (Indus), Inde, Hind, Hindustan, India, Bharat.
2. The Peopling of India from Pre-historic time with special reference to Indo-Aryans speaking people, the Persians, the Arabsetc., and their contribution to the making of Indian History and Culture. Nation and Nation-building in India.
3. Historical Background of India: Historical Background of India through the ages – Brief outline of Prehistoric, Protohistory, Iron Age and Mahajanapada. Brief history India'sFreedom Struggle with special reference to growth of Nationalism, Moderate and Extremist movements, Gandhian Movements.

Unit-II: Indian Literature, Culture, Tradition, and Practices:

1.Evolution of script and languages in India: Harappan Script, Brahmi Script and Devanagari Script. Sanskrit. Pali and Prakrit languages.
2. The Vedas – Vedic Culture and Society. Epics - the Ramayana and the Mahabharata, Puranas, Buddhist and Jain Literature. Outline of Sanskrit Literature, Telugu Literature,Kannada Literature, Malayalam Literature,Sangama Literature, Literature, Persian and Urdu,Hindi Literature.
3. Plural cultural traditions of India. Outline of religions in India – Hinduism, Buddhism, Jainism, Islam, Christian, Persian, Tribal.

Unit-III: Cultural Heritage and Performing Arts:

1.Indian Art and Architecture in Ancient time, Dance, Music, Theatre, Drama, Painting, Martial Arts Traditions, Fairs and Festivals,Indian Cinema, Folk and Tribal arts.
2. Indian Women in art, literature, freedom struggle.
3. Indian's Cultural Contribution to the World. Indian Medical Systems. History of Railways, Postal system, Currency and Banking System.

Suggested Readings:

1. L. Basham, ACultural History of India, Oxford UniversityPress,1997
2. L. Basham, A Wonder that was India, Rupa, NewDelhi, 1994
3. N. R. Ray, AnApproachtoIndianArt,Publication Bureau, Chandigarh,1974
4. Kanjiv Lochan: Medicines of Early India, Delhi
5. Hitendra Patel: Adhunik Bharat ka Aitihasik Yatharth
6. Nayanjot Lahiri, Marshalingthe Past:Ancient India and its Modern Histories, Permanent Black,2012
7. R.C. Majumdar (ed.), History and Culture of Indian People (Relevant Volumes and Chapters),
8. Bhartiya Vidya Bhawan, Bombay.
9. S. C. Ghosh, HistoryofEducationinModernIndia, 1758-1986, OrientLongman, Hyderabad, 1995
10. Tirthankar Ray, TheEconomicHistoryofIndia1857-1947, OUP, 2006
11. VijayJoshiand I.M.D. Little, India'sEconomicReforms, 1991-2001, OUP, 1996

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OR

MDC-02T: Gender Studies **Credits 03 (Full Marks-50)**

Course contents:

1. **Gender as a Social Construct**
   1.1 Gender, Sex, and Sexuality
   1.2 Masculinity and Femininity
2. **Gender Discrimination and Stereotype:**
   2.1 Family
   2.2 Workspace
3. **Power and Resistance:**
   3.1 Women's Movement in India
4. **Gender and Intersectionality:**
   4.1 Caste, Class, Race, Sexuality
   4.2 Religion
   4.3 Ability and Disability
5. **Gender-Based Violence**
   5.1 Sexual Harassments
   5.2 Domestic Violence
   5.3 Rape
   5.4 Cyber Crime

Suggested Readings:

1. Ahuja, Ram., 1989. "Crime Against Women", in Lalita Parihar (ed.) *Journal of the Indian Law Institute*, Vol 31, No 1.
2. Ahuja, Ram., 2003. *Violence Against Women*. Delhi: Rawat Publications.
3. Banerjee, Supurna., & Ghosh, Nandini., 2018. *Caste and Gender in Contemporary India*, Taylor & Francis
4. Bhasin, Kamla., 1993. *What is Patriarchy?*,Kali for Women.
5. Geetha, V., 2006. *Gender*, Bhatkal & Sen.
6. Jackson, Stevi., & Scott, Sue., 2001, *Gender: A Sociological Reader*, London: Routledge.
7. Kandiyoti, Deniz., 1988, "Bargaining with Patriarchy." *Gender and Society*, vol. 2, no. 3.
8. Kumar, Radha., 1999, "From Chipko to sati: The Contemporary Indian Women's Movement", in Nivedita Menon (ed.) *Gender and Politics in India*, New Delhi: Oxford University Press.
9. Menon, Nivedita., 2012. *Seeing like a Feminist*, India: Penguin Zubaan.
10. Murthy, Laxmi., & Dasgupta, Rajashri., 2013. *Our Pictures, Our Words – A Visual Journey Through the Women's Movement*, New Delhi: Zubaan Books.
11. Ortner, Sherry. 1974, "Is Female To Male As Nature Is To Culture?," in Michelle Zimbalist Rosaldo and Louise Lamphere (ed.) *Women, Culture and Society*. Stanford: Stanford University Press.
12. Rubin, Gayle. 2006. "Thinking Sex: Notes for a Radical Theory of Politics of Sexuality", in Peter Aggleton and Richard Parker (ed.) *Culture, Society and Sexuality. London:* Routledge.

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13. Ryle, Robyn. 2011. *Questioning Gender: A Sociological Exploration*. Thousand Oaks, CA: Pine Forge Press.
14. Tharu, Susie. & Niranjana, Tejaswini., 1994, "Problems for a Contemporary Theory of Gender." *Social Scientist*, vol. 22, no. 3/4.
15. West, Candace., & Fenstermaker, Sarah., (ed.), 2002. *Doing Gender, Doing Difference: Inequality, Power and Institutional Change*, London: Routledge.
16. Wies, Jennifer R., & Haldane, Hillary J., (ed.), 2011, *Anthropology at the Front Lines of Gender-Based Violence*. Vanderbilt University Press.

OR

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
MDC02	**Community Nutrition and Public Health**	**3**	**3-0-0**	**10**	**40**	**50**

Course Outcomes:

This course will make student aware regarding various basic concept and knowledge about community nutrition and public health-

1. To provide information regarding epidemiology of diseases and its prevention.
2. To enable students to impart community nutrition education among rural and needy people.
3. To acquaint them knowledge regarding food security and government and international program running in the field of community nutrition.

Course contents:

1. Introduction to Community Nutrition and Epidemiology

- Define community, concept of Community nutrition.
- Public health nutrition, goals of nutrition programme
- Dietary guidelines and Nutritional surveillance
- Principle of Epidemiology, Measurements of epidemiological indicators, Herd immunity, Epidemiology triad.
- Etiology, epidemiology and prevention of COPD, tuberculosis, malaria, dengue, filaria, hepatitis, AIDS, nutritional anemia, atherosclerotic disorders.
- Causes and management of thalassemia, gout, obesity, endemic goiter.

2. Community Nutrition Programmes

- Introduction to national nutrition programmes and policies.
- Integrated Child Development Services(ICDS)
- National Rural Development Programme(NRDP)
- National Rural Employment Programme (NREP)
- Miscellaneous monofocalprogrammes.

3. International Community Nutrition Programmes

- Food and Agriculture Organization (FAO)
- World Health Organization (WHO)
- United Nations Children's Fund (UNICEF)
- Other voluntary and government agencies

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4. Nutritional Problem in India

- Protein energy malnutrition
- Anaemia
- Vitamin A deficiency
- Iodine deficiency disorder
- Over nutrition and chronic degenerative diseases
- Strategies for the control of malnutrition

5. Food Consumption Pattern and PDS

- Food consumption pattern in different parts of India
- Public distribution system
- Food Corporation of India. and food availability
- Food production in India, major foods and their state wise production
- Food security and poverty

6. Nutrition and Health Care

- Maternal nutrition and care
- Antenatal care and its schedules
- Nutrition and Child care
- Health problems of aged and their care
- Principles of formulation of balanced diets for growing child, adult man and woman, pregnant and lactating woman

Suggested Readings:

1. Essential Food and Nutrition. by M. Swaminathan.The Bangalore Printing &Publishing Co. Ltd.
2. Text Book of Preventive and Social Medicine, M.C. Gupta and B. K. Mahajan, Jaypee Brothers
3. Park's Text Book of Preventive and Social Medicine by K. Park, BanarsidasBhanot Publishers.
4. Basics of Epidemiology- Concepts made simple by Dr. Anil Mishra, Notion Press; 1st edition
5. Epidemiological Studies: A Practical Guide: Alan J. Silman, Gary J. Macfarlane, Tatiana Macfarlane. 3rdEdition. Oxford Academic Publication, Oxford University Press

OR

MDC-02T: Physical and Cultural Geography of Bengal **Credits 03 (Full Marks-50)**

Course contents:

1. Geographic location, Physiographic Divisions, Rivers, soils, climate and Natural hazards
2. Natural vegetation, wildlife, and Ecotourism
3. Demography, migration, Scheduled tribes.
4. Agriculture and fishing, Mining, Industrial development, Major cities,
5. Heritage and cultural diversity, and tourist places

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Suggested Readings:

1. Dhara, M.K., Basu, S.K., Bandyopadhyay, R.K., Roy, B., Pal, A.K. (Eds.) 1999. Geology and Mineral Resources ofthe States of India, Part-1: West Bengal. Geological Survey of India Miscellaneous Publication.
2. Ghurey, G.S. 1963. The Scheduled Tribes of India, 1980 reprint, Transaction Books.
3. Johnson, B.L.C. (Ed) 2001. Geographical Dictionary of India, Vision Books.
4. Khullar, D.R. 2011. India: A Comprehensive Geography, Kalyani Publishers
5. Mandal, H., Mukherjee, S., Datta, A. 2002. India: An Illustrated Atlas of Tribal World, Anthropological Survey ofIndia.
6. Pathak, C.R. 2003. Spatial Structure and Processes of Development in India, Regional Science Association Kolkata.
7. Rudra, K 2018.Rivers of the Ganga-Brahmaputra-Meghna Delta: A Fluvial Account of Bengal, Springer Nature
8. Bose S.C 1968. Geography of West Bengal, National Book Trust, India, New Delhi,
9. Sharma, T.C. 2012.Economic Geography of India, Rawat Publications.
10. Singh, R.L. 1971. India: A Regional Geography, National Geographical Society of India.
11. Spate, O.H.K., Learmonth, A.T.A. 1967. India and Pakistan: A General and Regional Geography, Methuen.

OR

MDC-02T: Natural Resource Management **Credits 03 (Full Marks-50)**

Course contents:

Unit-I: Natural resources: Definition and types. Sustainable utilization approach of Natural Resources (economic, ecological and socio- cultural)

Unit-II: Land: Utilization (agricultural, pastoral, horticultural, silvicultural); Soil degradation and management.

Unit-III: Water: Fresh water (rivers, lakes, groundwater, aquifers, watershed); Marine; Estuarine; Wetlands; Threats and management strategies.

Unit -IV: Forests: Definition, Cover and its significance (with special reference to India); Major and minor Forest products; Depletion; Management.

Unit- V: Energy: Renewable and non-renewable sources of energy

Unit- VI: Contemporary practices in resource management: EIA, GIS, Participatory Resource Appraisal, Ecological Footprint with emphasis on carbon footprint, Resource Accounting; Waste management.

Unit- VII: National and international efforts in resource management and conservation

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Suggested Readings:

1. Vasudevan, N. (2006). Essentials of Environmental Science. Narosa Publishing House, New Delhi.
2. Singh, J. S., Singh, S.P. and Gupta, S. (2006). Ecology, Environment and Resource Conservation. Anamaya Publications, New Delhi.
3. Rogers, P.P., Jalal, K.F. and Boyd, J.A. (2008). An Introduction to Sustainable Development. Prentice Hall of India Private Limited, New Delhi.

OR

MDC-02T: Digital Technologies **Credits 03 (Full Marks-50)**

Course contents:

Unit-I: Introduction and Evolution of Digital systems, Role and significance of Digital Technology, Information & communication technology & tools, Computer system & it's working, Software and its types, Operating Systems: types and functions.
Communication systems: Principles, model & transmission media, Computer networks, Internet: concept and applications, WWW, Web Browsers, search engines, Messaging, e-mail, social networking.

Unit- II: Computer Based Information system: significance and types, e-Commerce & digital marketing: basic concepts, benefits & challenges.
Digital India & e-Governance: Initiatives, Infrastructure, Services and Empowerment.
Digital financial tools: Unified Payment Interface, Aadhaar enabled payment System, USSD, Credit/Debit Cards, e-Wallets, Internet banking, NEFT/RTGS and IMPS, Online Bill Payments and PoS, Cyber Security: Threats, Significance, Challenges, Precautions, safety Measures & Tools,

Unit- III: Emerging Technologies & their applications: Overview of Cloud Computing, Big Data, Internet of things, Virtual reality, Block chain, robotics, Artificial intelligence, 3D Printing, Future of digital technologies.

Suggested Readings:

1. Fundamentals of Computers by E Nalagurusamy, ata mcgraw Hill.
2. Data Commination and Networking by Behrouz A. Forouzan, Mcgraw Hill Educaition.
3. Emerging Technologies in Computing: Theory, Practice, and Advances, by P.Kumar, A omar, and R.Sharmila, 1st Edition, 2021.
4. Essentials of cloud computingby K. Chandrasekharan, CrC press, 2014.
5. Blockchanin: Blueprint for a new economy by M. Swan, O'Reilly Media, 2015
6. Introduction to Computers by Peter Norton, Tata McGraw Hill.

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MDC-02T: Financial Literacy and Household Decision-Making Credits 03 (Full Marks-50)

Course Contents:

Unit I: Introductory concepts: Concept of Income, Expenditure, Saving and Investment; Concept of financial planning and use of a financial diary; Household budgets; Household decision making: Purchase decisions – small and large, Investing, Retirement planning and Borrowing; Simple and compound interest; Interest and inflation; Consumer credit – The fallacy of 'zero interest loan'. **(7 lectures)**

Unit II: Financial knowledge and awareness: Bank deposits: savings account, current account, recurring deposits and fixed deposit; Small saving investment schemes; Corporate Fixed deposits; PF and PPF; NPS and other Pension products, Corporate financial instruments like equity share, debentures, etc.; Bond; Mutual fund; Tax-free bonds; RBI Floating rate bond; Gold bond; Digital wallets: benefits, types, features and uses; QR code. **(9 lectures)**

Unit III: Bank and financial inclusion: Concept of KYC; BSBDA and Jan Dhan account; Pradhan Mantri Jeevan Jyoti Bima Yojana and Pradhan Mantri Suraksha Bima Yojana; Financial inclusion and financial inclusion index; Mudra scheme; E-banking: NEFT and RTGS; Precautions in e-payments; Risks associated with digital payments; Role of RBI as the regulator.
(**8 lectures)**

Unit IV: Insurance: Concept of insurance and risk avoidance; Basic terms in insurance – premium, sum assured, agent, commission, claim; Types of insurance: Life insurance, Accidental insurance, Fire insurance, Health insurance, Crop insurance, etc.: Personal health policies and Public health policies; Role of TPA; Insurance companies in India; IRDA.
(8 lectures)

Unit V: Investment in stock market: Investment and Speculation; A brief discussion on return and risk; Trading in shares; Dematerialization and Demat account; SEBI- Role and functions.
(6 lectures)

Unit VI: Rights and awareness of Consumers and Investors: The principle of "Buyer be aware" – its exceptions; Consumer disputes: Role of Consumer Affairs Department; Consumer Protection Act and Consumer Courts; Investor right; Investor awareness and activism; Investor association; Investor grievances and redressal mechanism; Ombudsman. **(7 lectures)**

Suggested readings

1. The Basics of Finance: Financial Tools for Non-Financial Managers: Bryan E Milling, iUniverse
2. Smart Guide to Managing Personal Finance: Alfred Glossbrenner and Emily Glossbrenner, John Wiley
3. Total Money Makeover: Dave Ramsey, Thomas Nelson
4. Stock exchanges, Investments and Derivatives: P. Rajib and V. Raghunathan, TMH
5. Investing in India - A Value Investor's Guide: Rahul Saraogi, Wiley

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6. Financial Inclusion in India: Policies & Programmes: N. Mani, New Century
7. Financial Education Series: Reserve Bank of India
8. Introduction to Financial Planning: Indian Institute of Banking & Finance, Taxmann
9. Risk Analysis, Insurance and Retirement Planning: Indian Institute of Banking & Finance, Taxmann
10. Financial Planning & Wealth Management: Concepts and Practice: Joydeep Sen, Shroff Publishers
11. Consumer Protection Act: R.K. Bangia, Allahabad Law Agency
12. Consumer Rights and Awareness: M. Nazer, Discovery Publishing
13. Financial Education Material: SEBI (e-content)
14. OECD/INFE Toolkit For Measuring Financial Literacy and Financial Inclusion: OECD (e-content)

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Value Added Course (VAC)

Value Added Course (VAC)- 01

VAC-01: ENVS- Environmental Studies **Credits 04 (Full Marks-100)**

Course contents:

Unit-I: Introduction to environmental studies (2 lectures)

- Multidisciplinary nature of environmental studies;
- Scope and importance; Concept of sustainability and sustainable development.

Unit-II: Ecosystems (6 lectures)

- What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem; b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-III: Natural Resources: Renewable and Non-renewable Resources (8 lectures)

- Land resources and land use change; Land degradation, soil erosion and desertification;
- Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations. Joint forest management.
- Water: Use and over--exploitation of surface and ground water, floods, droughts, conflicts over water (international & interstate).
- Energy resources: Renewable and non renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-IV: Biodiversity and Conservation (8 lectures)

- Levels of biological diversity: genetic, species and ecosystem diversity; Bio-geographic zones of India; Biodiversity patterns and global biodiversity hot spots
- India as a mega---biodiversity nation; Endangered and endemic species of India
- Threats to biodiversity: Habitat loss, poaching of wildlife, man--wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.
- Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit-V: Environmental Pollution (8 lectures)

- Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution
- Nuclear hazards and human health risks
- Solid waste management: Control measures of urban and industrial waste.
- Pollution case studies.
- Noise pollution.

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Unit-VI: Environmental Policies & Practices **(7 lectures)**

- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture
- Environment Laws: Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).
- Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.
- Environmental policy and gender issues

Unit-VII: Human Communities and the Environment **(6 lectures)**

- Human population growth: Impacts on environment, human health and welfare.
- Resettlement and rehabilitation of project affected persons; case studies.
- Disaster management: floods, earthquake, cyclones and landslides.
- Environmental movements: Chipko, Silent valley, Bishnois of Rajasthan.
- Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (e.g. CNG vehicles in Delhi)

Unit-VIII: Field work **(Equal to 5 lectures)**

- Visit to an area to document environmental assets: river/ forest/ flora/fauna, etc.
- Visit to a local polluted site--Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds and basic principles of identification.
- Study of simple ecosystems--pond, river, Delhi Ridge, etc.
- Disaster management.
- Coastal ecosystem

Suggested Readings:

i. Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
ii. Gadgil, M., & Guha, R. 1993. *This Fissured Land:An Ecological History of India*. Univ. of California Press.
iii. Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
iv. Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
v. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
vi. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36--37.
vii. McCully, P. 1996. *Rivers no more: the environmental effects of dams* (pp. 29---64). Zed Books.
viii. McNeill, John R. 2000. Something New Under the Sun: An Environmental History of the Twentieth Century.
ix. Odum, E.P., Odum, H.T. & Andrews, J. 1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
x. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. Environmental and Pollution Science. Academic Press
xi. Rao, M.N. & Datta, A.K. 1987. Waste Water Treatment. Oxford and IBH Publishing Co.Pvt. Ltd.
xii. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. Environment. 8th edition. John Wiley& Sons.

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xiii. Rosencranz, A., Divan, S., & Noble, M. L. 2001. Environmental law and policy in India. Tripathi 1992.
xiv. Sengupta, R. 2003. Ecology and economics: An approach to sustainable development.OUP.
xv. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. Ecology, Environmental Science and
xvi. Conservation. S. Chand Publishing, New Delhi.
xvii. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. Conservation Biology: Voices from the Tropics. John Wiley & Sons.
xviii. Thapar, V. 1998. Land of the Tiger: A Natural History of the Indian Subcontinent. Warren, C. E. 1971. Biology and Water Pollution Control. WB Saunders.
xix. Wilson, E. O. 2006. The Creation: An appeal to save life on earth. New York: Norton.
xx. World Commission on Environment and Development. 1987. Our Common Future. Oxford University Press.

Value Added Course (VAC) - 02

VAC-02: Human Rights **Credits 04 (Full Marks-50)**

Course contents:

Unit -1: Human Rights: Society and Development-Human Rights in the World

Unit- 2: Human Rights in India: Civil and Political Rights - Human Rights Commissions

Unit -3: Violation of Rights: Violation of Human Rights and Remedies -Violation of Economic, Social and Cultural Rights

Unit - 4: Rights of the Juveniles& Elderly People

a) Rights of the Juveniles and Child Labour and Old People,
b) Protection of Rights to Health,
c) Human Rights and the Civil Society

Suggested Readings

1. Agarwal, H.O., Implementation of Human Rights Covenants with Special Reference to India (Allahabad: Kitab Mahal, 1983).
2. Alam, Aftab, ed., Human Rights in India: Issues and Challenges (New Delhi: Raj Publications, 1999).
3. Amnesty International, Human Rights in India (New Delhi: Sage Publications, 1994).
4. Bajwa, G.S. and D.K. Bajwa, Human Rights in India: Implementation and Violations (New Delhi: D.K. Publishers, 1996).
5. Basu, D.D., Human Rights in Constitutional Law (New Delhi: Prentice Hall, 1994).
6. Baxi, Upendra, Inhuman Wrongs and Human Rights (Delhi: HarAnand Publications, 1994).
7. Begum, S.M., ed., Human Rights in India: Issues and Perspectives (New Delhi: APH Publishing Co., 2000).
8. Bhagwati, P.N., Legal Aid as Human Rights (Dharwad: JagrutBharut, 1985).
9. Bhargava, G.S. and R.M.Pal, ed., Human Rights of Dalits: Societal Violation (New Delhi: Gyan Publishing House, 2000).

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Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
VAC02	Yoga and Wellness	4	2-0-2	10	40	50

VAC-02T: Yoga and Wellness (Theory) **Credits-02** **(Marks-20)**

Course contents:

Unite-I: Health and Health Problems in India: **(Marks-10)**

1.1 Health: Meaning, Definition, Dimensions and Factors
1.2 Health Education: Meaning, Definition, Aim, Objectives and Principles. Personal Hygiene: Care of Eyes, Ear, Nose, Skin, Mouth, Teeth and Feet
1.3 Aim, Objectives and Functions of Health Agencies: World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF)
1.4 Life Style Diseases (Hypokinetic): obesity and Diabetes. Life Style Diseases (Hyperkinetic): Hypertension and Psychological Disorder-Stress

Unit-II: Wellness and Wellness Programme: **(Marks-10)**

2.1Wellness-Concept, Definition, Components, Factors affecting Wellness Significance with reference to Positive Lifestyle
2.2 Concepts of Quality of Life arid Body Image
2.3 Significance with reference to Positive Lifestyle
2.4 Wellness Programme in Reference to Physical Activities & Yoga

VAC-02P: Yoga Practical **Credits-02** **(Marks-20)**

1**. Suryanamaskar:** (As per AIU Guide Line) - Compulsory *3 Marks*

2. Asanas:

(01 Asana from each group to be selected by the external examiner): *5X3=15 Marks*

Standing Posture	Sitting Posture	Supine Posture	Prone Posture	Inverted Posture
1.Ardhachandrasana	4.Ardhakurmasana	7.Setubandhasana	10.Bhujangasana	13.Sarbangasana
2.Brikshasana	5.Paschimottanasana	8.Halasana	11.Salvasana	14.Shirsasana
3.Padahastasana	6.Gomukhasana	9.Matsyasana	12.Dhanurasana	15.Bhagrasana

3. Pranayama &Kriya:

(01 Pranayama/Kriyato be selected by the external examiner): *2 Marks*

3.1. AnulamVilom
3.2. Bhramri
3.3. Kapalbhati

N.B.: Nomenclature and benefits of all Yogatobedemonstrated during the practical classes.

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Suggested Readings:

1. Corbin, C. B. G. J. Welk. W. R Corbin, K. A. Welk (2006) Concepts of Physical Fitness: for Wellness. McGraw Hill, New York, USA.
2. Kamlesh, M. L. & Singh, M . K. (2006) Physical Education (Naveen Publications).
3. Kansal, D.K. (2008) Textbook of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science Publications, New Delhi.
4. Uppal, A.K. (2004), Fitness and Health 5th ed. (U.K., Human Kinetics).
5. Sharma Jai Prakash And SehgalMadhu(2006). Yog-Shiksha. Friends Publication. Delhi. 6. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga, General Books, LLC, New Delhi.
7. Sarin N (2003). Yoga DawaraRogoonKaUpchhar. KhelSahitya Kendra.
8. Text Book Patanjali Yoga Sutra.
9. Kayal, R. Yoga Sikha. Clasique Books. Kolkata.

OR

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
VAC02	**Disaster Management**	**4**	**4-0-0**	**10**	**40**	**50**

Course contents:

Unit -1: Introduction to Disaster: Disaster:

- Concepts and definitions (Disaster, Hazards, Vulnerability, Resilience, Risks).
- Parameters of Disaster Risks. Levels of disasters as per national guideline.
- Brief explanation of some frequently occurring natural disasters in India.

Unit -2: Impacts of disasters:

Impacts of disasters (including social, economic, political, environmental, health, psychosocial, etc.).
Hazards, Response time, frequencies, forewarning, exposure time of different hazards.
Common approaches to study natural and manmade hazards; vulnerability and disasters.

Unit -3: Disaster Management:

Aims of disaster management. Principles and component of disaster management. Dimension of natural and anthropogenic disaster.

Unit- 4: Consequences of disaster:

Causes and consequences of hazards-physical, economic, cultural. Repercussion of disasters and hazards, Economic damage. Loss of human and animal life. Destruction of Ecosystem.

Unit -5: Global perspectives:

• Natural disaster - Study of environmental impacts induced by human activity. Causes, impact, consequences, trends understanding of: Earthquake, cyclones, floods, landslides and avalanches.
• Man-made disasters: Biological disasters, nuclear disasters, building fire, cold fire, forest fire, air pollution, water pollution, industrial pollution, oil slicks and spills, out- break of disease and epidemic, war and conflicts.

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Suggested Readings

1. Disaster Management Guidelines, GOI-UND Disaster Risk Program (2009-2012)
2. Damon, P. Copola, (2006) Introduction to International Disaster Management, Butterworth Heineman.
3. Gupta A.K., Niar S.S and Chatterjee S. (2013) Disaster management and Risk Reduction, Role of Environmental Knowledge, Narosa Publishing House, Delhi.
4. Murthy D.B.N. (2012) Disaster Management, Deep and Deep Publication PVT. Ltd. New Delhi.
5. Modh S. (2010) Managing Natural Disasters, Mac Millan publishers India LTD.

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