

**ORIENTAL COLLEGE (AUTONOMOUS)
TAKYEL, IMPHAL**



**VALUE ADDITION COURSES FOR
1ST & 2ND SEMESTER**

**SYLLABI FOR UNDER GRADUATE ACADEMIC
PROGRAMMES UNDER NEP-2020**

VALUE ADDITION COURSES

Value Addition Courses (VAC) are those courses that will help develop the capacities of human beings – intellectual, aesthetic, social, physical, emotional and moral in an integrated manner. While the courses will be developed according to the decisions taken by the VAC Committee of the college, the main areas which are to be covered under the VAC courses are Solid Waste Management, Radiation Hazard And Safety Principles, Methods Of Yoga, Nutrition And Physical Fitness, Women Empowerment, Human Rights And Duties, Bio Fertilizer, Vermicomposting, NCC, NSS, English Communication Skills, Computer Skills, Health Care, Dance, Fine Arts, Drama, Music, Thang-Ta, different sports disciplines, etc. The list is indeed not exhaustive.

As far as the Course Structure is concerned, each VAC carries 2 credits. A total of 8 VAC courses are to be offered in undergraduate. Semester I and II will have two VAC courses each i.e. a total of 4 VAC courses in 1st year while there will be one VAC course each in III, IV, V and VI semesters. Students should offer at least five VACs in undergraduate course.

Year	Semester	No. of VAC (each with 2 credits of 30 Contact hours)	No. of course option
1	1 st	2	6
	2 nd	2	6
2	3 rd	1	3
	4 th	1	3
3	5 th	1	3
	6 th	1	3
Total		8	24

2. Course structure of VAC shall be as follows:

COURSE CODE	TOTAL CREDIT	CONTACT HOURS	ASSESSMENT WEIGHTAGE in P.C.	
			Written	Other Assessment Modes: i. Practical/ Demonstration; ii. Seminar/Presentation; iii. Field /Project Work; iv. Assignment
V01 XXX	2	30	60	40 (Weightage to be distributed according to relevance)
V02 XXX	2	30	60	-do-
V03 XXX	2	30	60	-do-
V04 XXX	2	30	60	-do-
V05 XXX	2	30	60	-do-
V06 XXX	2	30	60	-do-
V07 XXX	2	30	60	-do-
V08 XXX	2	30	60	-do-

3. The college shall offer 12 VACs initially for the 1st Year of 2022-23 session. Other VACs to be introduced in the 2nd and 3rd years shall be subsequently developed based on feedback from stakeholders.

4. List of Value Addition Courses to be offered in the 1st Year:

1. Solid Waste Management
2. Radiation Hazard and Safety
3. Principles and Methods of Yoga
4. Introduction to Women Empowerment
5. Composting
6. Basic Computer Skills
7. Creative Writing

8. Human Rights & Duties
9. NSS (National Service Scheme)
10. Nutrition & Physical Fitness
11. Vermi Composting
12. Personality Development

5. In Semester I, students shall opt 2 (two) Value Addition Courses in the following manner:

- i. Choose any one VAC within the serial no. 1 to 3.
- ii. Choose any one VAC within the serial no. 4 to 6.

Similarly, in Semester II, students shall opt 2 (two) Value Addition Courses in the following manner:

- i. Choose any one VAC within the serial no. 7 to 9.
- ii. Choose any one VAC within the serial no. 10 to 12.

6. Instructions:

- i. No repetition of courses is allowed in the entire programme.
- ii. Assessment will be done internally by the concerned Departments).
- iii. Evaluation may be conducted by adopting of the following methods:
 - Written test (MCQ in online/offline/blended mode)
 - Practical examination
 - Laboratory work
 - Field work/Project
 - Assignment
 - Presentation

7. List of subject experts for developing the VAC syllabi of the 1st year:

- i. Kongkham Biplob Singha, Assistant Prof., Political Science Dept.
- ii. Dr. M. Babita Devi, Assistant Prof., Education Dept.
- iii. Dr. N. Nilima Chanu, Assistant Prof., Physics Dept.
- iv. Dr. R.K. Imosana Singh, Assistant Prof., Environmental Science Dept.
- v. Dr. Sarat Pebamcha, Associate Prof., Physical Education & Sports Dept.
- vi. Dr. S. Sanayaima Devi, HoD, Zoology Dept.
- vii. H. Bikram Sharma, Guest Faculty, IT course
- viii. Sachidananda Angom, Assistant Prof., English Dept.
- ix. Dr. M. Phalguni Singh, Assistant Prof., Chemistry Dept.

8. Detail of Courses

SEMESTER I								
COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field Work /Project Work	Assignment
VAC 01	V 01 SWM Solid Waste Management	02	30	40	20	10	20	10
VAC 01	V 01 RHS - Radiation Hazard And Safety	02	30	40	20	10	20	10
VAC 01	V 01 YOG - Principles And Methods Of Yoga	02	30	40	30	NA	20	10
VAC02	V 02 WEM - Introduction To Women Empowerment	02	30	60	NA	NA	NA	40
VAC02	V 02 BIO Composting	02	30	40	30	NA	20	10
VAC02	V 02 COM Basic Computer Skills	02	30	40	30	10	NA	30

SEMESTER II

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE				
				Written	Practical /Demonstration	Seminar/ Presentation	Field Work /Project work	Assignment
VAC 03	V03 CWR - Creative Writing	02	30	60	10	-	20	10
VAC 03	V03 HRD- Human Rights And Duties	02	30	60	-	10	20	10
VAC 03	V03 NSS - National Service Scheme	02	30	60	-	10	20	10
VAC04	V04 NPF - Nutrition And Physical Fitness	02	30	60	10	10	10	10
VAC04	V04 VER- Vermicomposting	02	30	60	20	-	-	20
VAC04	V04 PDE - Personality Development	02	30	60	10	10	10	10

9. Syllabi of the above Value Addition Courses are given below:

SEMESTER - I

VALUE ADDITION COURSE – V01 SWM SOLID WASTE MANAGEMENT (Total Credits -2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V01	V01 SWM – Solid Waste Management	02	30	60	10	10	10	10

COURSE OBJECTIVES:

- To impart the knowledge about Solid waste Management
- To make the students aware about relevance of solid waste management to maintain a clean and safe environment.
- To give the students an overview of municipal solid waste management including collection, transfer, transport and disposal.
- To instruct the students about the methods of processing, basic disposal facilities, disposal options, and the environment issues of solid waste management will be covered in this course.

COURSE OUTCOMES:

- To know the sources and composition of solid waste
- Understand the components of solid waste management and laws governing it.
- Understand the solid waste collection systems, route optimization techniques and processing of solid wastes.
- Understand the design, operation and maintenance of different method of waste treatment and the operation and maintenance of sanitary landfill
- Know the operation and maintenance of incineration process and the recent trends in reuse of solid waste.

Unit-I: Sources and Composition of Municipal Solid Waste (6 hours)

Introduction, sources of solid waste, Types of solid waste, composition of solid waste and its determination.

Physical properties of municipal solid waste, chemical properties of municipal solid waste, biological properties of municipal solid waste, transformation of municipal solid waste.

Unit-II Solid Waste Generation and Collection (6 hours)

Quantities of solid waste, measurement and method, solid waste generation and collection, factors affecting solid waste generation rate.

Unit-III Processing and Disposal of Solid Waste (6 hours)

Processing of solid waste at residence e.g. storage, conveying, compacting, shredding, pulping, granulating, etc., processing of solid waste at commercial and industrial site.

Combustion and energy recovery of municipal solid waste, landfill processes, differentiate sanitary landfill and incineration as final disposal for solid waste.

Unit-IV Hazardous Solid Waste (6 hours)

Definition, Identification and classification of hazardous solid waste, Characteristics, hazardous waste toxicity, reactivity, infectiousness, flammability, radioactivity, corrosiveness, biomedical waste, its sources, generation, storage and disposal.

UNIT –V Field Visit with students to relevant sites. (6 hours)

Reference:

1. Waste to Resources: a waste management handbook TERI Press, New Delhi
2. Solid Waste Management: Present and Future Challenges by AL. Ramanathan Jagbir Singh

VALUE ADDITION COURSE – V01RHS
RADIATION HAZARD AND SAFETY
(Total Credits -2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V01	V01 RHS – Radiation Hazard And Safety	02	30	60	10	10	10	10

COURSE OBJECTIVES:

- The aim of this course is for awareness and understanding regarding radiation hazards and safety.

COURSE OUTCOME:

- Students will learn about the radiation safety measurement.

Unit I: Interaction of Radiation with matter (8 hours)

Types of Radiation: Alpha, Beta, Gamma and Neutron and their sources, Interaction of Photons - Photoelectric effect, Compton Scattering, Pair Production, Linear and Mass Attenuation Coefficients, Interaction of Charged Particles: Channeling and Cherenkov radiation. Beta Particles- Collision and Radiation loss (Bremsstrahlung), Interaction of Neutrons- Collision, slowing down and Moderation.

Unit II: Radiation Hazard (6 hours)

Radiation hazard, evaluation, control and radiation protection Hazard evaluation by calculation, area monitoring, personal monitoring. Detection and measurement of contamination on work surface and person. Methods of decontamination. External and internal exposure.

Unit III: Radiation detection and monitoring devices: (6 hours)

Basic idea of different units of activity, exposure, absorbed dose, equivalent dose, effective

dose, Annual Limit of Intake (ALI) Radiation detection: Basic concept and working principle of gas detectors (Ionization Chambers, Proportional Counter, and Gieger Muller Counter), Thermoluminescent Dosimetry.

Unit IV: Radiation safety management (4 hours)

Biological effects of ionizing radiation, basics of radiation hazards evaluation and control: radiation protection standards, introduction of safety and risk management of radiation. Nuclear waste and disposal management.

Demonstrations (6 hours)

Demonstration of Training modules on the background radiation levels using Radiation meter.

References:

1. Radiation Protection (Adam Hilger Ltd. International Publishers Services, 1985), Ronald L. Kathren.
2. Environmental Radioactivity (Academic Press, Orlando, 1987), Merrill Eisenbud.
3. Atoms, Radiation & Radiation Protection (Pergamon Press, 1986), James E Turner.
4. Attix F H et al, "Radiation Dosimetr", Vol. I, II and III (Academic Press, NY, 1968)
5. Radiation: Fundamentals, Applications, Risks, and Safety by Ilya Obodovski

**VALUE ADDITION COURSE V01YOG
PRINCIPLES AND METHODS OF YOGA**

(Total Credits - 2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V01	V01 YOG: Principles And Methods Of Yoga	02	30	60	10	10	10	10

COURSE OBJECTIVES:

- The Students will gain the fundamental knowledge of Yoga.
- The study will know the importance of Yoga.
- The theoretical and practical approaches will be learned.

COURSE OUTCOMES:

- The students will have a clear understanding about the basic fundamental of yoga and its benefits;
- They will also be able to perform some of the important “asanas” of yoga in their daily life.

Unit – 1: Introduction

Meaning and Definition of Yoga

Aims and Objectives of Yoga

Yoga in Early Upanisads

Need and Importance of Yoga in Physical Education and Sports.

Unit – II: Foundation of Yoga

The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Yoga in the BhagavadGita – Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

Unit – III: Asanas

Effect of Asanas and Pranayama on various systems of the body.

Classification of Asanas with special references to Physical Education and Sports.

Influences of relaxation, meditative posture on the various system of the body.

Types of Bandhas and Mudras.

Type of Kriyas.

References:

1. Brown, F. L. (2000). How to use Yoga. Delhi: Sports Publication.
2. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for Yogic practices. Lonawala: Kaixydahmoe.
3. Rajjan, S. M. (1985). Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

VALUE ADDITION COURSE
V02 WEM: INTRODUCTION TO WOMEN EMPOWERMENT
(Total Credits -2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V02	V02 WEM: Introduction To Women Empowerment	02	30	60	-	10	20	10

COURSE OBJECTIVES:

This paper introduces learners to a basic understanding and analysis of the different dimensions of women empowerment. The paper is divided into four distinct units. Unit I is concerned with a conceptual understanding of women empowerment while highlighting its challenges and determinants. It introduces learners to different issues confronting women in society. Unit II deals with social and economic empowerment of women in India along with relevant legal and statutory provisions. Unit III analyses political empowerment of women and its implications while also focusing on patterns of their political participation and influence in decision-making. Unit IV deals with different national and international Acts, Commissions and Laws that seek to safeguard women's rights. It also includes aspects of certain social movements and institutions of women empowerment in Manipur.

COURSE OUTCOMES:

Upon completion of the course, the students will be able to:

- a) explain the concept of women empowerment along with the different determinants and challenges
- b) understand the different issues confronting women, gain insights into existing government measures and schemes for women's welfare, and also know the working of important constitutional and statutory bodies
- c) understand the different dimensions of political empowerment, including inclusivity in political participation and decision-making bodies, instruments under national and international law
- d) make an in-depth analysis of the different barriers to women empowerment, while also understanding women empowerment movements in Manipur.

Unit I:

Women Empowerment: Definition, Determinants, Challenges

Key issues in Women Empowerment: Sex Ratio, Female Infanticide, Female Foeticide, Child Marriage, Dowry, Property Rights of Women, Violence against women

Unit II

Socio-economic empowerment of women - Gender issues in Health, Education and Environment

Economic status of women in contemporary India,

Government policies, schemes and welfare measures for women and girls in India,

National Policy for the Empowerment of Women, 2001

Unit III

Political Empowerment of women- Political participation, Women leaders in politics

Women in legislative decision-making bodies; Barriers in participation and reservation policies,

Women's political rights in India

Unit IV

National Commission for Women

The Protection of Women from Domestic Violence Act, 2005

Women under International Law – UN Women, CEDAW

Women Empowerment in Manipur; Nupi Lal; Meira Paibi Movement

Suggested Readings:

- a. Devaki Jain and Pam Rajput (Ed). (2003). Narratives from the Women's Studies Family, Recreating Knowledge, Sage New Delhi.
- b. Jasbir Jain (Ed). (2005). Women in Patriarchy: Cross Cultural Readings. Rawat Publications, Jaipur
- c. Maithreyi Krishna Raj. (1986). Women Studies in India: Some Perspectives. Popular Prakashan, Bombay.
- d. Mala Khullar, (Ed). (2005). Writing the Women's Movement: A Reader. Zubaan, Kali for Women, New Delhi.
- e. Mies, Maria. (1980), Indian Women and Patriarchy, Concept Publishing Company, New Delhi
- f. Sushama Sahay, (1998), Women and Empowerment: Approaches and Strategies, Discovery Publishing
- g. Salam Irene, (2014), Women of Manipur: An Alternative Perspective, Neha Publications

**VALUE ADDITION COURSE – V02 BIO
COMPOSTING
(Total Credits -2, Contact hours - 30)**

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V02	V02 BIO: Composting	02	30	60	20	-	-	20

COURSE OBJECTIVES:

- To study the impact of soil management practices on microbial functions and soil health.
- To improve bio fertilizer technology to ensure high quality and improved delivery.
- To diversify bio fertilizer research and application in dry lands, and degraded soils.
- To impart hands on training on the skills associated with Bio fertilizer organisms isolation, production and application.

COURSE OUTCOMES:

- Students will be acquiring the technical knowledge in Bio fertilizer production technology.
- Have knowledge different types of microbes and their role in composting.
- To understand different types of residues for composting.
- Development of integrated management for best results uses both nitrogenous and phosphatic bio fertilizers.
- Ability to distinguish the types of biofertilizers.

Unit I:

Introduction to Composting:

Types – aerobic and anaerobic, factors influencing composting of organic waste.

Unit II:

Process of composting:

Types of microorganisms used in composting, Process of composting, Different methods of composting (small and large scale)

Unit III:

Residues of composting:

Different residues: Sugar factory waste, Oil cakes, Industrial effluents, Saw dust, Poultry waste, Kitchen waste.

Unit IV:

Products:

Qualities of good compost, Advantages and disadvantages of composting

Unit IV: Practical:

1. Formation of different types of composting bin.
2. Kitchen waste composting.
3. Collection of waste.
4. Different methods of filling pit.
5. Harvesting of compost

Reference:

1. Arun K. Sharma (2017) Biofertilizers for Sustainable Agriculture: Agrobios (India)
2. Dr. Anil Kumar, Th. Dr. Susheelkumar Thakar, etat. (2021). Biofertilizers. S. Dinesh & Co.
3. Davis W. Rawlings (2021). Composting Book for Beginners.
4. Steve Solomon. (1993). Easy Composting for Organic Gardeners
5. Michelle Baez (2017). Composting for a New Generation

VALUE ADDITION COURSE
V02 COM BASIC COMPUTING SKILLS
(Total Credits -2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V02	V02 COM: Basic Computer Skills	02	30	60	20	-	-	20

COURSE OBJECTIVES:

1. To familiarize with basics of Computers
2. To understand the used of Microsoft Windows and other OS.
3. To make students perform basic functions in a word processor, spreadsheet & powerpoint presentation.
4. To explore the impact of technology has on individuals and organizations

COURSE OUTCOMES:

1. Select and use the appropriate software application to complete a particular task
2. Create documents in MS Word format text and develop the ability to use automatic formatting tools.
3. Critically sort and manipulate data using formulas and functions in a worksheet
4. Create and format simple presentations.
5. Knowledge of various types of networks and topologies
6. Use of the Internet and e-mail.

UNIT I -Basics of Computer

Knowledge of Computer hardware and its peripherals, Input & output devices types and its functions, computer handling on the MS Windows 10 and other open source OS Linux

UNIT II - MS Word

Creating new Documents –Document template – Typing Text – Editing Text – Insert Text – Go to, Find, and Replace text or word- Formatting of Text – Format painter – Cut and Paste utility, Creating tables – Working with table – Merging cells – Splitting a cell – Splitting a table -using auto correct option.

UNIT III - MS Excel

The typical worksheet or spread sheet – cell and their properties – formatting cell – text, numbers, currency, accounting, date, time, percentage, scientific – formats.

Formula using arithmetic and relational operators in a worksheet -Advanced Formulas sum, count, countif, Average, Max, Min, Product, if.

Creating Bar diagrams, pie charts, Area, - Building Line Diagrams, Histograms, Scatter plots -Frequency Graphs

UNIT IV-MS Power point

Create Slide Presentation – Design Theme – Add Text – Editing Techniques – Format Slide.- Transition and Animation, Slide Shows & Creating custom slide shows.

Unit V Network & Internet

Networking types and importance, LAN, WAN, types of media used in computer networking & Concept of internet, world wide web (www) & email.

Reference Books:

1. Fundamentals Of Computers - Prof V. Rajaraman, Neeharika Adabala - Prentice- Hall of India
2. Introduction to Computers- Peter Norton 6th Edition, Tata McGraw Hill
3. Computer Fundamentals - P. K. Sinha Publisher: BPB Publications
4. Computer & Internet Basics Step-by-Step – Etc End the Clutter - Infinity Publishing
5. Microsoft Office Step by Step- John Lambert, Curtis Frye-
6. Mastering MS Office - Kumar Bittu, V&S Publishers
7. Office 2010 in Easy Steps- Michael Price, In Easy Steps Limited

SEMESTER II
VALUE ADDITION COURSE
V03 CWR: CREATIVE WRITING
(Total Credits: 02, Contact hours: 30)

Course Structure:

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V03	V03 CWR: Creative Writing	02	30	60	10	-	20	10

COURSE OBJECTIVES:

- To understand ideas related to creative writing
- To understand the principles of creative writing
- To explain the differences in writing for various literary and social media
- To put into practice the various forms of creative writing

COURSE OUTCOMES:

At the end of the course, students will be able to

- write for various literary and social media
- critically appreciate various forms of literature
- make innovative use of their creative and critical faculties
- seek employment in various creative fields

Unit - I: 8 hours

Meaning, Scope and Significance of creative writing, Genres of creative writing: poetry, fiction, non-fiction, drama and other forms.

Unit - II: 8 hours

Plot, Setting, Character, Dialogue, Point of View, Literary Devices and Figurative Language, Elements of Style, Grammar and the Structure of Language, Proof Reading and Editing

Unit - III: 6 hours

Fiction: Short Story, Novel, Poetry, Drama, Essay, Fable, Biography, Memoire and Autobiography, Travelogues, Diaries, Self-Narrative Writing

Unit – IV : 8 hours

New Trends in Creative Writing, Web Content Writing and Blog Writing, Script Writing, Journalistic Writing, Copywriting, Graphic Novel, Flash Fiction

Reference:

1. Bell, Julia and Magrs, Paul. The Creative Writing Course-Book. London: Macmillan, 2001.
2. Clark, Roy Peter. Writing Tools.US: Brown and Company, 2008.
3. Johnson, Jeannie. Why Write Poetry? US: F. D. Univ. Press, 2007

VALUE ADDITION COURSE
V03 HRD: HUMAN RIGHTS AND DUTIES
(Total Credits -2, Contact hours - 30)

Course structure:

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V03	V03 HRD: HUMAN RIGHTS AND DUTIES	02	30	60	-	10	20	10

COURSE OBJECTIVES:

This introductory course is divided into two sections:

Section A introduces the students to the theoretical and conceptual origins of human rights. It deals with the typology and the diverse nature of rights while emphasizing its interlinkages with duties and responsibilities. It also highlights the significance of UDHR 1948 and the global role of United Nations in the protection and promotion of human rights.

Section B is centred on human rights and duties in the Indian context. It deals with the constitutional and statutory provisions for human rights in India, and their significance within the Indian political system. It also focuses on the importance of understanding citizens' Fundamental Duties and the importance of Directive Principles of State Policy.

LEARNING OUTCOMES:

At the end of the course, the students shall:

- a) be able to explain the nature, different meanings, and types of rights and build their own understanding of human rights.
- b) be able to understand the evolution of human rights across generations and establish the intricate relationship of rights with duties and responsibilities.
- c) be able to answer how the United Nations occupy a central place in the discourses on human rights.
- d) gain insights into India's own constitutional, statutory, and other provisions that seek to protect and safeguard human rights of its citizens.
- e) be able to understand rights violations of weaker and vulnerable groups in India and the existing mechanisms for their protection.

Unit I: Conceptual background of Human Rights and Duties

1. Rights: Meaning, Nature and Types
2. Origin of the concept of Human Rights, Three Generations of Rights
3. Relationship between Rights and Duties, Freedom and Responsibility
4. Universal Declaration of Human Rights, 1948
5. United Nations and Human Rights

Unit II: Human Rights and Duties in India

1. Indian Constitution: Fundamental Rights, Directive Principles of State Policy, Fundamental Duties and their interrelationships
2. The Protection of Human Rights Act 1993
3. Role of Indian Judiciary in enforcement and protection of Human Rights
4. Role of National Human Rights Commission and State Human Rights Commissions.
5. Protection of the human rights of women, children and the disadvantaged groups.

References:

1. Adil-ul-Yasin and Acharna Upadhyay: Human Rights, Akansha Publishing House, New Delhi, 2004
2. Agarwal, H.O., Human Rights, Central law Publications, 16th Edition, 2016
3. Bajwa, G.S. and Bajwa, D.K.: Human Rights in India: Implementation and Violations, New Delhi, D.K. Publishers, 1996
4. Basu, D.D.: Introduction to the Constitution of India, 26th Edition, Lexis Nexis Publications
5. Giriya, M., Pushpavalli, K., Subasree, P.: Human Rights: An Overview, S. Chand & Co. Ltd.
6. Jayapalan, N: Human Rights, New Delhi, Atlantic Publishers, 2000
7. Justice Mohanti, M: Human Rights Education, Deep and Deep, New Delhi, 2000
8. V.R. Krishna Iyer: Human Rights and Inhuman Wrongs, B.R. paperback, New Delhi, 2001
9. National Human Rights Commission: Human Rights Education for Beginners, 2005

SEMESTR –II

**VALUE ADDITION COURSE-VO3NSS
V03 NSS - NATIONAL SERVICE SCHEME
(Total Credits-2, Contact hours-30)**

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V03	V03 NSS National Service Scheme	02	30	60	-	10	20	10

COURSE OBJECTIVES:

1. To understand History, aim and objective of NSS
2. To understand Education through Community Service and community service through Education
3. To help about learners about NSS funding regular activity Special Camping.
4. Practice national integration and social harmony.

COURSE OUTCOMES:

At the end of the course, learners will be able to understand:

1. The knowledge about NSS aim, objective, Moto and flag.
2. The volunteerism its roles in the field of health, hygiene, sanitation, and emergence needs so as to build a strong country.

Unit -1 (6 hours).

Introduction to NSS, History, philosophy, aim and objectives of NSS.

Unit-II (8 hours)

Organization of NSS funding, regular activities, Special Camping, Adopted Village, maintain records, collaboration government agencies NGOs, NSS Moto, NSS logo, NSS Day.

Unit-III(8 hours)

Community Service: Organized a Social service camp in the institution campus, to understand need of volunteerism for neat and clean, health & hygiene.

Unit-IV (8 hours)

Organise and awareness camp to neighbouring village/adopted village and write a report based on that.

References:-

1. National Service Scheme Manual (Revised)2006 Government of India, Ministry of youth affairs and Sports, New Delhi.
2. Dr. O. Sanajaobi Devi 2022NSS
3. NSS websites and NSS Diary

SEMESTER - II
VALUE ADDITION COURSE
V04 NPF: NUTRITION AND PHYSICAL FITNESS

(Total Credits -2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V04	V04 NPF: NUTRITION AND PHYSICAL FITNESS	02	30	60	10	10	10	10

COURSE OBJECTIVES:

- To understand the Nutrition and Physical fitness.
- The study will know the importance of different types of nutrition.
- The theoretical and practical approaches of nutrition will be learned.

COURSE OUTCOMES:

- The students will gain knowledge about the importance of nutrition and its relevance in physical fitness.
- They will also be able to make their own diet chart and apply them when they undergo any form of physical activity.

Unit – I - Introduction to Sports Nutrition

- 1.1 Meaning, Definitions and Sports Nutrition
- 1.2 Basic Nutrition and guidelines.
- 1.3 Role of nutrition in Sports.
- 1.4 Factor to consider for developing Nutritional plan.

Unit – II Nutrients: Ingestion to Energy Metabolism

2.1 Macro and Micro nutrients.

2.2 Carbohydrates, Fat and Protein energy sources during physical activities and exercise

2.3 Vitamins, Mineral, Water – Meaning, classification and its function.

2.4 Daily caloric requirement and expenditure.

Unit – III Introduction to Physical Fitness

3.1 Definition, Aims and Objectives of Physical fitness and wellness.

3.2 Importance and Scope of fitness.

3.3 Modern concept of Physical fitness and wellness.

3.4 Components of Physical fitness – Strength, Speed, Endurance, Power and Flexibility.

3.5 Factors influencing Physical fitness.

References:

1. Basseen, D. H. (2008), Update on obesity, *J Clin Endocrinol Metab*, 93(6), 2027-2034.
2. Difiore, J. (1998). *Complete guide to postnatal fitness*. London: A & C Black.
3. Chu, S.Y. & Kim, L. J. (2008), Maternal obesity and risk of stillbirth: a meta- analysis. *Am J Obstet Gynecol*, 197(3).
4. Giam, C.K. (1994). *Sports medicine exercise and fitness*. Singapore: P.G. Medical Book.
5. McGlynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
6. Bucher, Charles A. “Administration of Health and Physical education”.
7. Sharkey, B. J. (1990). *Physiological fitness*, Human Kinetics Book.
8. International Fitness Association Web at [http:// www. ifafitness. Com](http://www.ifafitness.com)

VALUE ADDITION COURSE
V04 BIO: VERMICOMPOSTING
(Total Credits -2, Contact hours - 30)

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V04	V04 VER: VERMICOM POSTING	02	30	60	20	-	-	20

COURSE OBJECTIVES:

- To make the students aware about the significance of Vermicomposting as a profit-making enterprise.
- To help the students to understand the biology of Earthworms, nutritive values of Vermicompost & Vermicast.

COURSE OUTCOMES:

- Upon completion of the course, students shall be able to know the history of Vermiculture.
- Recognize various species of Earthworms in India, both exotic and indigenous races.
- Be aware about the opportunities and employment in rural cottage industry.
- Gain thorough knowledge about the techniques involved in Earthworm rearing and Vermicompost preparation.
- Develop entrepreneurial skills necessary for self-employment in Vermicomposting.

Unit I: Introduction to Vermiculture

Introduction to vermiculture: definition, Earthworm as indicators as soil fertility, Interaction of vermicompost- earthworm-mulch-plant root (VEMP), Recycling of waste through vermitech, Advantage of organic manure / vermicompost and the role of earthworms, Vermiculture process.

Unit II: Biology of Earthworm.

Types of worms – local and exotic. Selection of suitable species (Epigees, Endogeas, Anecicques), Basic characteristics of suitable species, Biology of Earthworm, Pests & Diseases and preventive measures.

Unit III: Vermicompost preparation & Physico-chemical parameters

Physico-chemical parameters of vermicompost, different methods of vermicomposting – small, large-scale bed farming, pit methods, limiting methods in vermicomposting. Requirements for vermicomposting. Extraction, harvesting, processing, packaging, transport and storage of vermin compost.

Unit III: Practical:

1. Methods of formation of different types culture pit.
2. Different types of food materials and its collection.
3. Rearing of Earthworms
4. Harvesting of compost

Reference:

1. Eiri. (2009) Biofertilizers & Vermiculture. Engineers India Research Institute.
2. Loren Nancarrow and Janet Hogan (1998). The Worm Book
3. Jaime Rainer (2014). Composting the Garden Guide.

VALUE ADDITION COURSE

V04 PDE: PERSONALITY DEVELOPMENT (Total credit-2, Contact Hour-30)

Course Structure:

COURSE CODE	COURSE TITLE	TOTAL CREDITS	CONTACT HOURS	ASSESSMENT WEIGHTAGE in PC				
				Written	Practical/ Demonstration	Seminars /Presentation	Field Work /Project Work	Assignment
V04	V04 PDE: Personality Development	02	30	60	10	10	10	10

COURSE OBJECTIVE :

- The course aims to bring about personality development with regard to the different behavioural dimensions that have far reaching significant in the direction of organisational effectiveness.
- The programs intends to develop talent, facilitate employability enabling the incumbent to excel and sustain in a highly competitive world business.
- To make students know about self – awareness, life skills, soft skill, need for personal development etc.

COURSE OUTCOME :

- The students will be able to understand, analyse develop and exhibit accurate sense of self.
- Think critically
- Demonstrate knowledge of personal belief and values and a commitment to continuing personal reflection and re assessment.
- Learn to balance confident with humility and overcome problems associated with personality.

Unit : 1: Introduction to Personal Development

The concept of personality-Dimension of personality – Theories of Freud & Erickson-Significant of personality development. The concept of success and failure –Hurdles in achieving success- Over coming hurdles- Factors responsible for success –Causes for failure. SWOT analysis

Unit 2 Attitude & Motivation :

The attitude-concept-Significant-Factor affecting attitude-positive attitude-Advantages-Negative attitude-disadvantages-Ways to develop positive attitude. Concept of motivation-significant-Eternal & external motive-important of self motivation.

Unit 3 Self - Esteem

Term Self-Esteem-Symptoms-Advantages-do's and don'ts to develop positive self-esteem-Low self-esteem-Symptoms-Personality having low self esteem-positive and negative self-esteem. Interpersonal relationship

Unit 4 Other aspect of Personality Development

Body language-Problem-solving-Conflict and stress management-decision making skills-Leadership and qualities of a successful leader-Character building-team work-time management-Work ethics-good manners and etiquette.

Unit 5 Employable Quotient

Resume building-the art of participating in group decisions-Facing the personal (HR&Technical) Interview-Psychometric analysis-Mock interview session.

Reference Books:

1. Andrews, Sudhir. How to succeed at Interviews. 21st (rep) New Delhi.Tata McGraw-Hill 1988
2. Heller,Robert,Effective Leadership, Essential Manager series. Dk Publishing, 2002
3. Hindle, Tim, Reducing Stress. Essential Manger series. Dk. Publishing 2003
4. Lucas,Stephen, Art of Public speaking.New Delhi. Tata-Mc graw Hill 2001
5. Mile, D.J, Power of positive thinking, Delhi. Rohan Book Company, 2004
6. Pravesh Kumar, All about self-Motivation. New Delhi Goodwill Publishing House. 2005
7. Smith B. Body Language. Delhi. Rohan Book Company 2004