

யோகமும் இளைஞர் வல்லமையும்

Yoga for Youth Empowerment

Total: 60 Hours

Objectives:

Providing the Value Education to improve the Students' Good character - understanding physical health - maintaining youthfulness - Moderation in five aspects of life - Personality Development - Learning of Introspection - Understanding Cultural Values - Learning Exercises and Yogaasanas.

நோக்கம்:

மாணவர்கள் குணநல மேம்பாட்டிற்கான மதிப்புக் கல்வி அளித்தல் - உடல்நலம் பற்றித் தெளிதல் - இளமை காத்தல் - ஐந்தில் அளவுமுறை கைகொள்ளல் - நற்குணங்களை வளர்த்தல் - அகத்தாய்வுப் பயிற்சிகளைக் கற்றுக் கொள்ளுதல் - பண்பாடு மதிப்புணர்தல் - உடற்பயிற்சி, யோகாசனங்கள் கற்றுக் கொள்ளல்.

Unit 1: Philosophy of life Science

Life - Purpose of Life - Philosophy of Life - Law of Nature - Kindness towards living beings Preserving Natural Resources.

அலகு 1 : வாழ்வியல் தத்துவம்

வாழ்க்கை - வாழ்வின் நோக்கம் - வாழ்க்கைத் தத்துவம் - இயற்கை நியதி - பிற உயிர் பேணல் - இயற்கை வளம் காத்தல்.

Unit 2: Human Values

Culture - Analysis of Thought - Moralization of Desire - Neutralization of Anger - Eradication of Worry - Blessings and Benefits - Harmonious Friendship - Love and Compassion - Individual Peace.

அலகு 2 : தனிமனித பண்புகள்

பண்பாடு - எண்ணம் ஆராய்தல் - ஆசை சீரமைத்தல் - சினம் தவிர்த்தல் - கவலை ஒழித்தல் - வாழ்த்தும் பயனும் - நட்பு நலம் - அன்பும் கருணையும் - தனிமனித அமைதி.

Unit 3 : Social Values

Family - Family Peace - Society - Life Style - World Brotherhood - Greatness of Women - Five Duties - Economics - Hygiene and Health Care - Education - Politics – Responsibilities of People.

அலகு 3 : சமுதாய மதிப்புகள்

குடும்பம் - குடும்ப அமைதி - சமுதாயம் - வாழ்க்கை முறை - உலக சகோதரத்துவம் - பெண்ணின் பெருமை ; ஐவகைக் கடமைகள் - பொருளாதாரம் - சுகாதாரம் - கல்வி - அரசியல் - மக்களின் பொறுப்பு - உலக அமைதி.

Unit 4 : Development of Mental Prosperity

Prosperity of Mind - Life Force - Bio-Magnetism and Mind - Functions of Mind – Mental Frequency - Ten Stages of Mind - Genetic Centre - Meditation -Value of Spirituality - Universal Magnetism and Bio-Magnetism.

அலகு 4 : மனிதவள மேம்பாடு

மனவளம் - உயிரும் மனமும் - உயிரின் இயக்க மையம் - மனத்தின் செயல்கள் - மன அலைச்சுழல் - மன இயக்கப் படி நிலைகள் - கருமையம் - தவம் (தியானம்) - ஆன்மீக மதிப்பு - வான்காந்தம், சீவகாந்தம்

Unit 5 : Maintenance of Physical Health

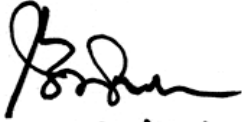
Structure of Human Body - Three Functional Bodies - Harmony between Body and Life Force - Pain, Disease and Death - Reasons for Disease - Limit and Method in Five Factors – Simplified Physical Exercises - Yogasanas - Sun Worship - Thandasanam - Chakrasana (Sideways) - Viruchasana (Eka Pada Asana) - Thrikonasana - Vajrasana - Padmasana - Yogamudra - Mahamudra - Usthasana - Vakkarasana - Savasana (Santhi Asana).

அலகு 5 : உடல் நலம் பேணல்

உடலமைப்பு - உடலின் மூவகை இயக்க மையங்கள் - உடலுக்கும் உயிருக்குமான உறவு - நோய்க்கான காரணங்கள் - ஐந்தில் அளவு முறை - எளியமுறை உடற்பயிற்சி - யோகாசனங்கள் - கதிரவன் வணக்கம் - தண்டாசனம் - சக்கராசனம் (பக்கவாட்டில்) - விருச்சாசனம் (ஏகபாத ஆசனம்) - திரிகோணாசனம் - வஜ்ராசனம் - பத்மாசனம் யோக முத்ரா - மகா முத்ரா - உஸ்ட்ராசனம் - வக்ராசனம் - சவாசனம்.

Reference Books:

1. Vethathiri Maharishi, 2011, Journey of Consciousness, Erode, Vethathiri Publications.
2. Vethathiri Maharishi, 2014, Simplified Physical Exercises, Erode, Vethathiri Publications,
3. Vethathiri Maharishi, 2004, Unified force, Erode, Vethathiri Publications
4. Yoga for modern age - Thathuvagnani Vethathiri Maharishi
5. Sound Health through yoga – Dr. K. Chandrasekaran, November 1999 Prem Kalyan Publications, Madurai
6. Light on yoga - BKS.lyenger
7. எளிய உடற்பயிற்சி - உடற்பயிற்சி - வேதாத்திரி மகரிஷி, முதல் பதிப்பு 1984, 91ஆம் பதிப்பு 2016, ஈரோடு வேதாத்திரி பதிப்பகம்.
8. Thathuvagnani Vethathiri Maharishi – Kayakalpa yoga – First Edition 2009 - Vethathiri Publications, Erode.
9. Environmental Studies - Bharathidasan University Publication Division
10. மனவளக்கலை தொகுப்பு - 1, 2 - தத்துவஞானி வேதாத்திரி மகரிஷி
11. Religion, Science and Culture - Dr. S. Radhakrishnan
12. ஜீவகாந்தம் - தத்துவஞானி வேதாத்திரி மகரிஷி
13. Social Yoga System - Dr. K. Satyamurty, Vedadri Centre for Brahmajana, Guntur, AP
14. இல்லந்தோறும் இயற்கை உணவுகள் (Nature Dietes) - Dr. மதுரம் சேகர்.
15. Genetic centre - Thathuvagnani Vethathiri maharishi



26/04/17

Dr. N.A. Kesavaiah
Director-General
VISION for Wisdom

(Chairman.
Value Education - UG.)



ज्ञान-विज्ञान विमुक्तये

प्रो. (डॉ.) जसपाल एस. सन्धू

सचिव

Prof. Dr. Jaspal S. Sandhu

MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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D.O.No.F.1-2/2017(CPP-II)

19th June, 2017

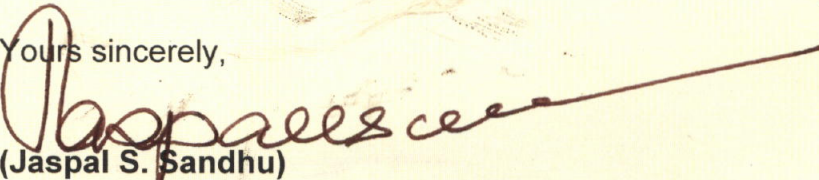
Dear Sir/Madam,

In continuation to this office letter of even number dated 20th July, 2014 and letter No. 13-1/2000(EA/ENV/COS-I) dated 07.08.2014, 20.11.2014 and 30.03.2015 regarding compulsory implementation of module syllabus on Environmental Studies for undergraduate course of all branches of higher education in universities and colleges as per directives of the Hon'ble Supreme Court of India, University Grants Commission with the help of an Expert Committee has framed 8 units module syllabus for Ability Enhancement Compulsory Courses (AECC-Environmental Studies) under CBCS. The module is available on University Grants Commission website www.ugc.ac.in. I request you to take necessary steps for implementation of the directions of the Hon'ble Supreme Court.

It is brought to your notice that non-implementation of the order of Hon'ble Supreme Court, in its letter and spirit, amounts to contempt of court. This may also be informed to all the Colleges affiliated to your esteemed University.

With kind regards,

Yours sincerely,


(Jaspal S. Sandhu)

The Vice-Chancellor of all Universities.

Copy to :

The Publication Officer, University Grants Commission for uploading on UGC website.


(Jaspal S. Sandhu)

Ability Enhancement Compulsory Courses (AECC – Environmental Studies)

Unit 1: Introduction to environmental studies

- Multidisciplinary nature of environmental studies; components of environment – atmosphere, hydrosphere, lithosphere and biosphere.
 - Scope and importance; Concept of sustainability and sustainable development.
- (2 Lectures)

Unit 2: Ecosystems

- What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chain, food web 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)
- (6 Lectures)

Unit 3: Natural Resources: Renewable and Non-renewable Resources

- 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.
 - Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state).
 - Heating of earth and circulation of air; air mass formation and precipitation.
 - Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.
- (8 Lectures)

Unit 4: Biodiversity and Conservation

- Levels of biological diversity :genetic, species and ecosystem diversity; Biogeography 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.

(8 Lectures)

Unit 5: Environmental Pollution

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

(8 Lectures)

Unit 6: Environmental Policies & Practices

- 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 conservation on Biological Diversity (CBD). The Chemical Weapons Convention (CWC).
- Nature reserves, tribal population and rights, and human, wildlife conflicts in Indian context

(7 Lectures)

Unit 7: Human Communities and the Environment

- Human population and growth: Impacts on environment, human health and welfares.
- Carbon foot-print.
- Resettlement and rehabilitation of project affected persons; case studies.
- Disaster management: floods, earthquakes, cyclones and landslides.
- Environmental movements: Chipko, Silent valley, Bishnios 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).

(6 Lectures)

Unit 8: Field work

- 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.

(Equal to 5 Lectures)

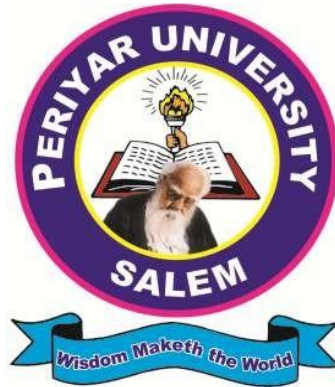
Suggested Readings:

1. Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R.1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
3. Gleeson,B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
4. Gleick, P.H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J. Gary K. Meffe, and Carl Ronald carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36-37.
7. McCully, P.1996. *Rivers no more: the environmental effects of dams*(pp. 29-64). Zed Books.
8. McNeil, John R. 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.

9. Odum, E.P., Odum, h.T. & Andrews, J.1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
10. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press.
11. Rao, M.N. & Datta, A.K. 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co. Pvt. Ltd.
12. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. *Environment*. 8th edition. John Wiley & Sons.
13. Rosencranz, A., Divan, S., & Noble, M.L. 2001. *Environmental law and policy in India*. Tripathi 1992.
14. Sengupta, R. 2003.*Ecology and economics: An approach to sustainable development*. OUP.
15. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
16. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
17. Thapar, V. 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*.
18. Warren, C.E. 1971. *Biology and Water Pollution Control*. WB Saunders.
19. Wilson, E.O. 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
20. World Commission on environment and Development. 1987. *Our Common Future*. Oxford University Press.
21. www.nacwc.nic.in
22. www.opcw.org

PERIYAR UNIVERSITY

SALEM – 636 011



COMMON PAPER FOR ALL POST GRADUATE PROGRAMMES

SYLLABUS FOR HUMAN RIGHTS

(For Candidates admitted in the Colleges affiliated to Periyar University from 2021 - 2022 onwards)

HUMAN RIGHTS

Objective

To impart the basic ideas about Human Rights at post graduations level. This paper provides different aspects of human rights which includes children and women. Students can learn not only their basic rights bus also can understand the duties to be carried out in the days to come.

Unit I: Introduction to Human Rights

Human Rights: Meaning Definitions – Origin and Growth of Human Rights in World – Need and types of Human Rights – Constitutional Provision for Protection of Human Rights – UNHRC (United Nations Human Rights Commission).

Unit II: Classification of Human Rights

Right to Liberty – Right to life – Right to Equality – Rights to Dignity – Right against Exploitation – Right to work – Right to Personal Freedom – Right to Freedom of Expression – Right to Education – Right to information – Right to Clean Environment.

Unit III: Rights of Women and Children

Rights of Women – Gender Equity – Female Feticide and Infanticide and Sex Selective Abortion – Physical Assault and Sexual Harassment – Domestic Violence – Violence at Work Place – Right for Equal Pay – Remedial Measures.

Rights to Children – Protection of Rights – Survival Rights – Participation Rights – Development Rights – Role of UN Convention on Rights of Children.

Unit: IV: Multi – Dimensional aspects of Human Rights

Labour Rights – Bonded Labour – Chid Labour – Contract Labour – Migrant Labour – Domestic Women Labour – Rights of Ethnic Refugees – Problems and Remedies – Role of Trade Union in protecting the Rights of Labourers.

Unit V: Grievance and Redressal Mechanism

Redressal Mechanisms at National and International Levels – Structure and Functions of National and State level Human Rights Commission – Rights to Information Act, 2005 – Formation of UNO, Universal Declaration of Human Rights, 1948 – Human Rights Act, 1993 – Constitutional Remedies and Directives Principles of State Policy.

References:

1. Baradat Sergio and Swaronjali Ghosh. Teaching of Human Rights : Dominant Publishers and distributors, New Delhi, 2009.
2. Roy A.N. Human Rights Achievements and challenges : Vista international Publishing house, Delhi, 2005.
3. Asish Kumar das and Prasant Kumar Mohanty. Human Rights in India: Sarup and Sons. New Delhi. 2007.
4. Bani Borgohain. Human Rights Social Justice and Political Challenge. Kaniska Publishers and distributors New Delhi, 2007
5. Velan, G. Human Rights and Development Issues: The associated publishers, Ambala cantt. 2008.
6. Meena, P.K. Human Rights theory and practice: Murali Lal and Sons, New Delhi, 2008.
7. Bhavani Prasad Panda. Human Rights Development and environmental law: Academic excellence, Delhi, 2007.
8. Vishwanathan. V.N. Human Rights – Twenty First Century Challenges: Kalpaz Publications, New Delhi, 2008.
9. Ansari, M.R. Protecting Human Rights: Max Ford Books, New Delhi, 2006.
10. Rao, M.S.A. Social Movements in India – Social Movements and Social Transformation in India Vol.1 & 2: Manohar publications, New Delhi. 1978.

Semester – IV
NMEC – II - Non-Major Elective Courses
GEOGRAPHY OF TAMIL NADU

Paper Code: 21UGGN02

- Unit-I** **Location and Extent:** Administrative units – Major relief features Major rivers – Climate: temperature, Seasonal and Annual rainfall - distribution, Soil: types and their distribution.
- Unit-II** **Forest, Livestock and Fisheries:** types and distribution, forest products, Livestock: cattle, sheep, dairying and fisheries-inland and deep-sea fishing.
- Unit-III** **Irrigation and Agriculture:** types and distribution – canal, tank and well irrigation, Agriculture: distribution and production of rice, cotton, sugarcane and oil seeds, tea and coffee.
- Unit-IV** **Mineral and Industrial Resources:** General distribution and production. Power resources: Hydel, thermal, atomic and wind power, Industries: distribution and production of – Iron and steel, cement, sugar, cotton, automobile and paper.
- Unit-V** **Transport:** Roads, Railways, Air and Sea transportation - Important ports, Population: growth and distribution of rural and urban population.

Reference Books:

1. Kumaraswamy, S.V. (2002). *Geography of Tamil Nadu* (Tamil Edition), Sakthi Abirami Pathipagam, Kumbakonam.
2. *Statistical Hand Book of Tamil Nadu*. Department of Economics and Statistics (2004). Government of Tamil Nadu, Chennai.
3. *Tamil Nadu – An Economic Appraisal 2011-12 to 2013-14* (2014). Department of Evaluation and Applied Research, Chennai.
4. *Season and Crop Report of Tamil Nadu for the Agricultural Year 2003-2004* (2004). Department of Economics and Statistics, Chennai.

Semester - III
NMEC – I - Non-Major Elective Courses
GEOGRAPHY OF INDIA

Paper Code: 21UGGN01

- Unit-I** **General Aspect:** Location and Extent – Neighbouring Countries – Administrative Units – Major Physiographic Division.
- Unit-II** **Climate:** Seasons and Monsoon - Major River system - Irrigation: Type and Distribution – Major Multipurpose Projects.
- Unit-III** **Natural Vegetation:** Major Soil type; Agricultural: Distribution and Production of Major Crops – Rice, Wheat, Tea, Coffee, Rubber, Sugar cane and Cotton.
- Unit-IV** **Mineral Resources and their Distribution:** Iron ore, Manganese, Bauxite - Power Resources and their Distribution - Hydel, Atomic, thermal and Wind energy.
- Unit-V** **Major Industries:** Cotton Textiles, Iron and Steel – Population Distribution – Transport.

Reference Books:

1. Singh, G. (1976). *A Geography of India*. Atma Ram & Sons Pub., New Delhi.
2. NCERT (2002). *India Physical Environment (Class IX)*. NCERT Publications, New Delhi.
3. Siddhartha, K. and Mukherjee, S. (2013). *Geography through Maps (11th Edition)*. Kisalaya Publications Pvt. Ltd., New Delhi.
4. Husain, M. (2014). *Geography of India (5th Edition)*. McGraw Hill Education, New Delhi.
5. Sharma, T.C. and Coutinho, O. (1978). *Economic and Commercial Geography India (2nd Edition)*. Vikas Publishing House Pvt Ltd., New Delhi.
6. Mamoria, C.B. (1980). *Economic and Commercial Geography of India*. Shiva Lal Agarwala & Company, Agra.
7. Dubey, R.N. and Negi, B.S. (1968). *Economic and Commercial Geography of India*. Kitabmahal, Allahabad.
8. Tiwari, R.C. (2010). *Geography of India*. Prayag Pustak Bhawan, Allahabad.