

CORE MODULE SYLLABUS FOR ENVIRONMENTAL STUDIES FOR
UNDERGRADUATE COURSES OF ALL BRANCHES OF HIGHER EDUCATION
SYLLABUS

Unit 1 :

Multidisciplinary nature of environmental studies

Definition, scope and importance (2 lectures) Need for public awareness.

Unit 2 : Natural Resources:

Renewable and non-renewable resources :

Natural resources and associated problems.

a) Forest resources : Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forest and tribal people.

b) Water resources : Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.

c) Mineral resources : Use and exploitation, environmental effects of extracting and using mineral resources, case studies.

d) Food resources : World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.

e) Energy resources : Growing energy needs, renewable and non renewable energy sources, use of alternate energy sources. Case studies.

f) Land resources : Land as a resource, land degradation, man induced landslides, soil erosion and desertification.

Role of an individual in conservation of natural resources.

Equitable use of resources for sustainable lifestyles.

Unit 3 : Ecosystems:

Concept of an ecosystem - Structure and function of an ecosystem - Producers, consumers and decomposers - Energy flow in the ecosystem - Ecological succession - Food chains, food webs and ecological pyramids - Introduction, types, characteristic features, structure and function of the ecosystem.

Unit 4 : Biodiversity and its conservation:

Introduction – Definition - genetic, species and ecosystem diversity - Biogeographical classification of India - Value of biodiversity : consumptive use, productive use, social, ethical, aesthetic and option values - Biodiversity at global, National and local levels - India as a mega diversity nation - Hot-spots of biodiversity - Threats to biodiversity : habitat loss, poaching of wildlife, man-wildlife conflicts - Endangered and endemic species of India.

Unit 5 : Environmental Pollution:

Definition - Cause, effects and control measures of : Air pollution - Water pollution - Soil pollution - Marine pollution - Noise pollution - Thermal pollution - Nuclear hazards - Solid waste Management - Causes, effects and control measures of urban and industrial wastes - Role of an individual in prevention of pollution - Pollution case studies - Disaster management - floods, earthquake, cyclone and landslides.

Unit 6 : Social Issues and the Environment:

From Unsustainable to Sustainable development - Urban problems related to energy - Water conservation, rain water harvesting, watershed management - Consumerism and waste

products - Environment Protection Act - Air Act - Water Act - Wildlife Protection Act - Forest Conservation Act - Issues involved in enforcement of environmental legislation - Public awareness.

Unit 7 : Human Population and the Environment:

Population growth, variation among nations - Population explosion – Family Welfare Programme - Environment and human health - Human Rights - Value Education - HIV/AIDS - Women and Child Welfare - Case Studies.

Unit 8 : Field work:

Visit to a local area to document environmental assets - river/ forest/grassland /hill/mountain - Visit to a local polluted site - Urban/Rural/Industrial/Agricultural - Study of common plants, insects, birds - Study of simple ecosystems-pond, river, hill slopes, etc.

BHARATHIAR UNIVERSITY : COIMBATORE 641 046.

Value Education – Human Rights

(2 hours per week)

(FOR THE UNDER GRADUATE STUDENTS OF AFFILIATED COLLEGES

WITH EFFECT FROM 2008-2009)

UNIT – I: Concept of Human Values, Value Education Towards Personal Development

Aim of education and value education; Evolution of value oriented education; Concept of Human values; types of values; Components of value education.

Personal Development :

Self analysis and introspection; sensitization towards gender equality, physically challenged, intellectually challenged. Respect to - age, experience, maturity, family members, neighbours, co-workers.

Character Formation Towards Positive Personality:

Truthfulness, Constructivity, Sacrifice, Sincerity, Self Control, Altruism, Tolerance, Scientific Vision.

UNIT – II : Value Education Towards National and Global Development

National and International Values:

Constitutional or national values - Democracy, socialism, secularism, equality, justice, liberty, freedom and fraternity.

Social Values - Pity and probity, self control, universal brotherhood.

Professional Values - Knowledge thirst, sincerity in profession, regularity, punctuality and faith.

Religious Values - Tolerance, wisdom, character.

Aesthetic values - Love and appreciation of literature and fine arts and respect for the same.

National Integration and international understanding.

UNIT – III : Impact of Global Development on Ethics and Values

Conflict of cross-cultural influences, mass media, cross-border education, materialistic values, professional challenges and compromise.

Modern Challenges of Adolescent Emotions and behavior; Sex and spirituality: Comparison and competition; positive and negative thoughts.

Adolescent Emotions, arrogance, anger, sexual instability, selfishness, defiance.

UNIT - IV : Therapeutic Measures

Control of the mind through

- a. Simplified physical exercise
- b. Meditation – Objectives, types, effect on body, mind and soul
- c. Yoga – Objectives, Types, Asanas
- d. Activities:
 - (i) Moralisation of Desires
 - (ii) Neutralisation of Anger
 - (iii) Eradication of Worries
 - (iv) Benefits of Blessings

UNIT; V : Human Rights

1. Concept of Human Rights – Indian and International Perspectives
 - a. Evolution of Human Rights
 - b. Definitions under Indian and International documents
2. Broad classification of Human Rights and Relevant Constitutional Provisions.
 - a. Right to Life, Liberty and Dignity
 - b. Right to Equality
 - c. Right against Exploitation
 - d. Cultural and Educational Rights
 - e. Economic Rights
 - f. Political Rights
 - g. Social Rights
3. Human Rights of Women and Children
 - a. Social Practice and Constitutional Safeguards
 - (i) Female Foeticide and Infanticide
 - (ii) Physical assault and harassment
 - (iii) Domestic violence
 - (iv) Conditions of Working Women
4. Institutions for Implementation
 - a. Human Rights Commission
 - b. Judiciary
5. Violations and Redressal
 - a. Violation by State
 - b. Violation by Individuals
 - c. Nuclear Weapons and terrorism
 - d. Safeguards.

Unit I - Yoga and Physical Health

- 1.1 Physical Structure – Three bodies – Five limitations
- 1.2 Simplified Physical Exercises – Hand Exercises -Leg Exercises – Breathing Exercises – Eye Exercises – Kapalapathi
- 1.3 Maharasanas 1-2 – Massages – Acu-puncture – Relaxation
- 1.4 Yogasanas – ~~Ashtanga~~ – Padmasana – Vajrasanas – Chakrasanas (Side) – Viruchasanas – Yoga muthra – Patchimothasanas – Ustrasanas – Vakkarasanas – Salabasanas

Unit II - Art of Nurturing the life force and Mind

- 2.1 Maintaining the youthfulness – Postponing the ageing process
- 2.2 Sex and Spirituality - Significance of sexual vital fluid – Married life – Chastity
- 2.3 Ten stages of Mind
- 2.4 Mental frequency – Methods for concentration

Unit III - Sublimation

- 3.1 Purpose and Philosophy of life
- 3.2 Introspection – Analysis of Thought
- 3.3 Moralization of Desires
- 3.4 Neutralization of Anger

Unit IV – Human Resources Development

- 4.1 Eradication of worries
- 4.2 Benefits of Blessings
- 4.3. Greatness of Friendship
- 4.4 Individual Peace and World Peace

Unit V – Law of Nature

- 5.1 Unified force – Cause and Effect system
- 5.2 Purity of Thought and Deed and Genetic Centre
- 5.3 Love and Compassion
- 5.4 Cultural Education – Five fold Culture

BHARATHIAR UNIVERSITY : COIMBATORE

SYLLABUS FOR

"YOGA FOR HUMAN EXCELLENCE"

FOR PART – IV IN THIRD SEMESTER OF UNDERGRADUATE CANDIDATES

WITH EFFECT FROM 2008-09

IN CBCS PATTERN

Question Paper Pattern :

Maximum 75 Marks – wherever required			
Section A	Objective type of questions with no choice	10X1=10	10 questions – 2 each from every unit
Section B	Short answer questions of either / or type (like 1.a (or) b	5x5=25	5 questions – 1 each from every unit
Section C	Essay-type questions of either / or type (like 1.a (or) b	5x8=40	5 questions – 1 each from every unit
NOTE: In Section "C" one of the questions shall be application oriented question or a problem or a case study.			

BOOK PRESCRIBED:

"**योगशास्त्रം** **ഭാഗം**"

Year of Publication- First Edition :2008

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PREFACE

This book aims at imparting knowledge on “General Awareness” prescribed for the examination to be taken by the Undergraduate students of degree courses (Arts, Science, Commerce and Management) at the end of the fourth semester of Bharathiar University.

Following are the areas which cover the various test items prescribed in the syllabus:

1. Verbal Aptitude
2. Numerical Aptitude
3. Abstract Reasoning
4. Tamil and Other Literature
5. General Science and Technology and Education
6. Computer
7. Economics and Commerce
8. Social Studies
9. Sports
10. Current Affairs

In the question paper, there will be ten questions from each one of the ten areas cited above and totally 100 questions will be asked. A set of model questions is also provided in the appendix. The examinations will consist of items given in this book only. For questions on current affairs answers may be updated.

The book aims to inherit confidence among the students to face competitive examinations as UPSC, TNPSC, BSRB, LIC and other such recruiting agencies. The thorough knowledge of the book will equip the students with high level of competence.

CONTENTS

1. VERBAL APTITUDE
2. NUMERICAL APTITUDE
3. ABSTRACT REASONING
4. TAMIL AND OTHER LITERATURE
5. GENERAL SCIENCE AND TECHNOLOGY
AND EDUCATION
6. COMPUTER SCIENCE
7. ECONOMICS AND COMMERCE
8. HISTORY AND FREEDOM STRUGGLE
9. SPORTS
10. CURRENT AFFAIRS
11. MODEL QUESTION PAPER