

HAJEE KARUTHA ROWTHER HOWDIA COLLEGE

(An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai.)

Re-Accredited with A++ Grade by NAAC (3rd Cycle)

Uthamapalayam - 625 533.



PART – V

EXTENSION ACTIVITIES

SYLLABUS

Choice Based Credit System – CBCS

(As per TANSCH/MKU Guidelines)

(Academic Year 2023 - 2025)

Scheme of Examinations under Choice Based Credit System

Continuous Internal Assessment Examinations (CIAE) - 100 Marks

Pattern of Continuous Internal Assessment Examinations (CIAE)

PART - I - Extension Activities (Field Works) - 50 Marks

PART - II - Internal Test (50 Objective Type Questions) - 50 Marks

Total -100 Marks

Details of Course Category, Code, Credits & Title

S. No.	Course Code	Course Title	Max. Marks	Credit
1.	23PGHRV41	Human Rights Club	100	1
2.	23PGYOV41	Yoga Club	100	1
3.	23PGECV41	Eco Club	100	1
4.	23PGLIV41	Library & Information Science Club	100	1

Course Code	Course Title	Category	Credits
23PGHRV41	HUMAN RIGHTS CLUB	Part-V	1

Objectives

- To understand and create awareness about Human Rights.
- To guide young people to set remedies against violation of human rights through the Act.
- To encourage an individual to lead a decent and dignified life without infringing the rights of others.
- To identify issues and problems relating to Human Rights and to promote Human Rights through Legal as well as non-Legal.

Syllabus

UNIT I

Human Rights – Concepts – Meaning of Human Rights – Human Rights Education.

UNIT II

Evolution of Human Rights - Human Rights in India - Human Rights Act 1993.

UNIT III

Goals of Human Rights Education – Need for Human Rights Education.

UNIT IV

Broad Classification of Human Rights and Relevant constitutional provisions.

UNIT V

Human Rights of women and children – Social Practice and Constitutional safeguards.

Text Books:

1. Nancy Flowers, ***Human Rights Education Handbook*** publication of The Human Rights Resource Centre and The Stanley Foundation.
2. ***Value Education – Human Rights***, Foundation Course-I by Bharathiar University.

Reference Books:

1. Britto, M. A., ***Human Rights Education for college Students***, Van Mukil Resource center, Tirunelveli, 1995.
2. Iyathurai, C., ***Manitha Urimaikal***, Ganga publications, Puthukottai, 2006.
3. Shantha Kumar, S., ***Human Rights-People's Watch***, Tamil Nadu, Madurai, 005.

Course Code	Course Title	Category	Credits
23PGYOV41	YOGA CLUB	Part-V	1

Objectives

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.

Syllabus

UNIT-I

- 1.1 Origin of Yoga & its brief development
- 1.2 Meaning of Yoga & its importance
- 1.3 Yoga as a Science of Art (Yoga Philosophy).
- 1.4 Meaning of meditation and its types and principles

UNIT- II

- 2.1 Great Philosophy of Indian Yoga Culture-Charwak
- 2.2 Great Philosophy of Indian Yoga Culture-Budha
- 2.3 Great Philosophy of Indian Yoga Culture-Mahavir
- 2.4 Great Philosophy of Indian Yoga Culture-Swami Vivekanand

UNIT- III

- 3.1 Classification of Yoga: Hatha Yoga -Raja Yoga
- 3.2 Laya Yoga- Bhakti Yoga,
- 3.3 Gyan Yoga- Karma Yoga
- 3.4 Asthang Yoga.

UNIT -IV

- 4.1 Principles of Yogic Practices
- 4.2 Meaning of Asana, its types and principles
- 4.3 Meaning of Pranayama, its types and principles
- 4.4 Meaning of Kriya its types and principles.

UNIT -V

5.1 Yogic therapies and modern concept of Yoga

5.2 Naturopathy- Hydrotherapy-Electrotherapy-Massotherapies

5.3 Acupressure-acupuncture- Meaning and importance of prayer

5.4 Psychology of mantras-Different mudras during prayers.

Reference Books:

1. Acharya Yatendra, ***Yoga & Stress Management Paperback***–Fingerprint! Publishing, 2019.
2. Iyankar, B.K.S., ***The illustrated light on Yoga***, Harpercollins publication, 1997.
3. Sri Ananda, ***Complete Book of Yoga: Harmony of Body and Mind Paperback***, Orient Paperbacks publication, 2017.
4. Sri Aurobindo Marg, ***Yoga- A healthy way of Living***-National Council of Educational Research and Training, New Delhi, 2015.
5. Swami Vivekananda, ***Patanjali's Yoga Sutras Paperback***, Fingerprint! Publishing, 2019.

Course Code	Course Title	Category	Credits
23PGECV41	ECO CLUB	Part-V	1

Objectives:

- To develop skill to the members to disseminate the knowledge of environmental protection activities
- To motivate the students to do eco protection and eco development activities
- To engage the students in community based activities through cooperation and understanding

Syllabus:

Unit - 1

Principles of Ecology and Environment-its importance, challenges and protection, Identification of damages, Prevention from destruction, and protection of Natural resources with special reference to your location.

Unit -2

Maintaining Green Campus: Tree planting and maintenance, Waste Management –Water Conservation, and Plastic Free Campus

Unit - 3

Celebrations. World Environment Day, World Water Day, and Wild Life Week- Its theme and importance-celebrating with an activity

Unit - 4

Understanding through organizing/conducting the following- one example for each: 1) Workshops (Ex-Poster Preparation on Water Conservation), 2) Trainings (Ex- Vermicompost) and 3) Environmental Camps (Ex-Bird Watching)

Unit - 5

Members' Participation in Competitions, Seminars, and Environmental awareness programs outside the campus- Its importance, preparation, and motivation (sending students to competitions)

Reference:

1. <http://www.environment.tn.nic.in/>
2. Erach Bharucha, ***Environmental Studies***, UGC Publications, 2004.
3. Down to Earth, Centre for Science and Environment Publications
4. Jadhav, H., & Bhosale, V.M., ***Environmental Protection and Laws***, Himalaya Pub. House, Delhi, 1995.

Course Code	Course Title	Category	Credits
23PGLIV41	LIBRARY & INFORMATION SCIENCE CLUB	Part-V	1

Objectives

- To enable the students to acquire knowledge about Library Administration.
- To enable the students to understand Information Technology and its uses in Library.
- To enable the students to know the sources of data and knowledge.
- To enable the students acquire knowledge regarding cyber law and IPR.
- To enable the students understanding of Classification techniques and Cataloguing methods.

Syllabus

Unit – 1

Library Administration - Characteristics of Library - Types of libraries
- Five laws of Library Science – Administrative Functions of Library

Unit – 2

Information Technology – Scope and Development – Hardware –
Software - Programming Languages - Library Automation - The
Internet - Online Information Retrieval

Unit – 3

Essentials of Knowledge Management - types of Knowledge -
Organizational Knowledge Process - Knowledge Management
Techniques - Systems and Tools

Unit – 4

Sources of Information and Data Collection - Cyber Law - Copyright Act
- IPR

Unit – 5

Classification and Catalogue

References:

1. Khatri, R., ***Library Administration***, A P H Publication, New delhi, 2017.
2. Asari, K.R., ***IT for Librarians***, I K International, New delhi, 2009.
3. Warier, S., ***Knowledge Management***, Vikas Publications, New delhi, 2014.
4. Khan, J.A., ***Research Methodology***, A P H Publication, New delhi, 2012.
5. Ahmed, P.R., ***Cyber Law***, Margham publications, New delhi, 2016.
6. Ranganathan, S.R., ***Colon Classification***, Saradha Ranganathan Enowment, Bangalore, 2016.
7. Ranganathan, S.R., ***Classified Catalogue Code***, Madras Library Association, London, 1958.