

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 2025 - 2026)

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.	23UGNAV61	National Cadet Corps - Army	100	1
2.	23UGNNV61	National Cadet Corps - Navy	100	1
3.	23UGNSV61	National Service Scheme	100	1
4.	23UGPEV61	Physical Education	100	1
5.	23UGYRV61	Youth Red Cross	100	1
6.	23UGRRV61	Red Ribbon Club	100	1
7.	23UGCOV61	Consumer Club	100	1
8.	23UGHFV61	Health and Fitness Club	100	1
9.	23UGSCV61	Science Communication Club	100	1
10.	23UGFAV61	Fine Arts Club	100	1

Course Code	Course Title	Category	Credits
23UGNAV61	NATIONAL CADET CORPS -ARMY	Part-V	1

OBJECTIVES

To provide a suitable environment to motivate the youth to take up a career in the Armed Forces. To develop character, comradeship, discipline, leadership, secular Outlook, spirit of adventure, and ideals of selfless service amongst the youth of the country.

SYLLABUS

UNIT –I

Introduction to NCC - Aim & objectives – functions – NCC song – NCC organization – NCC directorates – battalion – company (with rank structures)

UNIT – II

Military History -National Integration – Biographies of renowned generals- Indian army war heroes – Indian battles- Indo pak wars 1965, 1971, Cargill.

UNIT – III

Armed forces, Foot drill - Basic organization of armed forces – Badges and ranks – modes of entry into army – Para military forces – BSF, CRPF and CISF - words of Commands – foot drill, weapon drill

UNIT – IV

Adventure Training and community development
Trekking – mountaineering – cycle expedition – civic responsibilities – literary enhancement – AIDS awareness – drug abuse - tree plantation.

UNIT – V

Communication and Healthy use of Technology
Introduction - types of communication – latest trends and development (multimedia, video conferencing, IT)- IAD – coping with stress - social networking
Disaster management
Natural Hazards –types of natural hazards - Role of NCC during natural calamities – first aid – fire service and firefighting – essential services.

REFERENCES AND ADDITIONAL READING:

- ***Cadet's Hand book – Common subject. all wings.*** BY DG NCC, New Delhi
- ***Cadet's Hand book – Specialised Subjects, Army, Navy, Air-force,*** BY DG NCC, New Delhi
- Baron & Byrne, ***Social psychology*** Pearson Publication, 12th Edition self-awareness know yourself / insight (110) Group & Individuals (374) Group discussion
- Radhakrishnan Pillai and D.Shivnandhan Jaico ***Chanakya's 7 Secrets of Leadership.***
- Iyer, Prakash Iyer, Prakash, ***The Habit of Winning.***
- Chandra Bipin, ***Freedom Struggle*** National Book Trust 1972.
- Sharma, P.D., ***Environmental Biology and Toxicology*** Rastogi Publication.
- Lambert M. Surhone, Mariam T. Tennoe, Susan F. Henssonow, ***National Cadet Corps*** Betascript Publishing, (India) 2011.
- Manoj. J.S., ***Health and Hygiene*** Agra University Publication
- Venkateswaran, P.S., ***Yoga for Healing,*** Jaico Publishing House, Bombay, 1989.

Course Code	Course Title	Category	Credits
23UGNNV61	NATIONAL CADET CORPS - NAVY	Part-V	1

Objectives:

- Motivate young dynamic youth to serve the nation.
- Inculcate unity and discipline amongst citizens.
- Prepare a volunteer force to participate during national disasters.

UNIT 1: Naval Orientation and Communication

History of the Indian Navy - Organisation of IN-NHQ. Commands and Ships - Main Parts of Ship - Types of Warships and Role- Submarines, Destroyers, and Frigates - Introduction to Naval Communication-Semaphore, use of semaphore, introduction of various letter position, Reading of semaphore message, Transmission of semaphore message - Phonetic Alphabet- Introduction and use.

UNIT 2: Seamanship and Ship and Boat Modelling

Rigging -Bends and Hitches: Reef Knot, Half Hitch, Clove Hitch, Rolling Hitch, Timber Hitch, Bow line, Round Turn and Two Half Hitches and Bow Line on the Bight and its basic element - Another and Anchor Cable- Types of anchors and cable its use - Principles of Ship Modelling -Reading of a Ship Drawing of a Model - Views in blue Print - Measurement of superstructure and hull.

UNIT 3: Drill and Weapon Training

Words of Command - Drill without Arms - Individual Drill - Squad Drill - Characteristics of 22 Rifle, Stripping, Assembling - Loading/Unloading and Bolt Manipulation - Lying position and Holding, Aiming, Range and Figure Target - Trigger Control and firing a Shot – Range Procedure and Safety Precautions – Firing. 22 Rifles.

UNIT 4: Personality Development

Factors Influencing/Shaping Personality- Physical, Social, Psychological and Philosophical – Self Awareness and Critical and Creative Thinking – Importance of Team Work, Communication Skills-Group Discussion – Leadership development – Interview Skills – Time Management.

UNIT- 5: Health and Hygiene

Introduction to Yoga – First Aid In Common Medical Emergencies – Hygiene and Sanitation- Personal and Food Hygiene - Preventable Diseases – Physical and Mental Health.

Text Books:

- ***Cadet Hand Book (Common Subjects)***, Published by DG NCC.
- ***Cadet Hand book (Specialized Subjects)***, Published by DG NCC.
- ANO Precis

Reference Books:

- ***Grooming Tomorrow's Leaders***, Published by DG, NCC.
- ***Youth in Action***, Published by DG, NCC
- ***The Cadet***, Annual Journal of the NCC
- Precis issued by respective Service Headquarters on specialized subject available to PI Staff as reference material.

Course Code	Course Title	Category	Credits
23UGNSV61	NATIONAL SERVICE SCHEME (NSS)	Part - V	1

OBJECTIVES

- The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports.
- It provides opportunity to the students at colleges and University level of India to take part in various government led community service activities and programmes.
- The sole aim of the NSS is to provide hands on experience to young students in delivering community service.

UNIT – I

FUNDAMENTALS NSS: History - Definition – Meaning – Aims – Objectives - Emblem – Flag – Motto – Song – Badge - NSS Day.

UNIT - II

ORGANIZATIONAL STRUCTURE: National – State Level – University Level – Institutional Level - Role and Responsibilities of Various NSS Functionaries.

UNIT – III

YOUTH AND LEADERSHIP: Definition – Issues, Challenges and Role of Youth for Social Change – Meaning, Types of Leadership – Importance and Role of Leadership.

UNIT – IV

NSS SOCIA-ECONOMIC DEVELOPMENT: Environment Issues – Disaster Management.

UNIT – V

VOLUNTEERISM AND SHRAMADHAN: Indian Tradition of Volunteerism – Need and Importance – Motivation and Constraints – Shramadhan as a Part of Volunteerism.

REFERENCE BOOKS:

- **National Service Scheme** Manual (Revised) Government of India, Ministry of Youth Affairs and Sports, New Delhi, 2006.
- Shamna Hussain, **Bio Diversity, Environmental and Disaster Management**, Unique Publishers.
- Shivannan, B.K., **National Service Scheme** Printing Press KSOU, Mysore, 2011.
- Landis H Paul, **“Adolescence and Youth: The Process of Maturing”** Sarup Book Publishers Pvt Ltd, New Delhi, 2011.
- <http://nss.nic.in>

Course Code	Course Title	Category	Credits
23UGPEV61	PHYSICAL EDUCATION	Part-V	1

OBJECTIVES:

To enable the students, acquire knowledge on both physical and mental skills and able to develop physical activities, techniques, social and moral skills, self-discipline, self-esteem and self-confidence.

Syllabus:

Unit I - An Introduction to Physical Education

Aims and Objectives.
 Functions of Physical Education.
 Nature and Scope.
 Career in Physical Education and Sports.

Unit II - Meaning, Nature and Scope of Sports

Study of Sports.
 Sports and Physical Education.
 Discipline of Physical Education.
 Health-related Fitness and Performance-related Fitness.

Unit III – Principles of Physical Education

Physical Education as Educational Science.
 Career Development in Physical Education.
 Curriculum Development in Physical Education.
 Changing Ethics and Teaching Skills in Physical Education.

Unit IV - Psychology of Sports and Exercise

Ethics in Psychology.
 Exercise Psychology.
 Psychological Benefits of Exercise.
 Treating Anxiety and Depression.

Unit V - Recreation in Physical Education

Recreation and Introduction.
 Outdoor Fitness Field Trip.
 Social Recreational Activities.
 Physical Fitness as a means of Recreation.

Reference Books:

- Gopalakrishnan, R.W., ***Handbook of Physical Education***, Sports Publication.
- Vijender Sharma, ***Sports History***, Sports Publication.
- Baljit Singh, ***Principles of Physical Education***, Sports Publication.
- Deepak Jain, ***Sports Psychology*** - Sports Publication.
- Venugopalan, Shiva, K., ***Recreation in Physical Education*** - Sports Publication.

Course Code	Course Title	Category	Credits
23UGYRV61	YOUTH RED CROSS	Part-V	1

Course Objectives:

The aim of the course is to enable the growth and development of a spirit of service and sense of duty with dedication and devotion in the minds of the youth.

SYLLABUS

Unit –I

Definition, Principles and History of Youth Red Cross

Unit – II

Personality development and Leadership qualities

Unit – III

Orientation and Awareness Programmes

Unit – IV

Disaster Management and Voluntary Service to the Society

Unit – V

First Aid, Health and Hygiene

Books Recommended:

- Bhushan, Veer, ***Basics about the Red Cross***. New Delhi: Indian Red Cross Society.
- Saubers, Nadine, R.N., ***The Everything First Aid book***. Canada: Adams Media.

E Resource

- www.aubit.edu.in
- www.wikipedia.com

Course Code	Course Title	Category	Credits
23UGRRV61	RED RIBBON CLUB	Part-V	1

Syllabus

Unit: I

Definition of Red Ribbon Club. History of RRC in India

Unit: II

Definition of HIV/AIDS Awareness

Awareness of HIV/ AIDS

HIV care and Prevention

Importance of healthcare and treatment

Unit: III

Importance of Blood Donation

Blood Donation and Its Uses

Rules of Donating Blood

Unit: IV

Personality Development

Self - care and Self - awareness

Work - Related Behaviors

Unit: V

Violence and Abuse against Women

Awareness on Sexual exploitation and Abuse

Aware and Counsel for Various diseases

Books recommended:

- Volberding, Paul. Sande, Merk. Lange, Joep. ***“Global HIV/AIDS Medicine”***, Saunders, 2007.
- Myers, DJ., Collins, RA., ***“BLOOD DONATION”*** Stat pearls Publishing treasure Island
- Samy, Antony, K., & Joseph Chandra, SA., ***Soft Skills and Personality development.***

Course Code	Course Title	Category	Credits
23UGCOV61	CONSUMER CLUB	Part-V	1

Objectives

1. To create awareness about consumer rights
2. To educate for avoiding consumerism that affects the standard of living of the people.
3. To get remedies through consumer courts.

Syllabus

Unit: I

Introduction and Define Consumer - Consumer Behavior- Consumer decision process.

Unit: II

Consumer Act 1986 - Consumer rights - Consumer duties – Consumer Responsibility.

Unit: III

Consumer safety - Consumer informed -Consumer to seek Knowledge - Redressal – and right to be heard

Unit: IV

Consumer education – Basic needs and duties – Right to a healthy environment

Unit: V

Consumer attitude - Meaning of attitude, nature and characteristics of attitude, types of attitude, learning of attitude.

Reference Books:

- 1] Gurjeet Sing, *The law of consumer protection in India*; Deep & Deep Publications, New Delhi, 2005.
- 2] Ram Naresh Prasad Choudhry, *Consumer protection Law*, Deep & Deep Publications, New Delhi, 2005.
- 3] Jay. D., Lindquist, *Shopper, Buyer, and Consumer behaviour*, Biztantra, New Delhi, 2005.

Course Code	Course Title	Category	Credits
23UGHFV61	HEALTH AND FITNESS CLUB	Part-V	1

OBJECTIVES:

- To create awareness among the students about health and fitness.
- To impart knowledge regarding importance of nutrition and exercise for Physical, Psychological social and Spiritual fitness of students.
- To develop habits to maintain and improve physical fitness among students.
- To monitor that health and fitness by arranging various medical camps and awareness.

Syllabus:

Unit – I

Health and Fitness Basic Concepts - Definition and Meaning – Types, physical, Mental, Social, Emotional Spiritual and Environmental.

Unit – II

Health Screening and Evaluations – Body Composition test – BMI – Weight to Hip ratio – Skin fold weight management – Principles and practices.

Unit - III

Food and Nutrition Management – Food Toxins – Food Contamination – Pesticides.

Unit – IV

Worksite Health Promotion and Fitness Activities – Benefits.

Unit – V

Social health and Relationship with others – Needs and Significance

References Books:

1. Pollock, & Michael, *Health and Fitness through physical activity*, New York, McGraw Hill Book Company.
2. Dher, S., *Introduction to Health Education*, Friends Publication, Delhi.
3. Williams, C., and Delvin, Jt., *Foods Nutrition and sports performance*, E& FN Sons Publications.

Course Code	Course Title	Category	Credits
23UGSCV61	SCIENCE COMMUNICATION CLUB	Part-V	1

OBJECTIVES

- To develop social awareness among the students.
- To encourage the students to express their innovative ideas.
- To provide students with a range of resources and skills for effective communication of science.
- To provide students with the opportunity to undertake a substantial practical project in either science writing or science exhibiting.
- To acquire knowledge regarding new aspects of science.

Syllabus:

Unit-I

Science Communication - Objectives and need for science communication - Scientific Knowledge - Scientific Temper.

Unit-II

Sources of Scientific Information - Universities - Laboratories - Scientists.

Unit-III

Science Communicating Organizations- NISCAIR - Vigyan Prasar - State Council for Science and Technology - National Institute of Science Communication - National Council for Science and Technology.

Unit-IV

A diversity of Science Communication Media – Print media – Audio-visual media – Folk media - Interactive media.

Unit-V

Important Scientific Days - National Science Day - World Environment Day - World Health Day - World Ozone Day - World Meteorological Day.

Reference Books:

1. <http://www.scidev.net/en/opinions/science-communication-in-irtdiat-perspectives-and-c.html>
2. Mohan Sundara Rajan, *Popular science in mass media*, Allied Publishers, 1985.

Course Code	Course Title	Category	Credits
23UGFAV61	FINE ARTS CLUB	Part – V	1

Objectives:

- Importance of Various Arts
- Introduce History of Arts to the students.
- Stimulate students to participate the cultural events.

Syllabus:

Unit - I:

Definition of Art – History of Various Arts – Arts in Tamil Literature.

Unit - II:

The Art of Public Speaking – Types and Forms of Tamil Folk Arts.

Unit - III:

History of Tamil music –Forms of Tamil film music.

Unit - IV:

History of Tamil Drama – Terukoothu – Stage dramas, modern dramas, Mime.

Unit – V:

History of Drawing – Introduction of Cartoon.

Reference Books:

- Nadhitha Krishna, *Folk Art of Tamilnadu*, Ramaswami Aiyer Foundation, Chennai, 2006.
- Palanisamy, A., *Beautiful or Famous Arts in Tamil Literature* Sree Shenbaga Publications, Chennai, 2019.
- Salem, Jeyalakshmi, S., *The History of Tamil Music*, University of Madras, 2006.
- Shajahan Gani, V.M., *Tamil Drama Genre and History*, International Institute of Tamil Studies, Chennai, 2010.