



MAHARAJA SRIRAM CHANDRA BHANJA
DEO UNIVERSITY, BARIPADA

**Value-Added Courses
under, NEP, 2020
(16 Credits)**

SEMESTER-I (Credit-4)					
Paper-I (Any one from the list)	Subject teachers to teach (preferably) or any other teacher competent to teach	Credit	Full Mark	End Sem	Mid Sem
1. Environmental Studies & Disaster Management	Bot/Zool/Chem/Phy/ Biotech/ Env. Sc	4	100	100	NIL
<u>Semester-III (Credit-4)</u>					
Paper-II (Any one from the list)	Subject teachers to teach (preferably) or any other teacher competent to teach	Credit	Full Mark	End Sem	Mid Sem
Ethics and Values	Pol. Sc/ Hist/Phil/	4	100	100	NIL
SEMESTER- V (Credit-4)					
Paper-III (Any one from the list)	Subject teachers to teach (preferably) or any other teacher competent to teach	Credit	Full Mark	End Sem	Mid Sem
Understanding Odisha	Political Sc/ History	4	100	100	NIL
SEMESTER- VI (Credit-4)					
Paper-IV (Any one from the list)	Subject teachers to teach (preferably) or any other teacher competent to teach	Credit	Full Mark	End Sem	Mid Sem
Yoga for all	Sans/Soc./Hist./Pol. Sc/Yoga	4	100	100	NIL

SEMESTER-I

ENVIRONMENTAL STUDIES & DISASTER MANAGEMENT

For Under Graduate Compulsory Courses for Arts, Science and Commerce

Credit-4

FULL MARK-100

Total Hours: 45

Unit 1: Multidisciplinary nature of environmental studies

(8 Period)

Definition, scope and importance

Need for public awareness

Environmental Pollution Definition

• Cause, effects and control measures of: -

a) Air pollution

b) Water pollution

c) Soil pollution

d) Marine pollution

e) Noise pollution

f) Radiation pollution

Unit 2: Natural Resources:

(8 Period)

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, waterlogging, salinity, case studies.

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

Biodiversity: -

Introduction-Definition; Biogeographically classification of India, India as a mega diversity nation. Hot spots of biodiversity, Threats to biodiversity. Endangered and endemic species of India. Conservation of biodiversity. In Situ and Ex-situ conservation of biodiversity

Unit-3: Disaster Management

(8 Period)

1. Disaster Management: Types of disasters (natural and Man-made) and their causes and effect)

2. Vulnerability Assessment and Risk analysis: Vulnerability to various disasters (Flood, Cyclone, Earthquake, Heat waves, Desertification and Lighting)

3. Institutional Framework: Institutional arrangements for disaster management (National Disaster Management Authority (NDMA), State Disaster Management Authority (SDMA), Disaster Management Act, 2005, District Disaster Management Authority (DDMA), National Disaster Response Force (NDRF) and Odisha Disaster Rapid Action Force (ODRAF)

4. Preparedness measures: Disaster Management cycle, Early Warning System, PreDisaster and Post-Disaster Preparedness, strengthening of SDMA and DDMA, Community Preparedness for flood cyclone, heat waves, fire safety, lightening and snake biting. Stakeholders participation, Corporate Social Responsibility (CSR)

5. Survival Skills: Survival skills adopted during and after disaster (Flood, Fire, Earthquake, Cyclone and Lightening), Disaster Management Act-2005, Compensation and Insurance

Unit 4: Social Issues and the Environment

(6 Period)

A.

a) Environmental Ethics: Issues and possible solutions.

b) Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies

c) Environment Protection Act

d) Air (Preservation Control of Pollution) Act

e) Water (Preservation Control of Pollution) Act

f) Wildlife Protection Act

g) Forest Conservation Act

h) Solid waste management Cause, effect and Control Measure of Urban and Industrial waste (Role of each individual in conservation of Natural resources and prevention of pollution)

B. Human Population and the Environment

Population Ecology: Individuals, species, population, community

Human population growth, population control method

Urbanisation and its effect on society

Unit 5: Field work

(15 Periods of 30 hrs)

- 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.

Semester-III
ETHICS & VALUES

Credit point: 3

Full mark -100

Total Hours: 45

COURSE OUTCOME

- Development of a good human being and a responsible citizen
- Developing a sense of right and wrong leading to ethically correct behaviour
- Inculcating a positive attitude and healthy work culture
- To equip the students to prepare themselves national and state level civil service and other competitive examination.

COURSE CONTENTS

UNIT-I- ETHICS AND HUMAN INTERFACE

[5 Hours]

Learning Outcome-

Understand the basic concept of ethics and its relevance in life

- Ethics and Human Interface: Essence, Determinants and consequence of ethics and human action.
- Dimensions of Ethics in private and public relationship
- Human Values: Tolerance, Compassion, Rationality, Objectivity, Scientific Attitude Integrity, Respecting conscience and Empathy etc.
- Mahatma Gandhi and Ethical Practices: Non-Violence, Truth, Non-hatred and love for all, concern for the poorest, objective Nationalism and Education for man making. Relation between Ends and Means.

Subject Teacher: Philosophy/Political Science or Any other Teacher.

UNIT-II- ETHICS AND MAJOR RELIGIONS AND CIVILIZATIONS

[7 hours]

Learning Outcome-

Be familiar with ethical principles and values promoted by major religious traditions and civilization

- Hinduism- Dharma and Mokhya (out of 4 goals of life Dharma, Artha, Kama and Mokhya), Concept of Purusartha, Nisakama Karma (work without attachment to results), Concept of Basudev Kutumba and Peace (Whole world including all animals, plants, inanimate beings and human form one world)
- Ten Commandments: (Christianity and Judaism Tradition)

- Islamic Ethics: Justice, Goodness, Kindness, Forgiveness, Honesty, Purity and Piety
- Egyptian- Justice, Honesty, Fairness, Mercy, Kindness and Generosity
- Mesopotian-Non-indulgence in lying, stealing, defrauding, maliciousness, adultery, coveting possession of others, unworthy ambition, misdemeanors and injurious teaching.
- Buddhism-Arya Astangika Marg: Right View, Thought, Speech, Action, Livelihood, Efforts, Attention and Concentration.
- Jainism-Right faith, knowledge and conduct (Tirahna)
- Chinese-Confucianism- Respect for Autonomy, Beneficence, non-maleficence and justice. Taoism: No killing, No stealing, No sexual misconduct, No false Speech and No taking of intoxicants. Subject

Teacher: History/Philosophy/Political Science or Any other Teacher.

**UNIT-III- CONSTITUTIONAL VALUES, GOOD CITIZENSHIP, PATRIOTISM AND VOLUNTEERISM
[10 Hours]**

Learning Outcome-

Students Learn about constitutional values of India, Civic Sense and good Citizenship (both National and International) Patriotism and need for Volunteerism

- Salient Values of Indian Constitution: Sovereign, Socialist, Secular, Democratic, Republic, Justice, Liberty, Equality and Fraternity
- Patriotic values and ingredients of National Building, Examples of great Patriots, Rani Laxmi Bai, Bhagat Singh, Mangal Pandey, Birsa Munda, Laxman Naik, Subhas Chandra Bose and Khudiram Bose.
- Law abiding citizenship
- Concept of Global citizenship in contemporary world
- Volunteerism- concept and facts of Volunteerism, building a better society through Volunteerism, Blood Donation, Social work, Helping the Aged, Promotion of Green Practices and Environment protection.

Subject Teacher: Philosophy/Political Science /History/ or Any other Teacher.

UNIT-IV- WORK ETHICS [6 hours]

Learning Outcome-

Understand the concept of work ethics, ethics in work place and ethical practices to be adopted by various professionals

- The concept of professionalism.
- Professional ethics at work place

- Core values needed for all professionals. Reliability, Dedication, Discipline, Productivity, Co-operation, Integrity, Responsibility, Efficiency, Professionalism, Honesty, Purity and Time Management, Accountability, Respect Diversity, Gender Sensitivity, Respect for others, Cleanliness, Rational Thinking, Scientific Attitude, Clarity in Thinking. Diligence, cleanliness and Environment Consciousness.
- Codes of conduct for Students (both in College and Hostels), Teachers, Business professional, Doctors, Lawyers, Scientist, Accountants, IT professionals and Journalist.
- Practical ethics in day to day life.

Subject Teacher: Commerce/Philosophy/Education/History/ or Any other Teacher.

UNIT-V-ETHICS AND SCIENCE AND TECHNOLOGY

[7 Hours]

Learning Outcome-

Understand how Science is related to ethics and values has ethical implications.

- Ethics of Science and Technology. Are science and Technology ethically neutral? Are Science and Technology Value Free?
- Ethics of scientific Research, Innovation and Technology
- Ethics of Social Media, Modern Gadgets
- AI and Ethics Subject

Teacher: Philosophy or Any Science Teacher

UNIT-VI- ETHICS AND VULNERABLE SECTIONS OF SOCIETY

[10 hours]

Learning Outcome-

Understand how various vulnerable sections of our society are treated unequally and what needs to be done to address their inequality

Understand dimensions of substance abuse

- 1. Women and family-** Gendered practices in the family, marriages (dowry, child marriage, women's consent). Women and work- women's work at home and at work place, pay gap, gendered roles, harassment at work place and working women and role conflict. Women and Society- Gender sensitive language, property right, marriage/divorce/Separation and women's right; violence against women
- 2. Issues Relating to Children:** Nutrition and health, Child Exploitation: Child labour, trafficking, sexual exploitation
- 3. Issues Relating to Elderly Persons:** Abuse of Elders, Financial insecurity, Loneliness and Social insecurity, Health Care Issues, Needs for a happy and Dignified Ageing

4. Issues Relating to persons with disability: Rights of PWD, affirmative action, prevention of discrimination, providing equal opportunity, various scheme for empowering PWD and social justice for PWD.

5. Issues Relating to Third Gender: Understanding LGBTQ, Social justice for them, Removal of discrimination, Affirmative action and Acceptance of diversity of gender.

Subject Teacher: Sociology/political Science /Anthropology or Any Science Teacher

Sample Questions

- 1. Birsa Munda belongs to which state of India? [1 mark]
- 2. Recall at least 4 constitutional values from the preamble to India constitution. [2 marks]
- 3. Explain utility of being Punctual. [5 marks]
- 4. Explain the ethical principles a scientist should follow. [8 marks]

Course material:

To be developed by OSHEC and DDCE, Utkal University. Video Lectures will be also prepared by OSHEC and VTP, Utkal University. There shall be no internal examination for this course. The Term End Examination shall be conducted by the respective Universities. Student would engage in self-study and colleges shall conduct at least 4 doubt clearing session for each unit by engaging subject teachers as indicated above. The Principal may assign responsibility to any teacher.

UNDERSTANDING ODISHA

Semester-V

Credit point: 3

Full mark -100

Total Hours: 45

COURSE OUTCOME

- To familiarize the students with Odisha, its history, linguistic heritage, religion, culture, literature, geographic features, tribes and their culture, dance and music and contemporary features.
- To enable the students to develop an informed perspective about their land, people, their past and present and the challenge they face.
- To enable the students to face competitive examinations for jobs under Govt. of Odisha

COURSE CONTENTS

Unit- I ODISHA'S PHYSICAL AND HUMAN GEOGRAPHY [9 hours]

Learning Outcome: *Familiar with the physiography, drainage, climate and forests in Odisha*

- Physiography, Drainage systems, Climate, natural vegetation
- Major Industries and Minerals in Odisha: Iron Ore, Coal, Bauxite and Chromite
- Steel and Aluminum industries
- Growth and distribution of population

Unit- II AN OUTLINE OF POLITICAL HISTORY OF ODISHA [9 hours]

Learning Outcome: *To enable the students to familiarize themselves with the chronology of Political History, formation of Odisha in modern days and freedom movement*

- Ashoka and Kharavela
- An outline of Dynastic History of Odisha: Bhaumkaras, Somavamsies, Gangas and Gagapatis
- Odisha under Mughals and Marathas
- Movement for Separate Province of Odisha and freedom struggles Odisha

UNIT- III AN INTRODUCTION TO ODISHA'S CULTURE AND HERITAGE [9 hours]

Learning Outcome: *Understand Essence of Odisha's Culture, Art, Architecture, Dance, Music, Religion, and Literature*

- Temple Architecture in Odisha

- History of Odia Literature from ancient period to independence including Bhakti Literature, Development of Odia Script
- Dance and Music: Odissi, Gotipua, Chhau, and Folk
- Religion in Odisha: Shaivism, Vaishnavism and Neo-Vaishnavism (Chaitanya), Shakti cult, Jagannath Culture, Islam and Christianity in Odisha
- Odisha Cuisine
- Major Festival of Odisha

UNIT- IV TRIBES OF ODISHA

[9 hours]

Learning Outcome: *Odisha has a large concentration of Tribal Population; students would develop an understanding of their culture, and develop an appreciation at their ways of life.*

- Essentials of 62 Tribes of Odisha: Major Tribes and PVTs, festivals, beliefs, art and craft

UNIT- V CONTEMPORARY ODISHA

[9 hours]

Learning Outcome: *To be cognizant of contemporary Odisha*

- Districts of Odisha – An Outline
- Education – Primary, Secondary, Higher education including Technical.
- Tourism in Odisha including Eco-tourism
- Industry, Agriculture, Public Health, Service Sector (including IT)

Text Books

- Odisha Reference Year book (Latest Edition) by B.K. Publication Pvt. Ltd Reference
- History of Odisha by Prof. Atul Chandra Pradhan
- History of Odia Literature by Mayadhar Mansingh
- Odisha Review and Utkal Prasanga (Current Issues)

Sample Questions

1. Dhemsas is the dance form _____ Tribe. [1 mark]
2. Name the three types of temple architecture of Odisha. [2 marks]
3. Trace the growth of IT industry in Contemporary Odisha. [5 mark]
4. Write an essay on Jagannath Culture. [8 mark]

YOGA FOR ALL

Semester-VI

Credit point: 3

Full mark -100

Total Hours: 45

Practical Hour: 3 credits x 30 hrs= 90 hrs spread over 40/60 days

COURSE OUTCOMES (COs):

On completion of this course, the learners will be able to:

Course Outcome 1: Understand the importance of yoga as a holistic approach to health and well-being.

Course Outcome 2: Develop awareness about the benefits of practising yoga in education.

Course Outcome 3: Perform actions skilfully in day-to-day life.

COURSE CONTENTS

UNIT I: introduction to Yoga

Learning Outcome: *Understand the historical development of yoga in India.*

Learning Outcome: *Reflect upon the scope and importance of yoga in education.*

- What is yoga-concept of Hatha Yoga: control over body and mind.
- Need and importance of yoga in education- Yoga in physical education and sports science.
- Thinkers of yogic education and their contributions- Patanjali and Astanga Yoga, Sri Aurobindo.

Unit-II: Yoga for Memory and Concentration

Learning Outcome: *Demonstrate yogic practices including asana, pranayama and meditation.*

- Meditative asana and pranayam-, Padamasana, Anulom-Vilom Pranayam Bhramari Pranayam-steps, benefits and precautions.
- Mudra-Gyanmudra, Brahmanjali-process and practice.

Unit-III: Stress Management through Yoga

Learning Outcome: *Develop skills to apply yoga for health and personality development.*

Learning Outcome: *Adopt and practice various stress reduction techniques in their daily life.*

- Relaxation asanas: Sukhasana, Balasana/Ananda Balasana, Shabaasana.
- Yoga Nidra-steps and benefits.
- Mindfulness stress reduction technique- process and practice.

Unit-IV: Yoga for Special Needs and Teaching of Yoga

Learning Outcome: *Understand the importance of yoga for different age groups.*

Learning Outcome: *Adopt strategies to manage students in yoga class.*

- Yoga for women, children and the aged.
- Principles and methods of teaching yoga.
- Basics of yoga class management and educational tools of yoga teaching.

Methods of Evaluation

No theoretical examination. Continuous evaluation through observation by Trainer on a day to day basis and final performance to be examined by both internal and external examiners

Mode of Course Transaction: Learning and practice of Asana, Pranayam and Meditation.

Suggested Readings

- Cook, C.P. (2017). *Mindfulness and Yoga in Schools: A Guide for Teachers and Practitioners.* Springer.
- Dasgupta, S.N. (2005). *Yoga Philosophy in relation to other system of Indian Thought.* New Delhi: Motilal Banarsidass Publishers.
- Iyengar, B.K.S. (2006). *Light on Yoga.* New York: Harper Collins Publishers.
- Krishnamurti, J. (2001) *The Book of Life.* Penguin Books.
- Swami Satchidananda (2012). *The Yoga Sutras of Patanjali.* New York: Start Publishing.
- Swami Vivekananda (2017). *The Complete Book of Yoga.* Delhi: Teenage Publishers.
- International Journal of Yoga. Mumbai: Medknow Publications.
- <https://www.youtube.com/playlist?list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAl>
- <https://www.youtube.com/watch?v=UEEsdXn8oG8>
- <https://www.youtube.com/watch?v=AB3Y-4a3ZrU>
