

COURSES ON HUMAN VALUES AND PROFESSIONAL ETHIC

SYLABUS FOR

WOMEN'S STUDIES

UNIT-I

Definition of Women's Studies – Its Objectives – Scope – Theories of Feminism – Women's Movement in the West

UNIT-II

Women Through the ages – Indian context – Women in freedom struggle – pre Gandhian Era and Gandhian Era.

UNIT-III

Rise of Feminist Movement – Women's Organisations – Government and Non – Government organizations – National , state councils for Women - Achievements

UNIT-IV

Women in Politics –Administration – Business –Industry – Women Entrepreneurs and – Women participation in Rural Development – Self Help Group.

UNIT-V

Women and Law : Prevention of Sati – Widow remarriage Act 1856 – the Sarada Act 1929- Abolition of Devadasi system – Marriage Act – Hindu Inheritance Act 1956 - Pregnancy Violence Bill – Women in modern Society.

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)
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VALUE EDUCATION

Objectives

To understand physical body and Health concepts

To have the basic Knowledge on Simplified Physical Exercises and Asanas and Meditation

To Introspect and improve the behaviors

To inculcate cultural behavioral patterns

Unit : 1 Yoga and Physical Health

Health - Meaning and Definition - Physical Structure - Three bodies - Five limitations - Simplified Physical Exercises - Hand, Leg, Breathing, Eye exercises - Kapalabathi, Makarasana 1,2 , Massage, Acu pressure, Relaxation exercises - Yogasanas - Surya namaskar - Padmasana - Vajrasana - Ardha katti Chakrasana - Viruchasana - Yogamudra - Patchimothasana - Ustrasana - Vakkarasana – Salabasana.

Unit - 2 : Greatness of Life Force and Mind

Maintaining youthfulness - Postponing the ageing process - Sex and spirituality - Significance of sexual vital fluid - Married life - Chastity - Development of mind in stages - Mental Frequencies - Methods for Concentration - Meditation and its Benefits.

Unit - 3 : Personality Development - Sublimation

Purpose and Philosophy of Life - Introspection - Analysis of Thought - Moralization of Desire - Analysis and practice - Neutralization of Anger - Strengthening of will-power.

Unit - 4 : Human Resources Development

Eradication of Worries - Analysis and Eradication practice - Benefits of Blessings - Effect of good vibrations - Greatness of Friendship - Guidance for good Friendship - Individual Peace and world peace - Good cultural behavioral patterns.

Unit - 5 : Law of Nature

Unified force - Cause and effect system - Purity of thought deed and Genetic Centre - Love and Compassion - Gratitude - Cultural Education - Fivefold culture.

Note: Practical orientation be introduced to the learners.