

DEBRA THANA SAHID KSHUDIRAM SMRITI MAHAVIDYALAYA

Gangaram Chak, Chak Shyampur, Debra, West Bengal



PROPOSED SYLLABUS (DRAFT) OF

**COMMON COURSES UNDER CCFUP, 2023
FOR SEMESTER-I & II**

FOR ALL UNDERGRADUATE PROGRAMMES
(w.e.f. Academic Year 2024-2025)

Based on

**Curriculum & Credit Framework for Undergraduate
Programmes (CCFUP), 2023 & NEP, 2020**

| Course Type | Course Code | Course Title | Credit | L-T-P | Marks | | |
|--------------------|---|----------------------------|----------|--------------|-----------|-----------|------------|
| | | | | | CA | ESE | TOTAL |
| SEMESTER-I | | | | | | | |
| VAC | VAC01 | Environment Studies (ENVS) | 4 | 2-0-2 | 50 | 50 | 100 |
| SEMESTER-II | | | | | | | |
| VAC | VAC02 (Any-one to be chosen) | Human Rights | 4 | 4-0-0 | 10 | 40 | 50 |
| | | Yoga and Wellness | 4 | 4-0-0 | 10 | 40 | 50 |
| | | Disaster Management | 4 | 4-0-0 | 10 | 40 | 50 |

Semester 1

VAC-01: ENVS- Environmental Studies

Credits 04 (Full Marks-100)

Course contents:

Unit-I: Introduction to environmental studies (2 lectures)

Multidisciplinary nature of environmental studies; Scope and importance; Concept of sustainability and sustainable development.

Unit-II: Ecosystems (6 lectures)

What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs, 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)

Unit-III: Natural Resources: Renewable and Non-renewable Resources (8 lectures)

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. Joint forest management.

Water: Use and over-exploitation of surface and groundwater, floods, droughts, conflicts over water (international & interstate).

Energy resources: Renewable and nonrenewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-IV: Biodiversity and Conservation (8 lectures)

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic 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.

Unit-V: Environmental Pollution (8 lectures)

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution

Nuclear hazards and human health risks

Solid waste management: Control measures of urban and industrial waste.

Pollution case studies.

Noise pollution.

Unit-VI: Environmental Policies & Practices (7 lectures)

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 Convention on Biological Diversity (CBD).

Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

Environmental policy and gender issues

Unit-VII: Human Communities and the Environment (6 lectures)

Human population growth: Impacts on environment, human health and welfare.

Resettlement and rehabilitation of project affected persons; case studies.

Disaster management: floods, earthquake, cyclones and landslides.

Environmental movements: Chipko, Silent valley, Bishnois 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)

Unit-VIII: Field work (Equal to 5 lectures)

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.

Disaster management.

Coastal ecosystem

Suggested Readings:

1. Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R. 1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
3. Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
4. Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36--37.
7. McCully, P. 1996. *Rivers no more: the environmental effects of dams* (pp. 29--64). Zed Books.
8. McNeill, John R. 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.
9. Odum, E.P., Odum, H.T. & Andrews, J. 1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
10. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press
11. Rao, M.N. & Datta, A.K. 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co.Pvt. Ltd.
12. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. *Environment*. 8th edition. John Wiley & Sons.
13. Rosencranz, A., Divan, S., & Noble, M. L. 2001. *Environmental law and policy in India*. Tripathi 1992.
14. Sengupta, R. 2003. *Ecology and economics: An approach to sustainable development*. OUP.
15. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
17. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
18. Thapar, V. 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*. Warren, C. E. 1971. *Biology and Water Pollution Control*. WB Saunders.
19. Wilson, E. O. 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
20. World Commission on Environment and Development. 1987. *Our Common Future*. Oxford University Press.

Semester 2

Value Added Course (VAC) - 02

VAC-02: Human Rights

Credits 04 (Full Marks-50)

Course contents:

Unit – I: Human Rights (8 lectures)

Society and Development-Human Rights in the World.

Unit – II: Violation of Rights (10 lectures)

Violation of Human Rights and Remedies with special reference to ICESCR and ICCPR.

Rights of the Juveniles & Elderly People a) Rights of the Juveniles and Child Labour and Old People, b) Protection of Rights to Health, c) Human Rights and the Civil Society.

Unit – II: Human Rights in India (12 lectures)

Civil and Political Rights - Human Rights Commissions.

Suggested Readings

1. Agarwal, H.O., Implementation of Human Rights Covenants with Special Reference to India (Allahabad: Kitab Mahal, 1983).
2. Alam, Aftab, ed., Human Rights in India: Issues and Challenges (New Delhi: Raj Publications, 1999).
3. Amnesty International, Human Rights in India (New Delhi: Sage Publications, 1994).
4. Bajwa, G.S. and D.K. Bajwa, Human Rights in India: Implementation and Violations (New Delhi: D.K. Publishers, 1996).
5. Basu, D.D., Human Rights in Constitutional Law (New Delhi: Prentice Hall, 1994).
6. Baxi, Upendra, Inhuman Wrongs and Human Rights (Delhi: HarAnand Publications, 1994).
7. Begum, S.M., ed., Human Rights in India: Issues and Perspectives (New Delhi: APH Publishing Co., 2000).
8. Bhagwati, P.N., Legal Aid as Human Rights (Dharwad: JagrutBharut, 1985).
9. Bhargava, G.S. and R.M.Pal, ed., Human Rights of Dalits: Societal Violation (New Delhi: Gyan Publishing House, 2000).
10. মানবাধিকার নান দিক, ইয়াসিন খান, প্রোগ্রেসিভ পাবলিশার্স, ৩৭এ, কলেজ স্ট্রিট, কলিকাতা, ২০১৯
11. বিপন্ন মানবাধিকার এই সময়ের ভাবনা, প্রগতিশীল প্রকাশক কলিকাতা, ২০০৭
12. মানবাধিকার ও গণতান্ত্রিক অধিকার, সিদ্ধার্থ গুহরায়, মিত্রম, কলিকাতা, ২০০৭
13. মানবাধিকার তত্ত্ব ও অনুশীলন, কৃষ্ণিবাস দত্ত, এভেনেল প্রেস, ২০২২
14. মানবাধিকার কী এবং কেন?, বেনুলাল ধর, প্রগতিশীল প্রকাশক, কলিকাতা, ২০২০।
15. মানবাধিকার ও মানব উন্নয়ন, পায়েল রায় চৌধুরী, প্রোগ্রেসিভ পাবলিশার্স, কলিকাতা, ২০১৫।

OR

VAC-02: Yoga and Wellness

Credits 04 (Full Marks-50)

Course contents:

Unit -I: Introduction of Yoga

- 1.1 Meaning, Definition, Aim, Objectives and Importance of Yoga
- 1.2 History and Development of Yoga
- 1.3 Astanga Yoga, Hatha Yoga, Observation of International Yoga Day
- 1.4 Suryanamaskar, Pranayamas and Meditations.

Unit -II: Health and Health Problems in India

- 2.1 Health: Meaning, Definition, Dimensions and Factors.

2.2 Health Education: Meaning, Definition, Aim, Objectives and Principles. Personal Hygiene: Care of Eyes, Ear, Nose, Skin, Mouth, Teeth and Feet.

2.3 Aim, Objectives and Functions of Health Agencies: World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF). Integrated Child Development Services (ICDS), Ministry of Health and Family Welfare (MHFW).

2.4 Life Style Diseases (Hypokinetic): obesity and Diabetes. Life Style Diseases (Hyperkinetic): Hypertension and Psychological Disorder-Stress.

Unit -III: Wellness and Wellness Programme

3.1 Wellness - Concept, Definition, Components, Significance with reference to Positive Lifestyle.

3.2 Concepts of Quality of Life and Body Image.

3.3 Factors affecting Wellness.

3.4 Wellness Programme in Reference to Physical Activities & Yoga

Suggested Readings

1. Corbin, C. B. G. J. Welk. W. R Corbin, K. A. Welk (2006) Concepts of Physical Fitness: for Wellness. McGraw Hill, New York, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
3. Kansal, D.K. (2008) Textbook of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science Publications, New Delhi.
4. Uppal, A.K. (2004), Fitness and Health 5th ed. (U.K., Human Kinetics).
5. Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi.
6. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga, General Books, LLC, New Delhi.
7. Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra.
8. Text Book Hath Yoga Pradipika.
9. Text Book Patanjali Yoga Sutra.
10. Kayal, R. Yoga Sikha. Clasiq Books. Kolkata.
11. Sahu, D. A Critical review on Modern Trend of Yogic Asana. Clasiq Books. Kolkata.

OR

VAC-02: Disaster Management

Credits 04 (Full Marks-50)

Course contents:

Unit -1: Introduction to Disaster: Disaster:

Concepts and definitions (Disaster, Hazards, Vulnerability, Resilience, Risks).

Factors & significance, causes, nature, types and magnitude of disasters.

Parameters of Disaster Risks. Levels of disasters as per national guideline.

Difference between accidents and Disasters.

Simple and Complex disasters,

Brief explanation of some frequently occurring natural disasters in India.

Unit -2: Impacts of disasters:

Impacts of disasters (including social, economic, political, environmental, health, psychosocial, etc.).

Global trends in disasters: urban disasters, pandemics, complex emergencies, Climate change.

Hazards, Response time, frequencies, forewarning, exposure time of different hazards.

Common approaches to study natural and manmade hazards; vulnerability and disasters.

Unit -3: Disaster Management:

Aims of disaster management. Principles and component of disaster management. Dimension of natural and anthropogenic disaster.

Unit- 4: Consequences of disaster:

Causes and consequences of hazards-physical, economic, cultural. Repercussion of disasters and hazards, Economic damage. Loss of human and animal life. Destruction of Ecosystem.

Unit -5: Global perspectives:

Natural disaster - Study of environmental impacts induced by human activity. Causes, impact, consequences, trends understanding of: Earthquake, volcanisms, cyclones, tsunami, floods, draughts and famines, landslides and avalanches, heat and cold waves.

Man-made disasters: Biological disasters, chemical disasters, nuclear disasters, building fire, cold fire, forest fire, oil fire, air pollution, water pollution, deforestations, industrial pollution, road accidents, rail accidents, air accidents, sea accidents, oil slicks and spills, out- break of disease and epidemic, building collapse, rural and urban fire, war and conflicts, over exploitation of natural resources.

Suggested Readings

1. Disaster Management Guidelines, GOI-UND Disaster Risk Program (2009-2012)
2. Damon, P. Copola, (2006) Introduction to International Disaster Management, Butterworth Heineman.
3. Gupta A.K., Niar S.S and Chatterjee S. (2013) Disaster management and Risk Reduction, Role of Environmental Knowledge, Narosa Publishing House, Delhi.
4. Murthy D.B.N. (2012) Disaster Management, Deep and Deep Publication PVT. Ltd. New Delhi.
5. Modh S. (2010) Managing Natural Disasters, Mac Millan publishers India LTD.
