

UG Degree  
Semester II

(For the students admitted during the academic year 2017 – 2018 and onwards)

Course: Part IV - Value Education	Course Code: 217VEC
Semester: II	No. of Credits: 2
No. of hours : 30 (Total hours)	C:P - 16:14
CIA Max. Marks: 50 Marks	ESE Max. Marks: -

(C: Contact hours, P: Practical) (Yoga)

**Course Objectives:**

- To nurture a holistic perspective among students towards life.
- To instil moral and human values for the welfare of the student community which in turn aid the society.
- To strengthen the human, family, social and national values.

**Course Outcomes: On completion of the Course the student will be able to**

CO	Statement	Bloom's Taxonomy level
CO 1	Enumerate the nature, characteristics, components and purpose of value education.	R
CO 2	Deduce the significance of family values, social values and national values.	U
CO 3	Execute the yoga and meditation for sound body and mind.	A
CO 4	Apply their fundamental rights and duties and demonstrate the professional ethics	A

**R-Remembrance U –Understanding A-Apply**

**Syllabus:**

<b>Unit I: Value Education</b>	<b>(4 hours)</b>
Basic Characteristics of values – Nature and Types of values – Components of Value Education- Purpose and Significance in the Present World – Concept of Human Values	

<b>Unit II: Family Values</b>	<b>(4 hours)</b>
Family – Brotherhood – Pride of Womanhood – Duties and Responsibilities – Respect to Elders – Flexibility – Importance of Joint Family – Dependability – Accomplishment – Family Ethics.	



**Unit III: Social Values**

(4 hours)

Society – Social Sense and Commitment – Social Awareness. Life Skills: Self Awareness  
Health – Self Esteem – Self Management – Relationship Management – Cognitive Skills  
professional ethics- Definition- Need for Professional Ethics- Ten golden rules of being  
professional in service.

**Unit IV: National Values**

(4 hours)

Citizenship – Salient features of the Indian Constitution – Fundamental Rights and Duties  
Franchise – Unity in Diversity -Role of Youth towards National Integration and Development

**Unit V: Yoga and Meditation for Healthy Life**

(14 hours)

Practice of Yoga in Daily Life - Neck Bending Technique - Trunk Movement Technique - K  
Movement Technique – Yogasanas: Standing Postures - Sitting Postures- Prone Postures - Su  
Postures- Role of Yoga in Daily Life -Stress Management

**Note: Question to be taken from first four units only**

**Books for study:**

Unit	Name of the Book	Authors	Publishers with Edition
I - V	Value Education	Editorial Board, Sri G.V.G Visalakshi College for Women	Bonfring Publication, Coimbatore, 2017

**Content delivery Methods: (Minimum Three)**

1. Class room Lecture
2. Guest Lecture
3. Demonstration
4. Videos
5. Visit to Yoga centre
6. Culturals



**Course Evaluation Methods:**

Direct Methods	Indirect Methods
Continuous Internal Assessment Test I Continuous Internal Assessment Test II Activity(Yoga)	Course Exit Survey

**Internal Assessment components:**

Components	CIA	Activity	Total
Marks	40	10	50

**Question Paper Pattern**

Section A	Open Choice Questions (5 out of 10) (5X10 = 50 Marks)
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Questions for CIA will be designed based on Weightage % given

Bloom's Category	CIA I	CIA II	Activity
R	20%	20%	Knowledge of Yoga: 30%(3 Marks) Performance:70% (4 Marks)
U	70%	70%	
A	10%	10%	

Course Designed by :	Dr. K. Kaliasammal	<i>K. Kaliasammal</i>
Course Reviewed by :	Mrs. B.Nirmala	<i>B.Nirmala</i>
	Name	Signature