



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Reaccredited with 'A++' Grade (4th Cycle) by NAAC

VIRUDHUNAGAR

Quality Education with Wisdom and Values

PART V EXTENSION ACTIVITIES

Credit: 1

REGULATIONS AND SYLLABUS

(with effect from Academic Year 2024 - 2025)

Extension Activities under Part V includes

1. National Service Scheme
2. Physical Education
3. Youth Red Cross Society
4. Red Ribbon Club
5. Science Forum
6. Eco Club
7. Library and Information Science
8. Consumer Club
9. Health and Fitness Club
10. National Cadet Corps
11. Rotaract Club

DURATION OF EXTENSION ACTIVITY

The students of all UG Programmes shall undergo the prescribed Extension Activity for a period of two academic years (I- IV semesters - 60 Hours).

EXEMPTION

The Principal shall have the power to grant exemption to the physically challenged students.

EVALUATION SCHEME

- Assessment by Internal examiner only
- **Distribution of Marks**

Mode of Evaluation		Marks
Attendance	:	5
Performance	:	10
Report/Assignment/Project/Camp/Practical	:	10
Total	:	25*

*The marks obtained will be calculated for 100 marks

Attendance

- For Part V in UG Programmes, the students require 75 % of attendance to get a credit.
- Shortage of attendance may be condoned on medical grounds.
- Condonation shall be granted by the Principal.
- The application for condonation must be submitted to the Principal within 3 days after the last working day for the concerned class.
- **The condonation fee is Rs.300/-.**

Performance

- Includes Camp/Field Visit/active participation in activities.

Report

- Shall be based on the active participation in activities.

Assignment

- Shall be based on any topic related to respective activities.

Project

- May be a mini-project/survey conducted by a group of students not exceeding 5 members.

Camp

Only for the students of National Service Scheme

Practical

- Only for the students in Physical Education Course and Library and Information Science course.

S.No.	Extension Activities	Semester	Title of the Course	Course Code	Credit
1.	National Service Scheme	I & II III & IV	Basic Concepts of National Service Scheme-I Basic Concepts of National Service Scheme-II	24UVNS1 24UVNS2	1
2.	Physical Education	I & II III & IV	Health and Physical Education-I Physical Education and Yoga - II	24UVPE1 24UVPE2	1
3.	Youth Red Cross Society	I & II III & IV	Humanitarian Principles and Services – I Care In Crisis: First Aid, Disaster Preparedness, Blood Donation-II	24UVYR1 24UVYR2	1
4.	Red Ribbon Club	I -IV	Education on HIV / AIDS	24UVRR1	1
5.	Science Forum	I -IV	Fundamental Concepts Of Basic Science	24UVSF1	1
6.	Eco Club	I -IV	Eco Science	24UVEC1	1
7.	Library and Information Science	I -IV	Library and Information Science	24UVLI1	1
8.	Consumer Club	I -IV	Consumer Rights and Protection	24UVCC1	1
9.	Health and Fitness Club	I -IV	Basics of Dietetics	24UVHF1	1
10.	National Cadet Corps	I & II III & IV	National Cadet Corps-I National Cadet Corps-II	24UVNC1 24UVNC2	1
11.	Rotaract Club	I -IV	Rotary Learning Center Course	24UVRO1	1



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NATIONAL SERVICE SCHEME-I (for those who join in 2024 -2025)

Part V	BASIC CONCEPTS OF NATIONAL SERVICE SCHEME-I	Semester I & II
Course Code 24UVNS1		

COURSE OUTCOMES:

On the completion of the course, the students will be able to

CO1: identify the need for the selfless service through the interaction with society.

CO2: build individual personality and develop inter-personal communication.

CO3: practice personal integrity, national integration and social harmony.

CO4: acquire awareness about Road Safety Measures, blood donation and natural sustenance.

CO5: procure a knowledge on child abuse and women harassment.

UNIT-I

Introduction to N.S.S - Basic Concepts – Profile: Aims – Objectives – Symbol – Motto – Structure – Regular Activities – Special Camping Programme – Adventure Programme – National Days and Celebrations - Tree plantation.

UNIT-II

Personality Development: Leadership Training – How to build rapport – Need for establishing rapport and Methods of Communication.

UNIT-III

Community Development: Definition - Structure and Composition – Need for Awareness – Development Programme - Need of the Community - Need for the Community Service – Role of Youth in Community Building – Communal Harmony --Literacy – Educational Recreation.

UNIT-IV

Road Safety Measures – Traffic Rules and Regulations – Signals.

UNIT-V

First Aid – Blood and Eye Donation – Awareness on Child and Women Harassment.

List of Activities:

1. Cleaning of college campus
2. Watering Plants in the college campus
3. Updating the activities in My Bharat Portal
- 4. Awareness Programme on**
 - i) Blood Donation
 - ii) Eye Donation
 - iii) Breast Cancer
 - iv) Career Guidance
 - v) Medical Checkup
- 5. Extension Activity in Adopted Villages**
 - i) Plantation of saplings
 - ii) Sanitation Awareness
 - iii) Mosquito Prevention
 - iv) First Aid Awareness
 - v) Hygiene maintenance
- 6. Guest Lecture**
 - i) For Farmers at adopted villages insisting the importance of organic farming and saving the soil

References:

1. *M.P.Ganesan and M.Pandi, National Service Scheme : An Over-View, Shanlax Publications , Madurai*
2. *National Service Scheme Manual (Revised), 2022, New Delhi; Ministry of Youth Affairs & sports, Government of India, New Delhi.*
3. <https://nss.gov.in/>
4. <https://en.wikipedia.org/wiki/NSS>

Dr. K. Annbuselvi
PART V Co-ordinator

Dr. R. Malathi
Dr. P. Thenrathi
Course Designer



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NATIONAL SERVICE SCHEME-II

(for those who join in 2024 -2025)

Semester III & IV	BASIC CONCEPTS OF NATIONAL SERVICE SCHEME-II	Credit: 1
Part V		
Course Code 24UVNS2		Internal 100

COURSE OUTCOMES:

On the completion of the course, the students will be able to

CO1: acquire a knowledge on Right to Information Act and usage of the information for the social services.

CO2: express inculcated moral and social values to uplift the status of an individual, family, society and the nation.

CO3: develop awareness among the public to mitigate the social and environmental issues.

CO4: show case acquired leadership qualities and democratic attitude in real life situations.

CO5: build the skills for disaster management and sustainable development.

UNIT-I

Right to Information Act: Meaning – Procedure – Rules and Regulations – Need – Benefits - Restrictions.

UNIT-II

Social Issues: Media infiltration – Human Rights – Consumer and Youth Parliament Awareness.

UNIT-III

Awareness on HIV/AIDS/STD: Preventive Measures – Eradication of Child Labour.

UNIT-IV

Disaster Management: Flood Relief – Earth Quake Relief – Drought Relief.

UNIT-V

Sustainable Development: Rain Water Harvesting- Tree Plantation and Awareness – Watershed Management - Health and Hygiene – Mental and Physical Health – Adoption of Village – Family Adoption.

Note: Students must attend at least one Ten Days Camp either in First Year or in Second Year. Students enrolled as NSS volunteers should take in 120 hours of social work in a year for a continuous period of two years i.e., 240 hours in two years, on different programmes.

REFERENCE BOOKS

1. *National Service Scheme Manual*, (2006), New Delhi; Ministry of Human Resources Development, Government of India.
2. *National Service Scheme Manual (Revised)*, 2022, New Delhi; Ministry of Youth Affairs & sports, Government of India.

Dr. K. Annbuselvi
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Dr. R. Malathi
Dr. P. Thenrathi
Course Designer



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PHYSICAL EDUCATION (for those who join in 2024 – 2025)

PART V	HEALTH AND PHYSICAL EDUCATION-I	Semester I & II
Course Code 24UVPE1		

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1: relate the basic anatomy and physiology of themselves and to help others to know their anatomy.

CO2: application of learned knowledge in their day to day life and will in their family and neighbors.

CO3: create awareness on the importance and concepts of health and physical education.

CO4: apply the values of learned logic practices and guidelines and practicing them.

CO5: utilize their knowledge to understand the body and effects of exercise on various system

UNIT I

Introduction to Health and Importance of Health Education. Health Education – Personal hygiene, Public hygiene, Mental hygiene

UNIT II

Basics of Human Anatomy and Physiology - Skeleton, Muscular System.

UNIT III

Principles of First-AID, First AID Practices - Introduction to Sports Injuries - Care and Prevention of Sports Injuries.

UNIT IV

General Fitness - Definition, Types, Components and Importance of Physical Activity.

UNIT V

Introduction to Sports of Track and field, events, Volleyball, Badminton and Kho-Kho.

List of Activities:

1. Guest Lecture: Importance of Health Education.
2. Workshop: Awareness programme on Principles of First AID and Prevention of Sports Injuries.
3. Campus Cleaning
 - i) Activity: 1 – Ground & Campus Cleaning
 - ii) Activity: 2 - Green Campus

REFERENCE BOOKS

1. Clarke, D.H. (1960). *Exercise Physiology*. New Jersey: Prentice Hall.
2. Ektha Gothi. (2000). *Manual of Track & Field*. Delhi : Sports Publication.
3. Dr. Capt. N.Arumugam, (2019), *Animal Physiology*, Kanyakumari, Saras Publication.
4. Muller, J.P. (2000). *Health Exercise and Fitness*. Delhi : Sports Publication.
5. Saggar, S.K.(1994). *Play Better Volleyball*. Delhi :Sports Publication.
6. Shaver,L.G.(1981). *Essential of Exercise Physiology*. New Delhi: Surjeet Publication.

Dr. K. Annbuselvi
Part V Co-ordinator

Dr. K. Jamila Jothibai
Course Designer



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PHYSICAL EDUCATION (for those who join in 2024 – 2025)

Semester III & IV	PHYSICAL EDUCATION AND YOGA - II	Credit : 1
PART V		Internal 100
Course Code 24UVPE2		

COURSE OUTCOMES

On completion of the course, the students will be able to

- CO1: state the basic knowledge of physical and health education.
- CO2: apply the values of learned logic practices and guidelines and practicing them.
- CO3: utilize their knowledge to understand the body and effects of exercise on various system.
- CO4: summarize the various Stages of Yoga Guidelines for practicing Asana and Pranayama.
- CO5: procure the importance of Balanced Diet and Food Pyramid.

UNIT I

Introduction of Physical Education and Health Education – Aims and Importance of Physical Education.

UNIT II

Yoga – Meaning, Definition and History- Astanga Yoga – Stages of Yoga Guidelines for practicing Asana and Pranayama

UNIT III

Human Body – Cell Tissue, Organ and System – Brief Introduction of various Systems – Effect of Exercise on Respiratory, Circulatory, Nervous and Endocrine Systems.

UNIT IV

Recurring of Food, Constituents food Diet – Need of Balance Diet – Food Pyramid, Concept of Calories – BMI – Obesity.

UNIT V

Fitness – Meaning – Definition – Types of Fitness - First AID related to Fracture, Muscular Sprain, First AID related to Avulsion, Techninamus Laceration, Abrasion CPR.

REFERENCE BOOKS

1. Chandrasekaran, K. (1999). *Sound Health Through Yoga*. Sedapatti : Prem Kalyan Publications.
2. Saket Raman Tivari. (2008). *History of Physical Education*. New Delhi: APH Publishing Corporation.
3. Srilakshmi B (2024), Dietetics, New Age International (P) Ltd, Publishers.
4. C.Manivannan,T.LathaManivannan,(2011),“First Aid and Emergency Nursing” : EMMESS Publication
5. Lt.Col(Mrs)Arunkohli (2007), “First Aid ” : A.P.Jain & Co Publishers
6. AJAY SINGH, (2007),),“First Aid and Emergency Care” : N.R.Brothers Publishers
7. N.N.YALAYYASWAMY,(2009), “First Aid and Emergency Nursing” : CBS Publishers & Distributors

Dr. K. Annbuselvi
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Dr .K. Jamila Jothibai
Course Designer



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YOUTH RED CROSS SOCIETY

(for those who join in 2024 – 2025)

Part V	Humanitarian Principles and Services – I	Semester I & II
Course Code 24UVYR1		

COURSE OUTCOMES:

On completion of the course, the students will be able to

CO1: understand the importance of the Red Cross Society, the humanitarian agency

CO2: appreciate the role of the Red Cross Society in relief activities

CO3: prepare them for aiding in the prevention and relief of human suffering.

CO4: participate in service related activities like blood donation camp and helping the poor.

CO5: impart the significance of the Red Cross society to the people and make them involve in social services.

UNIT I

History and organization of Red Cross Society: Henry Dunant - Memories of Salbarino -

Origin and Objectives of Red Cross Society - IRCS organisation - Objectives -

Administrative Structure - Organisational set up of Indian Red Cross Society and its activities

- Geneva Convention

UNIT II

Fundamental Principles of Red Cross Society and Emblem: Humanity - Impartiality -

Neutrality - Independence - Voluntary Service - Unity - Universality - Emblem - Red Cross -

Red Crescent - Protective use, indicative use, abuse

UNIT III

IRCS activities and YRC: Types of conflicts - Role of IRCS in War and Peace - Youth Red Cross Movement: Origin, Objectives, Organisation activities - National disorders - Role of Red Cross Society in relief activities

UNIT IV

International Humanitarian Law : Principles - Humanity - Distinction - Military necessity - Preventions of unnecessary suffering - Proportionality

UNIT V

Leadership Development: Leadership: Types and Traits - Man management - Duty and discipline - Factors affecting Duty and discipline - First War of Indian Independence - Gandhiji and Non-violence - Nethaji and INA

List of Activities:

1. Guest Lecture - Awareness about Health Issues
2. Guest Lecture - Awareness on First Aid Activities
3. Guest Lecture - Awareness Programme by Fire Service
4. Organising Blood Donation Camp
5. Campus Cleaning:
 - i) Cleaning the campus
 - ii) Watering the plants

REFERENCE BOOKS:

1. Hand book of the International Red Cross and Red Crescent Movement. International Committee of the Red Cross, 9, Avenue de la paix, 1202 Geneva.
2. Carmichael, Jan, Chris Collins, Peter Emsell and John Haydon. Leadership and Management Development. (2011). Oxford University Press, Oxford.

Dr. K. Annbuselvi

Part- V Coordinator

Dr. B. Kanagalakshmi

Course Designer



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YOUTH RED CROSS SOCIETY

(for those who join in 2024 – 2025)

Semester III & IV	Care in Crisis: First Aid, Disaster Preparedness, Blood Donation-II	Credits: 1
Part V		
Course Code: 24UVYR2		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1 : acquire basic first aid skills to offer initial care during common emergencies.

CO2 : develop the ability to respond effectively to emergencies and disasters.

CO3 : understand the significance of Blood Donation and Safety

CO4 : enhance knowledge of community health and safety.

CO5 : promote leadership and teamwork in crisis situations

Unit I

Foundations of Emergency Preparedness

- Introduction to emergency situations and their impact on individuals and communities
- Basic principles of emergency management and response
- Understanding the importance of personal preparedness and resilience
- Introduction to key terminology and concepts in disaster preparedness

Unit II

Basic First Aid Skills

- Recognizing common medical emergencies such as cardiac arrest, choking, and severe bleeding

- Hands-on training in cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) use
- Basic wound care techniques and injury stabilization
- Identifying signs of shock and appropriate response

Unit III

Disaster Preparedness and Response

- Overview of different types of disasters (natural, technological, human-made)
- Developing emergency plans for various scenarios (e.g., earthquakes, floods, fires)
- Understanding roles and responsibilities in disaster response (e.g., first responders, volunteers)
- Community resources and organizations involved in disaster response and recovery

Unit IV

Blood Donation and Transfusion Safety

- Importance of blood donation in emergencies and regular healthcare settings
- Eligibility criteria for blood donation and the screening process
- Understanding blood types, compatibility, and transfusion safety measures
- Ethical considerations and informed consent in blood donation

Unit V

Community Engagement and Advocacy

- Promoting emergency preparedness and first aid training in the community
- Organizing and participating in blood donation drives and awareness campaigns
- Advocating for policies and initiatives that support disaster preparedness and blood donation
- Utilizing social media and other platforms for community outreach and education

Note:

Practical sessions should be conducted for first Aid-Institution/Intercollegiate training programs for disaster management may also be organised.

REFERENCE BOOKS

1. Choudhury, S. S. *Textbook of Blood Banking and Transfusion Medicine*. Jaypee Brothers Medical Publishers, 2016.
2. Mahajan, V. K. *Public Health and Community Medicine*. 9th ed., Jaypee Brothers Medical Publishers, 2013.
3. Parikh, Rajesh P. *Essentials of First Aid and Emergency Care*. Vora Medical Publications, 2002.
4. Sharma, Vinod K. *Disaster Management in India: Challenges and Strategies*. New Century Publications, 2015.

Dr. K. Annbuselvi

Part- V Coordinator

Dr. K .Kavitha

Course Designer



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RED RIBBON CLUB

(for those who join in 2024 – 2025)

Part V	RED RIBBON CLUB ACTIVITIES	Semester I & II
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List of Activities:

1. Awareness Programme on Blood Donation
2. Organizing Blood Donation Camp
3. Awareness programme on Role of students towards HIV./ AIDS.
4. Awareness programme on Health issues
5. World Aids Day Celebration
6. Conduct Awareness campaigns
7. Leadership training as peer educators
8. Organizing various HIV/AIDS & STU related programmes, seminars and competitions
9. Planning and implementing outreach activities for HIV awareness etc.

Dr. K. Annbuselvi
Part- V Coordinator

Dr. P. Getchial Pon Packiavathi
Dr. K. Chitra Lakshmi
Mrs. S. Rajapriya
Course Designers



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RED RIBBON CLUB

(for those who join in 2024 – 2025)

Semester III & IV	Education on HIV / AIDS	Credit : 1
Part V		
Course Code 24UVRR1		Internal 100

COURSE OUTCOMES

On the completion of the course, the students will be able to

CO1: procure the concepts of HIV / AIDS.

CO2: discuss the methods and education of HIV / AIDS.

CO3: apply the study knowledge of HIV / AIDS to society.

CO4: acquire the importance of Roles and responsibilities of RRC members.

CO5: identify the common terms used in the study of HIV / AIDS.

UNIT I

Objectives of RRC – Symbol & Motto of RRC – Structure of RRC – Functions of RRC – Awareness & Programmes of RRC - Roles and responsibilities of RRC members – Ethics.

UNIT II

Blood group – Blood donation – Blood donation camp, Hemoglobin count level – Opportunities for Blood Donars.

UNIT III

Blood Test & HIV Test: Diagnosis of HIV/AIDS – ELISA, Western Plot, PCR (Polymerase Chain Reaction) - Symptoms - HIV Test - Diagnosis of HIV/ AIDS.

HIV/AIDS: Human Immune System - HIV/AIDS Origin and History - Causes and Effects– Control and Preventive measures – HIV/ AIDS in India - The role of NACO & TANSACS - Effects of AIDS in our society - Roles and Responsibilities.

UNIT IV

Mode of Transmission : Blood transmission- Sexual transmission - Mother to child transmission – Drug Injection– Treatment - Recommendations for HIV / AIDS patients.

UNIT V

HIV/AIDS Education: Professional role - Community role - Family role – Role of Teachers - Guidelines for effective Education Programme – Communication methods – Role of students towards HIV/AIDS.

REFERENCES

1. Hawkins, B. Denise Diverse,(2011). 30 Years Later: AIDS Experts Reflect on Efforts to Eradicate the Disease, Create Awareness about How It Is Transmitted.
2. BIR Singh, (2008). Know about HIV/AIDS, Revised Third Edition,.
3. <https://aidsinfo.nih.gov/>
4. Handbook on access Handbook on access to HIV/AIDS-related to HIV/AIDS-related treatment Authors Carolyn Green, Dr Mandeep Dhaliwal, Sarah Lee, Dr Vinh Kim Nguyen, Hillary Curtis, Georgina Stock
5. www.nat.org.uk/

Dr. K. Annbuselvi
Part- V Coordinator

Dr.P.Getchial Pon Packiavathi
Dr. K. Chitra Lakshmi
Mrs. S. Rajapriya
Course Designers



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SCIENCE FORUM

(for those who join in 2024 – 2025)

Part V	SCIENCE FORUM ACTIVITIES	Semester I & II
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List of Activities:

- 1 Guest Lecture: Electricity Conservation Awareness Programme
- 2 Student Seminar: Pollution Control
- 3 Skit: Awareness on Personal Hygiene
- 4 Essay writing: Biodiversity Conservation
- 5 Group Discussion: Fertilizers and Pesticides
- 6 Paper presentation: Sustainable Energy and Environment
- 7 Workshop: Measurement of Total Hardness of Water
- 8 Poster Presentation: National Science Day
- 9 Campus cleaning: Segregation and Removal of Plastic waste

Dr. K. Annbuselvi

Part V Co-ordinator

Dr. C. Vidya Rani

Course Designer



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SCIENCE FORUM (for those who join in 2024 – 2025)

Semester III & IV	FUNDAMENTAL CONCEPTS OF BASIC SCIENCE	Credit : 1
PART V		
Course Code 24UVSF1		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1: inculcate the knowledge about the plant diversity, biodiversity, bio fertilizer, Pesticides, food science and energy crisis.

CO2: realize metabolism activity, role of manure and an individual role in preserving our nature from various environmental threats.

CO3: empower the girls in the entrepreneurial area with scientific ideas.

CO4: understand the functions of food, metabolism and role of carbohydrates in our body Function.

CO5: infer the role of bio fertilizers and vermicomposting preparation.

UNIT I

Biodiversity:

Definition, scope - importance of environment -energy flow in the ecosystem-food chains, food webs -plant diversity - conservation - importance - herbal cosmetics - herbal medicines.

UNIT II

Food science:

Food - classification - functions of food- metabolism - role of carbohydrates, proteins, lipids, vitamins, minerals and water.

UNIT III

Fertilizers and Pesticides:

Fertilizers - types- role- Pesticides - definition - examples - advantages and disadvantages - health hazards - organic farming - biofertilizers - composting - vermicompost preparation.

UNIT IV

Preparation of domestically useful chemical products:

Preparation of household useful and cleaning products - cleaning powder, soap oil, phenyl (white, black and coloured) - washing powder-shampoo - face powder.

UNIT V

Natural Resources:

Energy Crisis - present scenerio and future requirements of energy- status of the fossil fuel resources and impacts- energy - renewable resources - biomass, solar – Wind - energy conservation methods.

REFERENCE BOOKS

1. Erach Bharucha. (2006). *Text Book of Environmental Studies*. Hyderabad: University Press.
2. Purohit.S.S., Shammi, Q.J., & Agarwal, A.K. (2004). *Text Book of Environmental Sciences*. India: Mrs.Saraswathi Purohit Pvt. Ltd.
3. Benny Joseph, ‘Environmental Science and Engineering’, Tata McGraw-Hill, New Delhi,2006.
4. Subba Rao.N.S.(2007). *Soil Microbiology*. New Delhi: Oxford & IBH Publishing Company Ltd., 4th Edition.

Dr. K. Annbuselvi
Part V Co-ordinator

Dr. C. Vidya Rani
Course Designer



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ECO CLUB

(for those who join in 2024 – 2025)

Part V	ECO CLUB ACTIVITIES	Semester I & II
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List of Activities :

1. Guest Lecture: Role youth in Environment conservation
2. Guest Lecture: Terrace farming
3. Guest Lecture: Social Issues and The Environment
4. Guest Lecture: Solid Waste Management
5. Workshop: Water quality analysis
6. Workshop: Vermicomposting
7. Workshop: Composting
8. Workshop: Kitchen gardening
9. Workshop: Campus Cleaning Activity
 - i) Cleaning of star garden,herbal garden and Green club garden
 - ii) Maintaining plastic free campus

Dr. K. Annbuselvi

Part- V Coordinator

Dr. C. Veena Rani

Course Designer



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ECO-CLUB -II Year SYLLABUS (for those who join in 2024 – 2025)

Semester III & IV	ECO SCIENCE	Credit: 1
Part V		Internal
Course Code 24UVEC1		100

COURSE OUTCOMES

On completion of the course, the students will be able to

- CO1: acquire an awareness of the environment and its allied problems.
- CO2: develop concern for our own environment.
- CO3: acquire skills for identifying and solving the environmental problems.
- CO4: procure the importance of youth role in Environment conservation.
- CO5: identify the components of Biodiversity and Conservation.

UNIT I

Environmental Studies

- Introduction
 - Definition, Aims of Environmental Education in India
 - Need for Environmental Awareness
 - Important Environment days.

UNIT II

Natural resources & Biodiversity

- Natural resources-types and conservation
- Biodiversity – Definition, Threats to Biodiversity and Conservation
- Value of Biodiversity
- Man – Wild life conflict
- Wild life conservation
- Case studies on Biodiversity-Save the seeds

UNIT III

Environmental Pollution

- Causes, Effects and Control Measures of

- Water Pollution
- Air Pollution - Green House Effects, Acid Rain
- Land Pollution

UNIT IV

Remedies for Social Issues and Environment

- Water Conservation, Rain Water Harvesting
- Waste Land Reclamation
- Consumerism and Waste Production – E-waste management
- Environmental Ethics.

UNIT V

Human Population and Environmental Protection Act

- Population Explosion - Family Welfare Programme
- Human Rights
- Women and Child Welfare Organisations
- Environmental Protection Act, 1986, The Wild Life Act, 1972
- The Air Act, 1981, The Water Act, 1974.

REFERENCES

1. Bhatia, H.S., (2022), Textbook of environmental pollution and control, JDM publishers & distributors
2. Murugesan, R. (2007). *Environmental Studies. Madurai: Millenium Publishers and distributors.*
3. Erach Bharucha. (2021). A Text Book of Environmental Studies for UG 3rd edition. University Grants Commission
4. Arumugam, N., & Kumaresan, V. (2019). *Environmental Studies.* Nagercoil: Saras Publications.
5. Agarwal, K.M., Sikdar, P.K. & Deb. S.C. (2002). *A Text Book of Environment.* Chennai: Macmillan India Ltd.
6. Anubhakaushik, C.P., Kaushik. (2008). *Environmental Studies.* New Delhi: New Age International Publishers.
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8. Purohit, S.S., Shammi Q.J., & Agarwal, A.K. (2004). *A Text Book of Environmental Sciences.* Jodhpur : Saraswati Purohit Pvt. Ltd.

Dr.K.Annbuselvi

Part V Co-Ordinator

Dr.V.Jeya simga

Course Designer



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Quality Education with Wisdom and Values

LIBRARY AND INFORMATION SCIENCE

(for those who join in 2024 -2025)

Part V	LIBRARY AND INFORMATION SCIENCE ACTIVITIES	Semester I & II
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List of Activities:

1. Guest Lecture : Awareness about Reading Habit
2. Guest Lecture : Awareness about Library Services
3. Guest Lecture : Opportunities for LIS professionals
4. Extension Service: Visiting the District Library of Virudhunagar
5. Extension Service: Arranging Books in District Library of Virudhunagar
6. Workshop : Arranging Books in our college Library
7. Workshop : Promotion of Reading Skill
8. Hands on Training: e-resources of our college Library
9. Campus Cleaning: Cleaning the reading hall of the Library
10. Campus Cleaning: Cleaning the campus around the Library

Dr. K. Annbuselvi
Part V Co-ordinator

Dr. P. Clara Jeyaseeli
Dr. V. Prabhavathi
Mrs. K. P. Vennilaa
Dr. C. Deepa
Course Designers



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LIBRARY AND INFORMATION SCIENCE

(for those who join in 2024 -2025)

Semester III & IV	LIBRARY AND INFORMATION SCIENCE	Credit : 1
PART V		
Course Code 24UVLI1		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1: acquire knowledge about the concepts of library and information science.

CO2: gather information about the types of libraries along with professional ethics.

CO3: understand the various activities and services involved in library and information science.

CO4: create awareness about e-resources and plagiarism for self-learning skills.

CO5: explore about digital information management for lifelong learning.

UNIT I

Library as an information Centre - Five Laws of Library Science and their Impacts-
Professional ethics of Librarian.

UNIT II

Types of Libraries - Academic, Public and Special Libraries - **Activity** – Arrangement of
Books

UNIT III

Library Routines - Model rules – Circulation Section — Stock verification.

UNIT IV

Library – Automation – e-Resources, Digital Library, Virtual Library.

Activity –Access to e-Resources of VVVC Library

UNIT V

Digital Information Management – Library Consortia, Plagiarism – Meaning, Definition, Anti-plagiarism Tools.

REFERENCES

1. Hepler, Reed and Horalek, David (2023). *Introduction to Library and Information Science*. Twin Falls: College of Southern Idaho.
<https://csi.pressbooks.pub/lis/>
2. Mullin, Joan A. and Carol Peterson Haviland (2008). *Who Owns This Text? Plagiarism, Authorship, and Disciplinary Cultures*. Logan, Utah: Utah State University Press.
<https://muse.jhu.edu/book/9425/>
3. Krishan Gopal.(2005). *Digital Libraries: In Electronic Information Era*. Delhi: Authorpress.
4. Krishan Gopal.(2005). *Library Collections: Conundrums and Contradictions*. Delhi: Authorpress.
5. Kawatra, P.S.(1987). *Comparative and International Librarianship*. New Delhi: Sterling Publishers Pvt. Ltd.
6. <https://nlist.inflibnet.ac.in/>
7. www.delnet.in
8. www.wikipedia.com

Dr. K. Annbuselvi
Part V Co-ordinator

Dr. P. Clara Jeyaseeli
Dr. V. Prabhavathi
Mrs.K. P. Vennilaa
Dr. C. Deepa
Course Designers



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Quality Education with Wisdom and Values

CONSUMER CLUB (for those who join in 2024 – 2025)

Part V	CONSUMER CLUB ACTIVITIES	Semester I & II
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List of Activities:

1. Guest Lecture : Topic - Consumer Protection – The Need of an Hour
2. Group Discussion : Consumer Awareness in the Digital Era
3. Skit : Consumer Protection Act
4. Case Study: Consumer Exploitation
5. Essay writing:
6. Debate: Advertisement – Boon or Bane for Consumers
7. Campus Cleaning : Campus Beautification and Cleanliness

Dr. K. Annbu Selvi
Part V Co-ordinator

Dr. M. Subasini
Dr. S. Chitra Devi
Course Designer



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CONSUMER CLUB

(for those who join in 2023 – 2024)

Semester III - IV	CONSUMER RIGHTS AND PROTECTION	Credit : 1
PART V		
Course Code 24UVCC1		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1: understand the factors influencing consumer behaviour

CO2: categorise the rights of the consumer.

CO3: identify the Pre-requisite for Customer Protection

CO4: describe the functions of consumer protection council

CO5: analyse the social responsibilities of business towards consumer

UNIT I

Consumer: Consumer Behaviour: Factors Influencing Consumer Behaviour While Purchasing - Customer Behavior Patterns

UNIT II

Consumer Rights: Right to safety - Right to Information - Right to Choose - Right to be Heard - Right to Seek Redressal - Right to Consumer Education - Importance of Consumer Rights - Consumer Responsibilities.

UNIT III

Consumer Awareness: Basic of Consumer Awareness - Need for Consumer Awareness - Objectives of Consumer Awareness – Pre-requisite for Customer Protection - Consumer Awareness in India.

UNIT IV

Consumer Protection Act 1986: How To File A Complaint - Consumer Protection Councils - Consumer Disputes Redressal Agencies: District Consumer Disputes Redressal

Commission (DCDRC) - State Consumer Disputes Redressal Commission (SCDRC) - National Consumer Disputes Redressal Commission (NCDRC) - CONSUMER PROTECTION ACT, 2019 - Central Consumer Protection Authority (CCPA)

UNIT V

Social Responsibilities of Business Towards Consumers.

REFERENCES

1. Chidambaram.K., & Alagappan.V. (2009). *Business Environment*. Vikas Publishing House Pvt. Ltd. Reprinted Edition.
2. Francis Cherunilam. (2015). *Business Environment*. Himalaya Publishing House, Revised edition.
3. <https://en.wikipedia.org/wiki/Consumer>.
4. Phoenix. (2015). *The Consumer Protection Act, 1986: BARE ACTS – INDIA*. TTG India Publications.

Dr. K. Annbu Selvi
Part V Co-ordinator

Dr. M. Subasini
Dr. S. Chitra Devi
Course Designer



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Quality Education with Wisdom and Values

Health and Fitness Club

(for those who join in 2024 -2025)

Part V	HEALTH AND FITNESS CLUB ACTIVITIES	Semester I & II
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List of Activities:

1. Guest Lecture: Fitness of the Body
2. Guest Lecture: Healthy Lifestyle
3. Demonstration: Yoga
4. Chart Preparation: Balance diet and Food Pyramid
5. Physical Exercise: Importance of Physical Fitness
6. Guest Lecture: Nutritious Value of Various Food Items
7. Lecture: Healthy and Hygienic Environmental Life.
8. Physical Exercise : Eight walk
9. Physical Exercise: Jogging Helps to Maintain our Body.
10. Green and Clean Campus

Dr. K. Annbuselvi
Part- V Coordinator

Dr. B. Amutha
Course Designer



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Quality Education with Wisdom and Values

HEALTH AND FITNESS CLUB

(for those who join in 2024 -2025)

Semester III - IV	Basics of Dietetics (2024 -2025 onwards)	Credit : 1
PART V		
Course Code 24UVHF1		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

- CO1: describe the concepts of food, nutrition and Dietetics.
- CO2: summarize the learnt knowledge for planning the normal and therapeutic diet.
- CO3: identify the importance of nutrients for the overall individual.
- CO4: get awareness of Weight Management and Eating Disorders of Adolescents.
- CO5: assess the value of Diabetes Mellitus and Importance of Breast feeding.

UNIT I

Definition – Importance of Health, Nutrition and its relationship, Malnutrition.

UNIT II

Functions of Food, Balanced diet and Food pyramid.

UNIT III

Importance of Breast feeding, weaning food, RDA (Recommended Dietary Allowances) for Pre-school children, Adolescent Girls, Pregnant woman and Lactating mother.

UNIT IV

Weight Management – Height, weight and Body Mass Index Underweight and Overweight management. Eating Disorders of Adolescents.

UNIT V

Diet for Anemia, Diabetes Mellitus, Hypertension and Cancer.

REFERENCE BOOKS

1. Kravse.M.V and Mahan92004). *Food, Nutrition and Diet Therapy*, Publisher Saunders, 2004.
2. Manay.S.M and Shadaksharaswamy.M,(1987). *Food Facts and Principles*, The Bangalore ,Printing and Publication&Co.
3. Paul.S,(2005). *Textbook of Bio-Nutrition, Curing Diseases through Diet*, CBS, Publications, First Edition.
4. Shubhangini A.Joshi,(2002). *Nutrition and Dietetics*, New Delhi, Tata McGraw Hill Publishing Company Limited.
5. Srilakshmi.B,(2011). *Dietetics*, Delhi, New Age International (P) Limited, Publishers.
6. Srilakshmi.B,(2007). *Food Science*,Delhi, New Age International (P) Limited, Publishers, 2007.

WEB RESOURCES

1. [https://my.clevelandclinic.org > 22987-malnutrition](https://my.clevelandclinic.org/22987-malnutrition)
2. [https://www.webmd.com > Parenting > Baby](https://www.webmd.com/parenting/baby)
3. [https://www.healthline.com > nutrition > weight-management](https://www.healthline.com/nutrition/weight-management)

Dr. K. Annbuselvi
Part- V Coordinator

Mrs. G. Chandraprabha
Course Designer



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Quality Education with Wisdom and Values

NATIONAL CADET CORPS (for those who join in 2024 -2025)

PART V	NATIONAL CADET CORPS-I	Semester I & II
Course Code 24UVNC1		

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1: define the military history, threats to the society and the traits a cadet has to

Imbibe

CO2: summarize the facts and practical knowledge learnt

CO3: apply the inculcated moral values and ethics for the upliftment of individual, family, society and the nation

CO4: analyze the importance of hazards and calamities and develop the characteristics required to bring about solutions.

CO5: evaluate a cadet role in serving the society.

UNIT I

History of Military: Indo-Pak War 1947, 1965 and 1971, Structure of NCC, basic drill and word of commands

UNIT II

Personality Development: Leadership-Traits, Types, Time Management- Principals of Time Management

UNIT III

Ecology: Types of Pollution: Water, Air, Soil, Noise, Radioactive Pollution Energy Conservation Methods and Measures

UNIT IV

Disaster Management: Definition and types of Agencies (NDRF,NDMA,SDMA,DDMA)

UNIT V

National Integration: Factors Affecting NI and NIC, Social Services and Community Development

List of Activities:

- i. Tree Plantation
- ii. Orphanage Visist
- iii. Cycle Rally
- iv. Swatch Bharath Abhiyan
- v. Plogging

REFERENCE BOOKS

1. Cadet Hand book (Common subjects, Specialized subjects) Published by DG NCC.
2. NCC Cadet's Handbook Published by NCC Directorate, Bhubaneswar.

List of Activities:

1. Guest Lecture on Cracking SSB
2. Guest lecture on Health and Hygiene
3. Guest Lectures on Wars and War Heroes
4. Street Play on Hygiene and Sanitation
5. Blood Donation Camp
6. Cyclothon
7. Walkathon
8. Trekking
9. Swatch Bharath-Cleaning Activities
10. Workshop on Disaster Management

Dr. K. Anbuselvi
Part V Co-ordinator

Lt. E. Kalpana
Course Designer



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Quality Education with Wisdom and Values

NATIONAL CADET CORPS (for those who join in 2024 -2025)

Semester III & IV	NATIONAL CADET CORPS-II	Credit: 1
PART V		
Course Code 24UVNC2		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

CO1: enumerate wars, weapons and war drills constituting the pride of the nation

CO2: describe the background of wars, drill procedures and lifesaving skills learnt through NCC

CO3: demonstrate the practical knowledge in day to day life

CO4: analyze the importance of simulated war drills

CO5: appraise the importance of defence examinations and preparation.

UNIT I

Badges and Ranks in Armed forces, Honours and awards of Armed Forces

UNIT II

Map Reading: Grid References, Ground to Map, Map to Ground

UNIT III

Field Craft and Battle Craft: Judging Distance, Section Formation, Types of Grounds

UNIT IV

First Aid: Snake Bite, Dog Bite, Burns and Scalds, Asphyxia, Fracture

UNIT V

SSB: Interview Procedure and Rounds, B & C Examination: Procedure and Subject Allotment

List of Activities:

- i. Blood Donation
- ii. NCC Day Celebration
- iii. Awareness Programs
- iv. Old Age Homes Visit
- v. Yoga Day Celebration

REFERENCES

1. NCC Cadet's Handbook Published by NCC Directorate, Bhubaneswar.
2. Cadet Hand book (Common subjects, Specialized subjects) Published by DG NCC.

Dr. K. Annbuselvi
Part V Co-ordinator

Lt. E. Kalpana
Course Designer



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Quality Education with Wisdom and Values

ROTARACT CLUB

(for those who join in 2024 – 2025)

Part V	ROTARACT CLUB ACTIVITIES	Semester I & II
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List of Activities :

1. My Country. My Responsibilities
2. Joy of Giving
3. Observing National and International Days and Weeks
4. Our College
5. Birds our Friends
6. Tree Adoption Programme
7. Seed Ball Making
8. Plastic Free Campus
9. Support Rule and Save Lives
10. Menstrual Hygiene Awareness Programmes

Dr. K. Annbuselvi

Part- V Coordinator

Dr. C. Veena Rani

Course Designer



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ROTARACT CLUB

(for those who join in 2024 – 2025)

Semester III & IV	Rotary Learning Center Course	Hours/Week: 1
Part V		Credit : 1
Course Code 24UVRO1		Internal 100

COURSE OUTCOMES

On completion of the course, the students will be able to

- CO1: state the concept of Rotaract Club, Leadership, Ecosystem, Hygiene, Sanitation and Safety.
- CO2: show the learned skill wherever possible to uplift the standard of living.
- CO3: make use of the acquired knowledge and skills for creating social awareness among the students and the society.
- CO4: interpret the knowledge of Menstrual Hygiene and leadership qualities.
- CO5: educate people about diseases, health hazards and take control of their health.

UNIT I

Rotary Club-Vision and Mission. History of Rotary Club, Purpose of Rotary Club, Activities of Rotary Club and Advantages of being a member in Rotaract.

UNIT II

Leadership –Skills, Qualities and Roles of a good leader – strategies for attracting new members.

UNIT III

Importance of National Days and International days celebration – Rotary day celebration – RYLA Camp.

UNIT IV

Nature Conservation : Definition – Types – concepts and Importance of conserving trees, birds, soil, water and energy.

UNIT V

General awareness of our health - Importance of Health, Hygiene, Sanitation and Safety.

REFERENCES

1. Darryl Plecas, Colette Squires, & Len Garis. (2018). *The Essentials of LEADERSHIP in Government*. City of Surrey, Len Garis.
2. Erach Bharucha. (2005). *Text Book of Environmental Studies for Undergraduate Courses*. New Delhi: University Press.
3. https://en.wikipedia.org/wiki/Rotary_International
4. <https://exampundit.in/important-days-and-themes-pdf/>
5. <https://ncert.nic.in/textbook/pdf/hess402.pdf>
6. https://www.managementstudyguide.com/leadership_basics.htm
7. <https://www.rotary.org/en/about-rotary>
8. Roday, S.(1999). *Food Hygiene and Sanitation*. New Delhi: Tata McGraw Hill.

Dr. K. Annbuselvi
Part- V Coordinator

Dr. C.Veena Rani
Course Designer