



# V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3<sup>rd</sup> Cycle) by NAAC

VIRUDHUNAGAR - 626 001

## PART V EXTENSION ACTIVITIES

**Credit:1**

### REGULATIONS AND SYLLABUS (with effect from Academic Year 2020 - 2021)

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).

### EXEMPTION

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

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**EVALUATION SCHEME**


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

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

\*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.	Semester	Title of the Course	Course Code	Credit
1.	I & II	Basic Concepts of National Service Scheme-I	20UVNS1	1
	III & IV	Basic Concepts of National Service Scheme-II	20UVNS2	
2.	I & II	Sports and Health Education-I	20UVPE1	1
	III & IV	Science of Physical Education and Health-II	20UVPE2	
3.	I & II	Humanitarian Principles and Services-I	20UVYR1	1
	III & IV	Principles of First Aid and Disaster management-II	20UVYR2	
4.	I -IV	Facts on AIDS	20UVRR1	1
5.	I -IV	Basic Concepts of Applied Science	20UVSF1	1
6.	I -IV	Eco Science	20UVEC1	1
7.	I -IV	Library and Information Science	20UVLI1	1
8.	I -IV	Consumer Rights and Protection	20UVCC1	1
9.	I -IV	Basics of Dietetics	20UVHF1	1
10.	I &II	National Cadet Corps-I	20UVNC1	1
	III &IV	National Cadet Corps-II	20UVNC2	
11.	I -IV	Rotaract Club	20UVRO1	1



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## NATIONAL SERVICE SCHEME-I

(2020-21 onwards)

Semester I & II	<b>BASIC CONCEPTS OF NATIONAL SERVICE SCHEME -I</b>	Credit : -
PART V		
Course Code 20UVNS1		Internal 100

### COURSE OUTCOMES

On 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: Practise personal integrity, national integration and social harmony.

### 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.

### 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 – Developmental 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. Child and Women Harassment.

#### **REFERENCES**

1. <http://nss.nic.in/>
2. *National Service Scheme Manual*, (2006), New Delhi; Ministry of Human Resources Development, Government of India.
3. [nss.nic.in/writereaddata/tenders/img194.pdf](http://nss.nic.in/writereaddata/tenders/img194.pdf)
4. [www.wikipedia.com](http://www.wikipedia.com)

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Dr.R.Panchavarnam  
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### NATIONAL SERVICE SCHEME - II

(2020 -2021 onwards)

Semester III & IV	<b>BASIC CONCEPTS OF NATIONAL SERVICE SCHEME – II</b>	Credit : 1
PART V		Internal
Course Code <b>20UVNS2</b>		100

### COURSE OUTCOMES

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

CO1: showcase acquired leadership qualities and democratic attitude in real life situations.

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.

### 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.

## **REFERENCE BOOK**

National Service Scheme Manual (2006), Ministry of Human Resources Development, Government of India.

**Note :** Students must attend at least one Ten Day Camp either in First Year or Second Year.

Students enrolled as NSS volunteer should in at least 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.

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### PHYSICAL EDUCATION

(2020 -2021 onwards)

Semester I & II	<b>SPORTS AND HEALTH EDUCATION-I</b>	Credit : -
PART V		
Course Code <b>20UVPE1</b>		Internal 100

#### 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 to implement in their family and neighbors.

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

#### UNIT I

Introduction to Health and Importance of Health Education.

#### UNIT II

Introduction to Basic Anatomy and Physiology of Human.

#### UNIT III

Introduction to Sports Injuries and Care and Prevention of Sports Injuries.

#### UNIT IV

General Fitness and Importance of Physical Activity



## UNIT V

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

### 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. Muller, J.P. (2000). *Health Exercise and Fitness*. Delhi : Sports Publication.
4. Saggar, S.K.(1994). *Play Better Volleyball*. Delhi :Sports Publication.
5. Shaver,L.G.(1981). *Essential of Exercise Physiology*. New Delhi: Surjeet Publication.

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### PHYSICAL EDUCATION

(2020 -2021 onwards)

Semester III & IV	<b>SCIENCE OF PHYSICAL EDUCATION AND HEALTH-II</b>	Credit : 1
PART V		
Course Code <b>20UVPE2</b>		Internal 100

#### 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 in their day today life.

CO3: utilize their knowledge to understand the body and effects of exercise on various system.

#### 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

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

## UNIT V

Fitness – Meaning – Definition – Types of Fitness – Physical, Mental, Motor – Components and Need of Fitness – Evaluation of Fitness

### REFERENCE BOOKS

1. Chandrasekaran, K. (1999). *Sound Health Through Yoga*. Sedapatti : Prem Kalyan Publications.
2. Charke, Harrison and Clarke, David, H. (1987). *Application of Measurement to Physical Education*. Eaglewood Cliffs, Prentice Hall Inc.
3. Clarke, D.H. (1960). *Exercise Physiology*. New Jersey: Prentice Hall.
4. Iyengar, B.K.S. (1989). *Light on Yoga*. London : Unwit Hyman.
5. Saket Raman Tivari. (2008). *History of Physical Education*. New Delhi: APH Publishing Corporation.
6. Shaver, L.G. (1981). *Essential of Exercise Physiology*. New Delhi : Surjeet Publication.

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### YOUTH RED CROSS SOCIETY

(2020 -2021 onwards)

Semester I & II	<b>HUMANITARIAN PRINCIPLES AND SERVICES - I</b>	Credit : -
PART V		
Course Code <b>20UVYR1</b>		Internal 100

#### COURSE OUTCOMES

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

CO1: create awareness among the students about the importance of the Red Cross Society, the humanitarian agency.

CO2: teach them the role of the Red Cross Society in relief activities.

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

#### 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, Emblem and Its Uses

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 – Prevention of Unnecessary Suffering – Proportionality.

### **UNIT V**

#### **Leadership Development**

First War of Indian Independence – Gandhiji and Non violence – Nethaji and INA Leadership – Types and Traits – Man Management - Duty and Discipline, Factors Affecting Duty and Discipline.

### **REFERENCE BOOKS**

1. *Guidelines for Junior and Youth Red Cross*, Publication 2012.
2. *Hand book on Indian Red Cross Society*, Tamil Nadu Branch, 50, Montieth Road, Egmore, 2015.
3. Jan Carmichael, Chris Collins, Peter Emsell & John Haydon.(2011). *Leadership and Management Development*. New Delhi: Oxford University Press.

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### YOUTH RED CROSS SOCIETY

(2020 -2021 onwards)

Semester III & IV	<b>PRINCIPLES OF FIRST AID AND DISASTER MANAGEMENT - II</b>	Credit : 1
PART V		
Course Code <b>20UVYR2</b>		Internal 100

### COURSE OUTCOMES

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

CO1. make the students understand health education as a part of Red cross activities

CO2: teach them First Aid methods involving them for a voluntary auxiliary aids during and after disasters.

CO3: sensitize the students to involve themselves as volunteers during natural disasters.

### UNIT I

#### Introduction to Human body and Principles of first aid

Skeleton – Bones – Joints - Heart and Circulation – First Aid – Definition -Scope and Rules.

### UNIT II

#### Wounds, burns and scalds

Wounds and Hemorrhage – Types – Treatment – Dressings – Burns and Scalds – Definition – Types – Treatment – Respiratory Tract – Mechanism – Types of Treatment- Shocks – Types (Nervous, Established and Electric Shocks) and Treatment.

### UNIT III

#### Bones and Fracture

Fracture: Types of Treatment – Methods of Transportation of patients – Unconsciousness – Reasons and Remedies – Poisoning – Types and Impact – Components of First aid Box.

#### **UNIT IV**

##### **Disaster**

Types of Manmade and Natural Disaster : Fire – Wars – Terrorism – Ecological Disaster – Earthquake – Tsumami – Floods – Volcanic Eruption – Druget – Others.

#### **UNIT V**

##### **Disaster Management**

Pre Disaster management, Awareness - Resource Mapping – Training and capacity building – during Disasters

Post Disaster management - Counseling and Rehabilitation.

##### **Note:**

Practical sessions should be conducted for First Aid – Institution / Inter collegiate Training Programs for Disaster Management may be organised.

#### **REFERENCE BOOKS**

1. Arulsamy,S., & Jeyadevi, J.(2016). *Disaster Management*. Neelkamel Publisher.
2. Know about First aid in 60 minutes, (2013).Maple Press.
3. Sulphey,M.M.(2016).*Disaster Management*. PHI learning, First Aid Manual, DK Publisher, 2001.

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## RED RIBBON CLUB

(2020 -2021 onwards)

Semester I - IV	<b>FACTS ON AIDS</b>	Credit : 1
PART V		
Course Code <b>20UVRR1</b>		Internal 100

### COURSE OUTCOMES

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

CO1: describe the genesis, structure and functions of RRC.

CO2: understand the life cycle, pathology of HIV virus, diagnostic tools and the prevention strategies.

CO3: apply the knowledge to create awareness on AIDS among the society.

### UNIT I

Genesis – Aim, Motto and Awareness - Symbol – RRC Organizational Structure – Functions – Roles and Responsibilities Volunteers – Moral values.

### UNIT II

HIV/AIDS: Origin and History, Causes and Precautions – HIV/AIDS in India – The Biology of Virus: The Human Immunodeficiency Virus (HIV) – The basic of Human Immune System – The role of NACO & TANSACS – Control and prevention of HIV/AIDS.

### UNIT III

Blood Test & HIV Test: Types of Blood Group in Human - Voluntary Non-Remunerated Blood Donation – Diagnosis of HIV/AIDS – ELISA, Western Plot, PCR (Polymerase Chain Reaction) – Effects of AIDS in our society.



#### **UNIT IV**

Mode of Transmission: Sexual Transmission, Blood Routes – Mother to Child Transmission – Oral Routes of Infection – Prevention and Control – Treatment for HIV Positives – How to Treat HIV Patients.

#### **UNIT V**

HIV/AIDS and Education: Professional Role, Community Role, Family Role – Guidelines for Effective Education Programme – Promoting Condom Usage – Using Uffective Communication Methods – Role of Students Towards HIV Positives Patients.

#### **REFERENCES**

1. Hawkins,B. Densise 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. John Hubley, Shankar Chowdhury, & Chanremouli, V.(1998). *The AIDS Hand Book*. Mumbai: Popular Prakshan.
5. [www.nat.org.uk/](http://www.nat.org.uk/)

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### SCIENCE FORUM

Semester I - IV	<b>BASIC CONCEPTS OF APPLIED SCIENCE</b>	Credit : 1
PART V		
Course Code <b>20UVSF1</b>		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 and energy crisis.

CO2: realize an individual role in preserving our nature from various environmental threats.

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

### UNIT I

Plant Diversity and Conservation - Ethnobotany - Herbal Medicines and its Importance - Sacred Grooves - Herbal Cosmetics.

### UNIT II

Various Threats to Environment and Biodiversity

Ozone Depletion - Global Warming and its Effects - Green House Gases –

Acid Rain – Health Hazards.

### UNIT III

Fertilizers and Pesticides – Advantages and Disadvantages – Health Hazards - Organic Farming - Biofertilizers - Composting – Vermicompost Preparation.

### UNIT IV

Preparation of Homemade Articles - Cleaning Powder, Soap oil, Phenoyl – Food Preservatives.

## UNIT V

Energy Crisis - Present Scenerio and Future Requirements of Energy. Status of the Fossil Fuel Resources and Impacts. Energy - Renewable Resources - Biomass, Solar and 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. Rao, G.D.(2000). *Nonconventional Energy Sources*. Khanna Publishers, 4<sup>th</sup> Edition.
4. Subba Rao.N.S.(2007). *Soil Microbiology*. New Delhi: Oxford & IBH Publishing Company Ltd., 4<sup>th</sup> Edition.

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## ECO-CLUB

(2020 -2021 onwards)

Semester I - IV	<b>ECO SCIENCE</b>	Credit : 1
PART V		
Course Code <b>20UVEC1</b>		Internal 100

### COURSE OUTCOMES

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

CO1: acquire an awareness of the environment and allied problems.

CO2: develop concern for our own environment.

CO3: acquire skills for identifying and solving the environmental problems.

### UNIT I

Environmental Studies

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

### UNIT II

Biodiversity

- Biodiversity – Definition, Threats to Biodiversity and Conservation
- Man – Wild life Conflict
- Value of Biodiversity

### 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 Products – e-waste
- 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. Agarwal, K.M., Sikdar, P.K. & Deb. S.C. (2002). *A Text Book of Environment*. Chennai: Macmillan India Ltd.
2. Anubhakaushik, C.P., & Kaushik.(2008). *Environmental Studies*. New Delhi: New Age International Publishers.
3. Arumugam.N., & Kumaresan, V. (2014). *Environmental Studies*. Nagercoil: Saras Publications.
4. Erach Bharucha.(2005). *A Text Book of Environmental Studies*. Hyderabad: Universities press.
5. <https://en.wikipedia.org/wiki/Ecosystem>
6. Murugesan, R. (2007). *Environmental Studies*. Madurai,: Millenium Publishers and Distributers.
7. Paneer Selvam, & Mohana Ramakrishnan.(1996). *Environmental Science Education*, New Delhi: Sterling Publishers Pvt. Ltd.
8. Purohit, S.S., Shammi Q.J., & Agarwal, A.K. (2004). *A Text Book of Environmental Sciences*. Jodhpur: Saraswati Purohit Pvt. Ltd.

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### LIBRARY AND INFORMATION SCIENCE (2020 -2021 onwards)

Semester I - IV	<b>LIBRARY AND INFORMATION SCIENCE</b>	Credit : 1
PART V		
Course Code <b>20UVLI1</b>		Internal 100

#### COURSE OUTCOMES

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

CO1: enable students acquire knowledge regarding importance of Libraries in the context of social, economic, political, scientific and technological environment.

CO2: enable the students to understand at different levels of information systems in the society and their functions.

CO3: Create awareness among students about plagiarism

#### UNIT I

Library Concepts & Legislation -Tamil Nadu Public Libraries Act-Five Laws of Library Science - Professional ethics of Librarian.

#### UNIT II

Types of Libraries - Academic, Public and Special Libraries. Practicals – Arrangement of Books

#### UNIT III

Library Regular Activities

Practicals – Technical Processing – Spine Labelling

#### **UNIT IV**

Libraries – Automation in Academic Libraries in India – Impact of Information Technology on Academic Library Services Electronic Library, Digital Library, Virtual Library.

#### **UNIT V**

Digital Information Management – E-Journal Consortium, Plagiarism – Meaning, Definition, Anti-plagiarism Tools.

#### **REFERENCES**

1. Kawatra, P.S.(1987). *Comparative and International Librarianship*. New Delhi: Sterling Publishers Pvt. Ltd.
2. Krishan Gopal.(2005). *Digital Libraries: In Electronic Information Era*. Delhi: Authorpress.
3. Krishan Gopal.(2005). *Library Collections: Conundrums and Contradictions*. Delhi: Authorpress.
4. Ranganathan, S.R.(1987). *Colon Classification*. Bangalore: Sarada Ranganathan Endowment for Library Science,
5. [www.ugcinflibnet.com/library science](http://www.ugcinflibnet.com/library%20science)
6. [www.wikipedia.com](http://www.wikipedia.com)

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## CONSUMER CLUB (2020 -2021 onwards)

Semester I - IV	<b>CONSUMER RIGHTS AND PROTECTION</b>	Credit : 1
PART V		
Course Code <b>20UVCC1</b>		Internal 100

### COURSE OUTCOMES

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

- CO1: Understand the basic concept of consumer, consumerism, their rights, protection and social responsibility.
- CO2: explain the role, needs, functions, duty and social responsibility of consumer.
- CO3: Use their rights, responsibility and redressal measure to protect the consumer.

### UNIT I

Consumer – Meaning – Definition – Difference between Consumer and Buyer  
 – Role of Consumers in Marketing.

### UNIT II

Consumerism – Meaning – Definition – Need for Consumerism – Requirements for Effective Consumerism.

### UNIT III

Consumer Rights – Duties and Responsibilities of Consumers



#### **UNIT IV**

Consumer Protection Act, 1986 – Aims – Functions – Provisions of the Act -  
Consumer Movement in India – Consumer Grievances and Redressal Measures.

#### **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.

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## HEALTH AND FITNESS CLUB

(2020 -2021 onwards)

Semester I-IV	<b>BASICS OF DIETETICS</b>	Credit : 1
PART V		
Course Code <b>20UVHF1</b>		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: apply the learned knowledge for planning the normal and therapeutic diet.

CO3: create awareness about the importance of nutrients for the overall individual

### UNIT I

Definition – Health, Malnutrition-Nutrition and its Relationship.

### UNIT II

Functions of Food, Balanced Diet and Food Pyramid.

### UNIT III

Importance of Breast Feeding, Weaning Food, RDA for Pre-school Children, Adolescent Girls, Pregnant women 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., & Mahan.(2004). *Food, Nutrition and Diet Therapy*, Publisher Saunders.
2. Manay,S.M., & Shadaksharaswamy.M.(1987). *Food Facts and Principles*. Bangalore: Printing and Publication &Co.
3. Paul,S.(2005). *Textbook of Bio-Nutrition, Curing Diseases through Diet*. CBS, Publications, First Edition.
4. Shubhangini Joshi, A. (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.

Mrs.S.Balasaraswathi  
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Mrs.J.Athirstam  
**Course Designer**



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VIRUDHUNAGAR - 626 001

### NATIONAL CADET CORPS

(2020-2021 onwards)

Semester I & II	<b>NATIONAL CADET CORPS-I</b>	Credit :-
PART V		
Course Code <b>20UVNC1</b>		Internal 100

### COURSE OUTCOMES

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

- CO1: express and processes in course contents effectively as and when needed communicate[K1]
- CO2: create awareness among public on social and environmental issues [K2]
- CO3: apply the inculcated moral values and ethics to uplift the status of an individual, family,society and the nation[K3].

#### UNIT I

History of Military , Structure of NCC

#### UNIT II

Personality Development , Leadership

#### UNIT III

Ecology, Environment Awareness, Physical and Mental health

#### UNIT IV

Disaster Management, Communications

#### UNIT V

National Integration , Social services and Community Development

**REFERENCE BOOKS**

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

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**Part V Co-ordinator**

Dr.M.Amutha  
**Course Designer**



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### NATIONAL CADET CORPS

(2020-2021 onwards)

Semester III & IV	<b>NATIONAL CADET CORPS-II</b>	Credit: 1
PART V		
Course Code <b>20UVNC2</b>		Internal 100

### COURSE OUTCOMES

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

CO1: relate the leadership lessons of drill, wars and Fire Fighting with real life

[K1]

CO2: classify different kinds of drill, war crafts and the difference between Civil Defence and Civil Affairs [K2]

CO3: apply drill theories, lessons of field, battle craft and Map Reading, Hygienic practices practically whenever needed.[K3].

### UNIT I

Introduction to famous Indian battles and gallantry awards – Indo – China wars and Indo-Pak wars  
1965, 1971 and Kargil.

### UNIT II

Drill – Theory, Weapon Training – Theory

### UNIT III

Field Craft and Battle Craft, Map Reading

### UNIT IV

Health and Hygiene, Fire fighting.

### UNIT V

Civil Defense, Civil Affairs, About B &C Examination

**REFERENCE BOOKS**

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

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Mrs.E.Kalpana  
**Course Designer**



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### 2020-2021 Onwards

Semester I & II	<b>ROTARACT CLUB</b>	Hours/Week : 1
Part V		Credit : 1
Course Code <b>20UVRO1</b>		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.

### 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.

- Activities: 1. Ennathu Thalaimai Panbugal- My Country. My Responsibilities  
2. Joy of Giving

### UNIT III

Importance of National and International Days and Weeks

Activity: Observing National and International Days and Weeks



#### UNIT IV

Importance of conserving trees, birds, soil, water and energy.

- Activities:
1. Namma Kalluri
  2. Paravai Nam Naban
  3. Tree Adoption Programme
  4. Seed Ball Making
  5. Plastic Free Campus

#### UNIT V

Importance of Health, Hygiene, Sanitation and Safety

- Activities:
1. Support Rule and Save Lives.
  2. Menstrual Hygiene Awareness Programmes

#### 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](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](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.

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