

SEVA MANDAL EDUCATION SOCIETY'S
SMT.MANIBEN M.P SHAH WOMEN'S COLLEGE OF ARTS & COMMERCE
(AUTONOMOUS)

Programme Name: BA/B.COM/ BMM / BMS /BAFI

Proposed Syllabus under Co-curricular

Year of Implementation: 2023-24

Course Category	Co-curricular
Level	4.5
Course Title	Climate Action through Waste Management (under Green Club initiative)
Semester	1
Course Credit	2
No. of Lecture per week	2
Marks of Comprehensive Continuous Evaluation	50
Marks of Semester End Examination	-

Course Title: Climate Action through Waste Management

Course Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> ● Promote understanding of efforts that can be made at the Industry and Government level to improve the environment, the economy and the quality of life of biotic and abiotic communities ● To identify the issues of the environment and then solving the issues using scientific knowledge ● Understand Waste Management in Hospitals (Environmental Quality Control, Hospital Waste Management) ● Apply the knowledge for sustainability and green research ● Work with Government departments and NGOs involved in environmental sustainability ● Contribute in the nation building
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Module 1 (Credit 1)	Title of the Module: Waste Management
<p>Learning Outcomes</p> <p><i>(Specific related to the module.. e.g. Define, Differentiate, Carry out, Design, etc. ...)</i></p>	<p>After learning the module, learners will be able to</p> <ul style="list-style-type: none"> ● Impart knowledge of issues, approaches, characteristics, control measures of wastes and technologies for waste management ● Understand how waste is managed at the individual and community level ● Use environmental management tools that help to improve the quality of environment, to assess local vulnerabilities with respect to climate, natural disasters and to achieve sustainable developmental needs ● Promote understanding of efforts that can be made at the Industry and Government level to improve the environment, the economy and the quality of life of biotic and abiotic communities ● Be familiar with basic environmental and waste management regulation and legislations
<p>Content Outline</p>	<p>1.1 What is waste management?</p> <ul style="list-style-type: none"> ● Introduction ● Impact of improper disposal of waste on human health and environment ● Municipal Waste Management in India ● Solid and Liquid Waste Management <p>1.2 Issues of waste management</p> <p>Issues: Industrial, Mining, Agricultural and Domestic (urban) wastes, waste processing techniques, Hydrological aspects of solid waste.</p> <p>1.3 Approaches to waste management</p> <ul style="list-style-type: none"> ● Solid waste segregation ● Grey water treatment ● Regulatory aspects of Waste Management ● Environmental Legislations ● Case studies

Module 2 (Credit 1) Title of the Module: Hands-on Activities	
<p>Learning Outcomes</p> <p><i>(Specific related to the module.. e.g. Define, Differentiate, Carry out, Design, etc. ...)</i></p>	<p>After learning the module, learners will be able to</p> <ul style="list-style-type: none"> ● Apply theoretical knowledge of waste management to actual practice ● Conduct short environment and waste management-related projects through proper planning and research ● Follow green and sustainable practices at home and in college ● Understand hospital waste management ● Create awareness in the community about waste management and environmental sustainability
<p>Content Outline</p>	<ul style="list-style-type: none"> ● Awareness on solid waste management through posters, short videos, Instagram reels ● Awareness on greywater management through posters, short videos, Instagram reels ● Assess the waste generated at home (classification into types, quantity generated) ● Segregation and proper disposal of waste at home (paper / plastic/ glass / metal / kitchen waste) ● Understand the waste disposal situation in college campus (guest lecture by college administrator/ cleanliness in-charge) ● Composting kitchen waste ● Field visit to hospital/ Guest lecture on hospital waste management ● Any waste management-based environmental project of their choice/ teacher-assigned

Evaluation Method: It is application based internal exam only (50 marks)

- Written test/ quiz
- Make videos/ reels
- Make awareness posters
- PowerPoint presentations
- Street plays
- Songs/ poems on environmental awareness and waste management
- Report on guest lecture/ field visit/ case study discussions

References:

General

1. Hillary E. (1984). Ecology 2000- The changing face of Earth. Michael Joseph, London, UK.
2. Down to the Wire, Confronting Climate Collapse, Oxford University Press, 2009, David Orr.
3. C.P.R. Environmental Education Centre – Plants And People
4. Friedman Y. and Schaur E. (2003) Environment and Self-Reliance. Vigyan Prasar, New Delhi, India
5. Friedman Y. (2003) Energy and Self-Reliance. Vigyan Prasar, New Delhi, India.
6. Chris Summerville (2006) Looking Back, Moving Forward – An Environmental Course for the Next Generation, Reading and Discussion – Macmillan Language House
7. Kamla Chowdhry (1989) Industrialization Survival and Environment – A Dialogue on Development The INTACH Environmental Series
8. Molly O’Mera Sheehan, Project Director (2007) – State of the World –Our Urban Future – A World watch Institute Report on Progress towards a Sustainable Society. W. W. Norton & Company New York London
9. Relevant Publications from Center for Science & Environment (CSE)

Waste Management

1. Indian Centre for Plastics in the Environment (2003) Plastics for Environment & Sustainable Development, Thomson Press (India) Limited, New Delhi, India
2. Palnitkar S. (Dr, Mrs) Solid Waste Management. All India Institute of Local Self-Government, Mumbai, India
3. Palnitkar S. (Dr, Mrs) (2004). The Wealth of Waste: Waste Recyclers for Solid Waste Management - A Study of Mumbai. All India Institute of Local Self- Government, Mumbai, India

Environmental Legislations

1. Divan S. and Rosencranz A. (2001). Environmental Law and Policy in India. Oxford India Paperbacks, India
2. Environmental Legislation in India by K.R. Gupta

SEVA MANDAL EDUCATION SOCIETY'S
SMT.MANIBEN M.P SHAH WOMEN'S COLLEGE OF ARTS & COMMERCE
(AUTONOMOUS)

Programme Name: B.A, B.Com, BMS, BAMB, BAFI

Proposed Syllabus: NCC under NEP

Year of Implementation: 2023-24

Course Category	Co-Curricular (CC)
Level	4.5
Course Title	NCC for Youth Development
Semester	1
Course Credit	2
No. of Lecture per week	2
Marks of Comprehensive Continuous Evaluation	25
Marks of Semester End Examination	25

Course Title: NCC for Youth Development

Course Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> ● Understand the concept and importance of NCC for future youth forces. ● Shapes the personality by inculcating discipline in their casual life that stays for their entire life. ● Develop valuable personal abilities, build life skills like teamwork, resilience and fosters confidence etc.
Module 1.	Title of the Module: Basics of Drills
	Practical Examination, Education & Achievements.
Learning Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> ● Understand the concept of Drills and its importance ● Involve in social activity and Adventure training

Content Outline	<p>1.1 Meaning and types of Drills: Weapon training - It teaches a cadet precision, accuracy, coordination of body movements, patience and confidence.</p> <p>1.2 Moods: Daine ka Salute , Baye ka Salute, Samne ka Salute.</p> <p>1.4 Social Activity- Tree plantation, Puneet Sagar Abhiyan</p> <p>1.5 Adventure Training and Activity - Valley Crossing, Trekking</p>
Module 2.	Title of the Module: Disaster Management & National Integration
Learning Features	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> ● Understand the different types of disaster management ● Understand the importance of National Integration ● Follow health and hygiene for healthy lives.
Content Outline	<p>2.1 Disaster management - Natural Disaster, Man-Made disasters, Fire Services and Fire.</p> <p>2.2 National Integration: Leadership - Makes the cadets of a country to reside in harmony by strengthening the social bond between them.</p> <p>2.3 Health and Hygiene & Social Awareness</p>

Theory: 25

Practical: 25

References:

A) NCC JOURNAL & Hand Book

B) Additional Reading & Camp Experience

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COMMERCE (AUTONOMOUS)

Programme Name: B.A, B.Com, BMS, BAMB, BAFI

Proposed Syllabus: NSS under NEP

Year of Implementation: 2023-24

Course Category	Co-Curricular (CC)
Level	4.5
Course Title	National Service scheme (NSS)
Semester	1
Course Credit	2
No. of Lecture per week	2
Marks of Comprehensive Continuous Evaluation	50
Marks of Semester End Examination	-

Course Title: National Service scheme (NSS)

Course Objectives	<p>The main objective of the syllabus are:</p> <ul style="list-style-type: none"> • To develop the all-round personality and character of the students' youth through voluntary community service. • To Understand the community in which they work • To identify the needs and problems of the community and involve them in problem solving. • To develop capacity to meet emergencies and natural disasters. • To prepare for them national integration and social harmony • To utilize their knowledge in finding practical solutions to individual and community problems.
Course Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> • Understand the importance of community work, their problems & solutions • Develop their team building capacity which will be help in professional efficiencies. • Apply the knowledge for the research and planning

	<ul style="list-style-type: none"> • Contribute in the nation building • work with Government departments and NGOs • Develop their all-round personality.
Module 1 (Credit 1) INTRODUCTION TO National Service Scheme	
Learning Outcomes	After learning the module, learners will be able to
	<ul style="list-style-type: none"> • Understand the history , nature and scope of NSS • Recognize their social responsibility • Identify the importance of shramdaan
Content Outline	<p>1.(A) INTRODUCTION TO National Service Scheme(NSS)</p> <ul style="list-style-type: none"> • Historical background of NSS in India and its development • Organizational structure of National Service Scheme • Objectives of National Service Scheme • National Service Scheme(NSS) symbol and its meaning • Motto of National service Scheme • Various prayers, University Song, NSS songs, Inspirational song, Sadbhavna Geet, Rashtriy Yuva Geeta. <p>(B) Understanding Youth</p> <ul style="list-style-type: none"> • Definition of Youth • Issues, Challenges and opportunities for youth. • Youth as an agent of social change • Volunteerism need and importance • Shrmdan as a part of volunteerism
Module 2 (Credit 1) NSS Programmes and Activities	
Learning Outcomes	After learning the module, learners will be able to
	<ul style="list-style-type: none"> • Explain the classification & the application of various social activities • Enumerate the work with various communities • learn team building and solidarity
Content Outline	<p>NSS Programmes and Activities</p> <p>Classification of regular activities in society</p> <ul style="list-style-type: none"> • Rural, Urban, Local, Campus, • Need based in association with Government organisation and NGOs. <p>Special camp activities</p> <ul style="list-style-type: none"> • Socio-economic Survey of village/slums • Basics of adaptation of village/slum • Need based Programme planning

	<ul style="list-style-type: none">• Activity related to Social issues• Government scheme• Role of NSS volunteers• Organize a social visits : Hospital, School, Orphanage home and old Age home etc.
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Evaluation Method: It is application based internal exam only.

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Programme Name: B.A, BCom, BMS, BAMB, BAFI: Sports

Proposed Syllabus Sports under NEP

Year of Implementation: 2023-24

Course Category	Co-Curricular (CC)
Level	4.5
Course Title	PRINCIPLES OF YOGA & ATHLETICS
Semester	1
Course Credit	2
No. of Lecture per week	Theory +Practical (2)
Marks of Comprehensive Continuous Evaluation	50
Marks of Semester End Examination	-

Course Title: PRINCIPLES OF YOGA & ATHLETICS

Course Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> ● understand the concept and scope of Yoga ● identify the role and importance of Yoga in day to day life ● practice various yoga and athletics building mental and physical fitness
Module 1 (Credit 1) Title of the Module: Yoga for developing mind and Body	
Learning Outcomes	<p>After learning the module, learners will be able to</p>

	<ul style="list-style-type: none"> ● Improve their overall health status through various types of Yoga techniques.
Content Outline	<p>1.1 Meaning, importance and brief history of Yoga</p> <p>1.2 Ashtang yog - Yamas, Niyamas, Asana, Pranayama etc</p> <p>1.3 YOGA For Physical Fitness: Types of Yoga for Physical Health : Bhujangasana , Uttanasana, Tadasana , Trikonasana , Suyranamaskar</p> <p>1.4 Yoga for Mental fitness: Prayanam</p>
Module 2 (Credit 1) Title of the Module: Athletics Track and Field Events	
Learning Outcomes	<p>After learning the module, learners will be able to</p> <ul style="list-style-type: none"> ● understand the techniques of shot put and Discuss throw ● improve their concentration for better academic performance ● get the physical benefits of Athletics
Content Outline	<p>Introduction Of Athletics</p> <p>(A) Track events (a) Sprints (b) Middle Distances (c) Long Distances (d) Road Races and Marathons</p> <p>(B) Field events –</p> <p>1. Jumping - Long jump , Triple Jump</p> <p>2. Throws -(a) Shot distance throw -shot put (b) Long distance throw - hammer throw , Discuss throw</p> <p>Session on Discuss Throw</p> <p>2.3 Role of shot put and Discuss Throw in muscle strength, bone density, cardiovascular and Shoulder power</p> <p>2.4 Athletics Track and Field Events - Concept, Importance & Techniques</p>

Comprehensive Continuous Evaluation (CCE) Paper pattern: Theory & Practical test, 50 Marks

References:

Yoga Sutra of Patanjali

Light on Yoga

The sports gene