

NEHRU GRAM BHARATI

(Deemed to be University)



VALUE ADDED COURSES

04 Years Under Graduate Programmes
[SEC As per NEP-2020]

POOL D COURSES
[Applicable from 2025-26]

VAC-001 "Understanding India"

Applicable for Semester-I

Credit(L+T+P): 2+0+0

Course Objective: This syllabus aims to provide a comprehensive understanding of India's diverse aspects, including its history, society, culture, politics, economy, and contemporary issues.

Course Outcomes:

CO1: Students will be able to comprehend the geographical, historical, and cultural foundations of India.

CO2: Students will gain an understanding of the societal structure, cultural diversity, and artistic heritage of India.

CO3: Students will develop insights into the political system, governance structure, and dynamics of Indian politics.

CO4: Students will comprehend the economic development, challenges, and rural-urban dynamics of India.

CO5: Students will critically evaluate contemporary issues and assess India's future prospects in various spheres.

Course Content:

Unit 1: Introduction to India

- **Geographical Overview of India:** Physical features, climate, and natural resources.
- **Historical Evolution:** Ancient civilizations, medieval kingdoms, and the impact of colonialism.
- **Socio-Cultural Diversity:** Languages, religions, traditions, and customs.

Unit 2: Indian Society and Culture

- **Caste System and Social Structure:** Historical context, evolution, and contemporary issues.
- **Festivals and Celebrations:** Significance, diversity, and cultural impact.
- **Arts, Literature, and Cinema:** Overview of traditional and contemporary expressions.

Unit 3: Politics and Governance

- **Indian Political System:** Constitution, institutions, and federal structure.
- **Political Parties and Electoral Process:** Major parties, coalition politics, and electoral dynamics.

Unit 4: Economic Landscape

- **Economic Development:** Growth, sectors, and challenges.
- **Rural-Urban Dynamics:** Agriculture, industrialization, and urbanization.

Unit 5: Contemporary Issues and Future Prospects

- **Environmental Challenges:** Climate change, pollution, and conservation efforts.
- **Technology and Innovation:** IT revolution, startups, and India's role in the global tech landscape.

Books Recommended:

History and Culture:

1. "India: A History" by John Keay - Offers a comprehensive overview of India's history from ancient times to the present.
2. "The Wonder That Was India" by A.L. Basham - Explores India's cultural history, society, and achievements in ancient times.
3. "India After Gandhi: The History of the World's Largest Democracy" by Ramachandra Guha - Focuses on India's journey post-independence, covering political and social developments.

Sociology and Society:

1. "The Argumentative Indian: Writings on Indian History, Culture and Identity" by Amartya Sen - Examines India's intellectual heritage, cultural diversity, and societal debates.
2. "The Caste Question: Dalits and the Politics of Modern India" by Anupama Rao - Explores the history and politics of caste in contemporary India.

Politics and Governance:

1. "India Unbound: The Social and Economic Revolution from Independence to the Global Information Age" by Gurcharan Das - Discusses India's economic transformation and its challenges.
2. "The Accidental Prime Minister: The Making and Unmaking of Manmohan Singh" by Sanjaya Baru - Provides insights into Indian politics and governance during Manmohan Singh's tenure as Prime Minister.

Economics and Development:

1. "Poor Economics: A Radical Rethinking of the Way to Fight Global Poverty" by Abhijit V. Banerjee and Esther Duflo - Explores innovative strategies to alleviate poverty, with a focus on India.
2. "India Grows At Night: A Liberal Case for a Strong State" by Gurcharan Das - Discusses India's economic growth and the role of the state.

Literature and Arts:

1. "The God of Small Things" by Arundhati Roy - A novel that delves into social issues and the intricacies of life in India.
2. "Interpreter of Maladies" by Jhumpa Lahiri - A collection of short stories exploring the lives of Indian immigrants and their experiences.
3. "An Area of Darkness" by V.S. Naipaul - A travelogue that provides insights into India's cultural, social, and historical dimensions.

Environment and Contemporary Issues:

1. "The Great Derangement: Climate Change and the Unthinkable" by Amitav Ghosh - Discusses the impact of climate change in the context of India and its global implications.
2. "The Elephant Paradigm: India Wrestles with Change" by Gurcharan Das - Examines contemporary challenges facing India in various spheres.

VAC007: Indian Constitution
Applicable for Semester-II

Credit(L+T+P) : 2+0+0

Course Objective :

- To introduce the fundamental values and principles of the Indian Constitution.
- To familiarize students with the structure, powers, and functions of various organs of government.
- To instill an understanding of citizens' rights, duties, and the role of constitutional institutions

Course Outcomes (COs):

By the end of this course, students will be able to:

CO1: Understand the historical background and features of the Indian Constitution.

CO2: Analyze the structure and functions of the Union and State Governments.

CO3: Evaluate the Fundamental Rights, Directive Principles, and Fundamental Duties.

CO4: Understand the role of constitutional bodies and the judiciary.

CO5: Appreciate the values of democracy, secularism, and justice embedded in the Constitution.

Course Content:

Unit 1: Introduction to the Constitution (6 hours)

- Historical Background
- Making of the Constitution (Constituent Assembly)
- Preamble and its Significance
- Salient Features of the Indian Constitution

Unit 2: Union and State Government Structure (6 hours)

- President, Prime Minister, Council of Ministers
- Parliament – Lok Sabha and Rajya Sabha
- State Government – Governor, Chief Minister, State Legislature
- Centre-State Relations

Unit 3: Fundamental Rights and Duties (6 hours)

- Fundamental Rights – Meaning, Types, and Limitations
- Directive Principles of State Policy
- Fundamental Duties
- Amendments – Procedure and Key Amendments (e.g., 42nd, 44th, 73rd, 74th)

Unit 4: Judiciary and Constitutional Bodies (6 hours)

- Structure and Role of the Supreme Court and High Courts
- Judicial Review and Judicial Activism
- Election Commission, UPSC, Finance Commission, CAG
- Lokpal and Lokayuktas

Unit 5: Indian Democracy and Constitutional Values (6 hours)

- Secularism, Socialism, and Federalism
- Rule of Law and Equality
- Constitutional Morality and Ethical Governance
- Role of Citizens in Democracy

Recommended Books (Indian Authors)

1. **Introduction to the Constitution of India**
Author: D.D. Basu
Publisher: LexisNexis India

- A classic and widely used text offering detailed yet accessible insights into the Constitution's provisions, philosophy, and judicial interpretations.
 - 2. **Indian Polity**
Author: M. Laxmikanth
Publisher: McGraw Hill Education
 - Ideal for students and competitive exam aspirants. Covers the Constitution, governance, and political system with clarity and comprehensive detail.
 - 3. **Our Constitution**
Author: Subhash C. Kashyap
Publisher: National Book Trust (NBT), India
 - A student-friendly and authoritative book with simplified explanations of complex constitutional provisions, suitable for general readers and UG students.
 - 4. **The Constitution of India: A Contextual Analysis**
Author: Arun K. Thiruvengadam
Publisher: Hart Publishing / Oxford India
 - Offers a contemporary and critical perspective on the Constitution with references to recent developments and challenges.
 - 5. **The Indian Constitution: Cornerstone of a Nation**
Author: Granville Austin (*Though a foreign author, this book is often supplemented by Indian authors like V.N. Shukla and D.D. Basu in Indian classrooms*)
Use: Best used as supplementary reading for understanding constitutional ethos and foundational debates.
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 **Supplementary Textbooks:**

- **Bare Act of the Constitution of India** (With Amendments) – *Published by Government of India or commercial legal publishers like Universal, Eastern Book Co.*
- **Indian Constitution and Political System** – by M.V. Pylee (Vikas Publishing)
Fundamentals of Indian Constitution – by Dr. S.R. Myneni (Allahabad Law Agency)

VAC003A: Indian Heritage & Culture/NSS/NCC
Applicable for Semester-III

Credit(L+T+P) : 2+0+0

Course Description: This course offers an in-depth exploration of the diverse heritage and cultural practices of India, examining historical, religious, artistic, and contemporary aspects.

Course Outcomes:

By the end of the course, students will be able to:

- CO1: Understand the foundational elements of Indian heritage.
- CO2: Analyze the impact of major religions and philosophies on Indian society.
- CO3: Appreciate the significance of traditional arts and architecture.
- CO4: Recognize the importance of language and literature in cultural identity.
- CO5: Evaluate contemporary issues related to Indian culture.

Syllabus Content:

Unit 1: Foundations of Indian Heritage

- Overview of Indian civilization from ancient times
- Key historical milestones: Indus Valley, Vedic period, and empires
- The evolution of societal structures and cultural practices

Unit 2: Major Religions and Philosophical Traditions

- Overview of Hinduism, Buddhism and Jainism.
- Influence of Islam and Christianity in India
- Societal impact of philosophical thoughts (viz: Vivekanand, Sufism).

Unit 3: Arts, Architecture, and Aesthetics

- Exploration of classical music, dance forms, and visual arts
- Architectural heritage: temples, forts, and monuments
- Regional variations in art and their cultural significance

Unit 4: Language, Literature, and Folklore

- Ancient texts: Introduction of Vedas, epics, and regional literature
- Modern literary movements and prominent authors
- The role of oral traditions in cultural transmission

Unit 5: Contemporary Challenges and Cultural Dynamics

- Globalization and its effects on Indian culture
- The interplay between tradition and modernity
- Social issues: caste, gender, and regional disparities in cultural expression

Assessment Methods:

- **Assignments:** Essays, and presentations.
- **Exams:** Mid-term and final assessments covering unit content.
- **Participation:** Engagement in class discussions and activities.

Recommended Readings:

1. "The Discovery of India" by Jawaharlal Nehru
2. "Cultural History of India" by Romila Thapar
3. "Indian Art and Culture" by Nitin Singhanian
4. "Indian Philosophy" by Dr. C.D. Sharma
5. "Greek Darshan" by Dr. C.L. Tripathi
6. "Sanskriti Ke Chaar Adhyay" by Ramdhari Singh Dinkar.

Or

VAC003B Course Title: National Service Scheme (NSS)

Credit(L+T+P) : 2+0+0

Course Objectives:

- To introduce the concept, objectives, and functioning of NSS.
- To inculcate the spirit of volunteerism and social responsibility among students.
- To promote active citizenship, leadership, and community development skills.
- To provide practical exposure through participation in community service.

Course Outcomes (COs):

After successful completion of this course, students will be able to:

CO1: Understand the philosophy, aims, and objectives of the NSS.

CO2: Demonstrate awareness of various social issues and government welfare schemes.

CO3: Participate effectively in community development and social welfare activities.

CO4: Develop leadership qualities, teamwork, and civic responsibility.

CO5: Apply the principles of NSS to real-life community engagement and national development efforts.

Unit-wise Syllabus:

Unit I: Introduction to NSS

- History, aims, objectives and basic concepts of NSS
- NSS symbol, badge, motto and organizational structure
- NSS as a voluntary organization in educational institutions
- Importance of youth in nation-building

Unit II: NSS Activities and Programmes

- Types of activities: Regular activities and special camping programmes
- Day camps, blood donation, tree plantation, cleanliness drives
- Role of NSS in disaster relief and rehabilitation
- Swachh Bharat Abhiyan and other national missions

Unit III: Youth and Social Issues

- Youth and their role in society
- Gender issues and empowerment
- Environmental concerns and climate change
- Health, hygiene, and sanitation awareness

Unit IV: Government and Non-Government Initiatives

- Introduction to major government schemes: PMAY, Beti Bachao Beti Padhao, Skill India, etc.
- Role of NGOs and civil society in social welfare
- Community mobilization and participation

Unit V: Leadership and Personality Development

- Importance of leadership and team-building in NSS
- Communication and interpersonal skills
- Time management and stress management
- Case studies of successful NSS volunteers and social workers

Suggested Practical Activities (Complementary, non-credit-bearing)

- Participation in a community service/awareness drive
- Conducting surveys on local social issues
- Organizing cleanliness/health awareness camps
- Tree plantation or environment-related activity

Suggested Readings:

1. NSS Manual by Ministry of Youth Affairs & Sports, Govt. of India
2. Kaushik, A. (2012). *Youth and Social Change*.

3. Sethi, J.C. (2010). *National Service Scheme: A Handbook*.
4. Reports and materials from NSS Regional Directorate/Programme Coordinators

Or

VAC003C Course Title: National Cadet Corps (NCC)

Credit(L+T+P) : 2+0+0

Course Objectives:

- To develop discipline, leadership, and a sense of patriotic commitment among students.
- To familiarize students with the aims and structure of the NCC.
- To provide theoretical knowledge and awareness about basic military training and national integration.
- To promote values like selfless service, teamwork, and national integrity.

Course Outcomes (COs):

After successful completion of this course, students will be able to:

CO1: Understand the aims, objectives, and organizational structure of the NCC.

CO2: Demonstrate basic knowledge of drill, military training, and physical fitness.

CO3: Analyze the role of NCC in national integration, social service, and community development.

CO4: Exhibit qualities of leadership, discipline, and civic responsibility.

CO5: Apply the values and skills learned to real-life situations and nation-building efforts.

Unit-wise Syllabus:

Unit I: Introduction to NCC and Its Objectives

- History and aims of the NCC
- Organizational structure and training programs
- NCC mottos, badges, and ranks
- Duties and responsibilities of cadets
- NCC flag and its significance

Unit II: Drill and Physical Training

- Basics of foot drill: attention, stand at ease, turnings
- Marching techniques and saluting
- Importance of physical fitness
- Introduction to yoga and wellness in cadet life

Unit III: Personality Development and Leadership

- Leadership traits and qualities
- Time management, communication skills
- Group discussions and team-building activities
- Role of NCC in personality grooming

Unit IV: Social Service and Community Development

- Role of NCC in social awareness programs
- Participation in blood donation, tree plantation, disaster relief, etc.
- Contribution to Swachh Bharat, Fit India Movement, and similar initiatives
- Awareness campaigns on road safety, gender equality, and environment

Unit V: National Integration and Defence Awareness

- Unity in diversity and national integration
- Role of armed forces in national security
- Introduction to Army, Navy, and Air Force

- Civil defense and disaster management
- Basic map reading and field craft (theoretical overview)

Suggested Activities (Non-credit but essential for holistic learning):

- Participation in NCC parades or camps
- Volunteering in social service activities
- Attendance in Republic Day/Independence Day programs
- Group presentations on national and defense-related topics

Suggested Readings:

1. NCC Cadet's Handbook – Published by DG NCC, Ministry of Defence
2. Gupta, H. L. – *National Cadet Corps: Training and Development*
3. Ministry of Defence NCC Official Website Resources
4. Periodicals and newsletters by NCC units

VAC004: Food, Nutrition & Hygiene
Applicable for Semester-IV

Credit(L+T+P) : 2+0+0

Course Overview:

This course introduces the fundamentals of food, nutrition, and hygiene, focusing on their importance in daily life. It covers essential nutrients, food safety, and the principles of maintaining proper hygiene to ensure overall health and well-being. This course is designed to impart foundational knowledge for making informed food and hygiene choices.

Course Outcomes:

Upon successful completion of the course, students will:

- CO1 : Understand the essential nutrients and their role in human health.
- CO2 : Be able to identify the principles of balanced diets and apply dietary guidelines.
- CO3 : Develop knowledge of food hygiene, safety measures, and contamination prevention.
- CO4 : Gain awareness of the role of personal and public hygiene in maintaining health.
- CO5 : Be familiar with basic public health issues related to nutrition and hygiene.

Unit Wise Content:

Unit I: Introduction to Food and Nutrition

- **Concept of Food and Nutrition**
 - Definition and classification of food.
 - Nutrition: Its meaning and importance
 - **Nutrients and Their Functions**
 - Overview of macronutrients (carbohydrates, proteins, fats)
 - Overview of micronutrients (vitamins, minerals)
 - Water as an essential nutrient.
 - **Digestion and Absorption**
 - Basic digestion processes and nutrient absorption
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Unit II: Nutritional Requirements and Balanced Diet

- **Nutritional Needs at Different Life Stages**
 - Nutritional requirements for children, adults, elderly, and special conditions (pregnancy, lactation).
- **Balanced Diet**
 - Definition and composition of a balanced diet
 - Role of food groups (grains, fruits, vegetables, proteins, fats)
- **Dietary Guidelines**
 - Basic dietary guidelines (RDA, portion control, calorie balance)

Unit III: Food Safety and Hygiene

- **Food Contamination**
 - Types of food contamination (biological, chemical, physical).
 - Sources of contamination in food processing and preparation.
- **Food Safety Practices**
 - Safe handling, storage, and cooking practices
 - Hygiene in food service settings (HACCP)
- **Foodborne Diseases**
 - Common foodborne diseases and their prevention

Unit IV: Personal and Public Hygiene

- **Personal Hygiene**

- Importance of personal hygiene in preventing illness.
- Key areas of personal hygiene (handwashing, oral hygiene, body cleanliness).
- **Public Health and Hygiene**
 - Role of sanitation in community health.
 - Preventive measures for common hygiene-related diseases (diarrhea, cholera).
- **Hygiene in Food Preparation**
 - Importance of cleanliness in the kitchen.
 - Safe food handling practices in households and public spaces.

Unit V: Nutrition and Public Health

- **Nutrition-related Health Issues**
 - Nutritional deficiencies (malnutrition, anemia, scurvy)
 - Overnutrition and lifestyle diseases (obesity, diabetes)
- **Nutrition Education and Public Health Initiatives**
 - Role of nutrition education in public health.
 - Government programs addressing malnutrition and hygiene
- **Sustainable Eating and Health**
 - Introduction to sustainable food choices for health and environmental benefit

Assessment Methods:

- Theory: Written examination (60%)
- Practical/Assignment: Case studies on food safety and meal planning (40%)

Recommended Reading:

1. Nutrition Science by B. Srilakshmi
2. Essentials of Food Hygiene and Safety by David McSwane
3. Public Health Nutrition by Judith L. Buttriss et al

VAC008: Environmental Science and sustainability
Applicable for Semester-V

Credit(L+T+P) : 2+0+0

Objectives:

1. Understand the fundamental concepts and scope of environmental science as an interdisciplinary field.
2. Recognize and analyse key environmental issues and challenges facing the planet today.
3. Appreciate the importance of biodiversity, ecosystem functions, and natural resource conservation.
4. Explore various types and sources of environmental pollution and learn effective pollution management strategies.
5. Gain insight into environmental laws, policies, and governance structures, both nationally and globally.

Course Outcomes (COs):

After completing this course, students will be able to:

CO1: Define and explain key terms and concepts in environmental science.

CO2: Identify environmental problems and propose practical, science-based solutions.

CO3: Describe the structure and function of ecosystems and explain the importance of biodiversity.

CO4: Apply knowledge of pollution control techniques and sustainable waste management.

CO5: Understand environmental laws and frameworks and assess the effectiveness of policies and organizations in environmental protection.

CO6: Demonstrate awareness and commitment to sustainable living and environmental stewardship.

Unit-Wise Content:

Unit 1: Introduction to Environmental Science

- Definition and scope of environmental science
- Environmental issues and challenges
- Importance of environmental conservation and sustainability
- Branches of environmental science (ecology, conservation biology, environmental chemistry, etc.)

Unit 2: Ecosystems and Biodiversity

- Characteristics and types of ecosystems
- Structure and function of ecosystems, Biogeochemical cycle
- Biodiversity and its importance
- Threats to biodiversity and solutions

Unit 3: Environmental Pollution and Management

- Types of pollution (air, water, soil, noise)
- Sources and effects of pollution (human health, ecosystem disruption)
- Pollution control and management strategies (regulations, technologies, sustainable practices)
- Waste management and recycling

Unit 4: Climate Change and Sustainable Development

- Climate change: causes and effects
- Climate change mitigation and adaptation strategies (renewable energy, energy efficiency, sustainable land use)
- Sustainable development goals (SDGs) and their relevance to environmental sustainability
- Sustainable practices and lifestyles

Unit 5: Environmental Policy and Governance

- Environmental policies and laws (national and international)
- Environmental governance and institutions (government, NGOs, community organizations)

- Environmental activism and advocacy
- Role of individuals and communities in environmental conservation and sustainability

Text Books (Latest Editions):

- Poonia, M.P. *Environmental Studies* (3rd ed.), Khanna Book Publishing Co.
- Bharucha, E. *Textbook of Environmental Studies* (3rd ed.) Orient Blackswan Private Ltd.
- Dave, D., & Katewa, S. S. *Text Book of Environmental Studies*. Cengage Learning India Pvt Ltd.
- Rajagopalan, R. *Environmental studies: from crisis to cure* (4th ed.). Oxford University Press.
- Miller, G.T. & Spoolman S. *Living in the Environment*. (20th ed.). Cengage.
- Basu, M., & Xavier Savarimuthu, S. J. *Fundamentals of environmental studies*. Cambridge University Press.
- Roy, M. G. *Sustainable Development: Environment, Energy and Water Resources*. Ane Books.
- Pritwani, K. *Sustainability of business in the context of environmental management*. CRC Press.
- Wright, R.T. & Boorse, D.F. *Environmental Science: Toward A Sustainable Future* (13th ed.), Pearson.

VAC-006 : Course Title: Physical Education and Yoga
Applicable for Semester-VI

Credit(L+T+P) : 2+0+0

Course Objectives:

- To promote physical fitness, mental well-being, and healthy lifestyle practices.
- To introduce the concepts and benefits of physical education and yoga.
- To develop awareness about posture, exercise, stress management, and disease prevention.
- To cultivate discipline, focus, and positive attitudes through regular practice.

Course Outcomes (COs):

After successful completion of this course, students will be able to:

CO1: Understand the importance of physical education in daily life.

CO2: Demonstrate knowledge of basic physical fitness components and exercises.

CO3: Understand the philosophy and practice of yoga for holistic well-being.

CO4: Apply physical and yogic practices for stress relief and lifestyle improvement.

CO5: Promote health awareness and active participation in physical/yogic activities.

Unit-wise Syllabus:

Unit I: Introduction to Physical Education

- Definition, aims, and objectives of Physical Education
- Importance of physical activity for a healthy lifestyle
- Components of physical fitness: strength, endurance, flexibility, speed, and agility
- Modern lifestyle and hypokinetic diseases

Unit II: Exercise and Wellness

- Warming up and cooling down: importance and techniques
- Basic aerobic and anaerobic exercises
- Calisthenics, stretching, and relaxation techniques
- Role of regular physical activity in stress and disease management

Unit III: Introduction to Yoga

- Meaning, origin, and philosophy of Yoga
- Importance of Yoga in modern life
- Eight Limbs of Patanjali Yoga (Ashtanga Yoga)
- Concept of holistic health: physical, mental, emotional, and spiritual well-being

Unit IV: Yogic Practices

- Asanas (Postures): standing, sitting, lying (supine and prone)
- Pranayama: breathing techniques and their benefits
- Dhyana (Meditation) and its impact on mental health
- Precautions and contraindications in yoga practice

Unit V: Health, Nutrition and Lifestyle

- Balanced diet and nutrition for fitness
- Personal hygiene and posture correction
- Substance abuse and its impact on physical health
- Promoting active living: walking, cycling, games, and recreation

Suggested Practical Activities (Essential for Application-Based Learning):

- Daily physical fitness and yoga sessions
- Practice of selected asanas and pranayama
- Group activity on preparing a weekly fitness/yoga plan
- Conducting a health awareness or fitness drive

Suggested Readings:

1. **B.K.S. Iyengar – *Light on Yoga***
2. **Swami Satyananda Saraswati – *Asana Pranayama Mudra Bandha***
3. **Sharma, V.M. – *Health and Physical Education***
4. **Ministry of AYUSH – *Common Yoga Protocol***
5. **NCERT – *Health and Physical Education (Senior Secondary)***
