

**Maulana Abul Kalam Azad University of Technology, WB**  
(Formerly known as West Bengal University of Technology)

**Model curriculum structure for 4 year UG programs with fixed subjects for AECC & SEC & CVAC**

Sem	Ability Enhancement (Offline)	Skill Enhancement (Online /Sessional)	Common Value added Course (SESSIONAL)
I	AECC101-English & Professional Communication (2 credits)	SEC181-Life Skills & Personality Development (2 credits)	VAC181A/B/C/D/E- Yoga/ Health & Wellness/ Sports / Physical Fitness and Wellness/Community Services (2 credits)
II	AECC201-Modern Indian Languages and Literature (2 credits)	SEC281A/B-IT Skills / Monetizing Social Media or Design Thinking (2 credits)	VAC281A/B/C/D-Critical Thinking / NSS/ Mental Health/ Environmental Studies (2 credits)
III	AECC301-The Constitution, Human Rights and Law (2 credits)	SEC381 Understanding basics of Cyber Security (2 credits)	
IV	AECC401A/B-Society Culture and Human Behavior / Universal Human Values (UHV) (2 credits)		
V		Internship to be started after exam of 4 <sup>th</sup> sem (sem break) and completed within 5 <sup>th</sup> sem (weekends) (4 credits)	
VI			
VII			
VIII		Research project 12 credits	
	<b>4 sub – 08 credits</b>	<b>3 sub &amp; Int &amp; Proj - 22 credits</b>	<b>2 sub – 4 credits</b>

**Note:**

Normally all 5 credit courses will be either theory (3) + practical (2) [100+100 marks] or theory (4) + tutorial (1) [100 marks]

Normally all 4 credit courses will be either theory (3) + tutorial (1) or theory (4) [100 marks]

Normally all 3 credit courses will be theory (3) – Inter disciplinary (5 to 6 baskets) [100 marks]

Normally all 2 credit courses AEC/SEC/CVA would be theory or online/sessional course

4<sup>th</sup> year subjects could be foundation of Master's program (as masters would be of 1 year after 4 years UG)

7/8<sup>th</sup> semester Major subjects could include Projects in core, if required

100/200/300/400 level should be maintained as per UGC document

For online course (Skill Enhancement Course) 2 credits=30 hours.



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**Detailed Syllabus**

<b>Course: English &amp; Professional Communication</b>		
<b>Course Code: AECC101</b>		<b>Semester: I</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 2		End semester Exam: 70
Tutorial: 0		Attendance: 5
Practical: 0		Continuous Assessment: 25
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 0
<b>Sl. No.</b>	<b>Course Objective</b>	
<b>1</b>	To lay emphasis on the development of linguistic competence and honing skills in the domain of communication and its allied affairs.	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	To improve communicative competence of the students.	U1
<b>CO 2</b>	To enable the students converse in the real-life situations.	U1, U2
<b>CO 3</b>	To make the effective use of English for practical purposes.	U1, U2, U3
<b>CO 4</b>	To enable the students, acquire phonetic skills.	U1, U3, U4

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**Learning Outcome/Skills:**

The candidate will be able to have a deep insight into the areas of grammar, communication, reading aspects and practical skills and preparation to face the corporate world and the general life with confidence. There should be a close linkage between the various elements of language and communication for a flawless reflection.

<b>Unit</b>	<b>Total Hours</b>	<b>% of Questions</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>THEORY</b>				
<b>U1</b>	<b>6</b>	<b>30</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U2</b>	<b>8</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U3</b>	<b>7</b>	<b>20</b>	<b>1, 2</b>	<b>NA</b>
<b>U4</b>	<b>9</b>	<b>30</b>	<b>1, 2, 3</b>	<b>NA</b>
	<b>30</b>	<b>100%</b>		

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<b>Course Code:</b>	<b>AECC101</b>	
<b>Course:</b>	<b>English &amp; Professional Communication</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	Grammar: Tense, Voice, Phrases and Clauses, Narration, Transformation of Sentences, Vocabulary.	<b>6</b>
<b>Unit-II</b>	Communication: Definition, importance, purpose, elements, barriers, body language and strategies.	<b>8</b>
<b>Unit-III</b>	Reading Skills: Purpose, Articulation, Syllables, Accent and Voice Modulation.	<b>7</b>
<b>Unit-IV</b>	Presentation Skills, its structure, speech preparation, public speaking on special occasion. Interview, types, Group Discussion, Mock Sessions for practice.	<b>9</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Anjana Tiwari	Communication Skills in English   AICTE Prescribed Textbook	Khanna Publishing House
Kulbhushan Kumar	English (with Lab Manual)   AICTE Prescribed Textbook	Khanna Publishing House
K C Verma	The Art of Communication	Kalpaz Publication.
B K Mitra	Personality Development and Soft Skills	Oxford Publication
Wren and Martin	High School Grammar and Composition, Wren and Martin	S Chand Publication

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<b>Course: Life Skills and Personality Development</b>		
<b>Course Code: SEC181</b>		<b>Semester: I</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 2		End semester Exam:
Tutorial: 0		Attendance:
Practical: 0		Continuous Assessment:
Credit: 2		Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
1	To understand the importance of the fundamental skill practices of life.	
2	To analyze the necessity of growth and expansion of personality to cater a complete look to life.	
3	To showcase the extreme necessity of the use and application of soft skills in organization.	
4	To comprehend the hand in glove relation between the life skill practices and the subtle nuances of personality.	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	To enable the students, understand the essence of career growth and improvement of professional skills.	U1
<b>CO 2</b>	To enable the students, realize the importance of attitude and its relation to the motivational acumen to manage the daily stress issues for a sum total development.	U1, U2
<b>CO 3</b>	To acquire deemed knowledge on the various tentacles of communicative skills and their subsequent application for a complete reflection.	U1, U2, U3
<b>CO 4</b>	To make the students realize the use and necessity of soft skills in the corporate domain and job searching scenario.	U1, U3, U4

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**Learning Outcome/Skills:**

The candidate is able to have a detailed understanding of the importance of career and the skills which are high required to pave the path for a distinct destination. There is a perfect blend of the various categories required for the growth and expansion of life and career.

<b>Unit</b>	<b>Total Hours</b>	<b>% of Questions</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>THEORY</b>				
<b>U1</b>	<b>7</b>	<b>25</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U2</b>	<b>8</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U3</b>	<b>9</b>	<b>25</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>6</b>	<b>30</b>	<b>1, 2, 3</b>	<b>NA</b>
	<b>30</b>	<b>100%</b>		

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<b>Course Code:</b>	SEC181	
<b>Course:</b>	<b>Life Skills and Personality Development</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	Career and Professional Skills: Listening skills, Reading skills, Writing skills, Resume preparation, exploring career opportunities, cognitive skills, presentation skills, social and cultural etiquettes, digital literacy, ethics and security.	<b>7</b>
<b>Unit-II</b>	Attitude and Motivation: Attitude: Concept, meaning, types, applicable factors in daily life. Motivation: Concept, meaning, types, causes of de motivation, remedial measures. Stress Management and Development of Capabilities: Stress: meaning, causes, solutions. Development of Capacities: Leadership qualities, time management, decision making, team work, work ethics, good manners and etiquettes.	<b>8</b>
<b>Unit-III</b>	Introduction to Soft Skills: Personal Skills, knowing oneself, confidence building, defining strengths and weaknesses, developing positive attitude, thinking positively, perceptions, values in daily life. Inter and Intra personal skills, Group Dynamics, the importance of a good networking system, troubleshooting method and problem solving tools and techniques.	<b>9</b>
<b>Unit-IV</b>	The various branches of Communication Skills: Reading texts, Speaking fluently, Writing effectively. E mail writing and etiquettes followed. Corporate and Job hunting Skills: The Behavioral etiquettes, mannerisms, Stress Management, Time Management, importance of proper body language, writing a good CV (with job application), career planning, importance of goal settings in different spheres and conducting of mock GD.	<b>6</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Meena and V. Ayothi (2013)	A Book on Development of Soft Skills	PR Publisher and Distributor
Patra Avinash	The Spiritual Life and Culture of India	London, OUP.
Shiv Khera	You can win	MacMillan Books, New York, 2003.
B K Mitra	Personality Development and Soft Skills	Oxford Publication.
Alex K	Soft Skills - Know Yourself and Know your World	S Chand and Company Ltd.



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<b>Course: Yoga</b>		
<b>Course Code: VAC181A</b>		<b>Semester: I</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
1	To impart the students with basic concepts of Yoga for health and wellness.	
2	To familiarise the students with health-related Yoga for Overall growth & development	
3	To create a foundation for the professionals in Yoga.	
4	To impart the basic knowledge and skills to teach Yoga activities.	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	To explain the meaning of Yoga, & its importance.	U1
<b>CO 2</b>	To know the classification of Yoga & its values	U1
<b>CO 3</b>	To know the different yogic practices and their significance. To understand the effects of kriyas, pranayam and asanas on our body.	U2
<b>CO 4</b>	To comprehend the concept of health, healing, and disease by the influence of Yoga	U3
<b>CO 5</b>	To know the way of Stress management through Yoga and Yogic dietary considerations.	U3
<b>CO 6</b>	To know the need of Yoga for healthy living & Effects of Meditation on our body.	U3

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**Learning Outcome/Skills:**

The candidate is able to understand the tenets of the theory of yoga, the forms and the application in the regular life to keep the health fit and fine. The candidate will be able to gain the expertise on the various postures of yoga in the accepted sense of term.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	12	1	NA
U2	12	1, 2, 3	NA
U3	8	1, 2	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

Course Code:	VAC181A	
Course:	Yoga	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
Unit-I	<b>Introduction to Yoga</b> Concept & principles, aims and objectives, classifications, Role of Yoga in character building, Therapeutic values of Yoga, Role of Yoga practices in developing concentration, will power and discipline, Difference between Yoga Asana and physical exercises, Importance of Yoga in daily life.	12
Unit-II	<b>Asanas, Kriya &amp; Pranayam</b> Positions of Asanas: Guidelines, importance and limitations. Standing, Sitting, Supine, Proline and Balancing Asanas. (Any three asanas from each)	12

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	Definitions of kriyas, Types, brief ideas of each kriya and importance. Pranayam: Definition, guidelines for the practice of pranayama, importance, limitations	
<b>Unit-III</b>	<b>Yoga and Health</b> Need of Yoga for health, concept of health and healing: yogic perspectives Yogic principles of healthy living and the role of Yoga in stress management and yogic dietary considerations	<b>8</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Nagendra, H. R. & Nagarathna, R.	Samagra Yoga Chikitse	Bengaluru: Swami Vivekananda Yoga Prakasana
Kumar, Ajith	Yoga Pravesha	Bengaluru: Rashthrothanna Prakashana
D.M Jyoti	Yoga and Physical Activities	lulu.com3101, Hills borough, NC27609, United State

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<b>Course: Health &amp; Wellness</b>		
<b>Course Code: VAC181B</b>		<b>Semester: I</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
<b>1</b>	To help understand the importance of a healthy lifestyle	
<b>2</b>	To familiarize students about physical and mental health	
<b>3</b>	To create awareness of various lifestyle related diseases	
<b>4</b>	To provide understanding of stress management	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	Explain the meaning of health & wellness and its importance.	U1
<b>CO 2</b>	Role of essential components in balanced diet for good health	U1
<b>CO 3</b>	Role of healthy food for prevention of various disease	U2
<b>CO 4</b>	Effect of exercise on hypokinetic disease	U2
<b>CO 5</b>	Stress management through Yoga	U3
<b>CO 6</b>	Importance of sleep on mental and physical health	U3

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**Learning Outcome/Skills:**

The candidate will be able to understand the importance of wellbeing and the path which would help to manage a healthy lifestyle, keeping the negative factors at bay. There is a huge possibility of the practical approach of health style and fitness.

<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>U1</b>	<b>15</b>	<b>1</b>	<b>NA</b>
<b>U2</b>	<b>10</b>	<b>1, 2</b>	<b>NA</b>
<b>U3</b>	<b>5</b>	<b>1, 2</b>	<b>NA</b>
	<b>30</b>		

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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<b>Course Code:</b>	<b>VAC181B</b>	
<b>Course:</b>	<b>Health &amp; Wellness</b>	<b>Credits:2.0</b>
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	<b>Introduction to Health and Wellness</b> <ul style="list-style-type: none"> <li>• Define and differentiate health and wellness.</li> <li>• Importance of health and wellness Education.</li> <li>• Local, demographic, societal issues and factors affecting health and wellness.</li> <li>• Diet and nutrition for health &amp; wellness.</li> <li>• Essential components of balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins &amp; minerals.</li> <li>• Malnutrition, under nutrition and over nutrition.</li> <li>• Processed foods and unhealthy eating habits.</li> <li>• Body systems and common diseases.</li> <li>• Sedentary lifestyle and its risk of disease.</li> </ul>	<b>15</b>
<b>Unit-II</b>	<b>Management of Health &amp; Wellness</b> <ul style="list-style-type: none"> <li>• Healthy foods for prevention and progression of Cancer, Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome).</li> <li>• Types of Physical Fitness and its Health benefits.</li> <li>• Modern lifestyle and hypo-kinetic diseases; prevention and management through exercise.</li> <li>• Postural deformities and corrective measures.</li> </ul>	<b>10</b>
<b>Unit-III</b>	<b>Anxiety, Stress and Aging</b> <ul style="list-style-type: none"> <li>• Meaning of Anxiety, Stress and Aging</li> <li>• Types and Causes of Stress</li> <li>• Stress relief through Exercise and Yoga</li> <li>• Role of sleep-in maintenance of physical and mental health.</li> </ul>	<b>5</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>
Steven N. Blair, William L. Haskell	Physical Activity and Health
Emily Attached & Marzia Fernandez	Mental Health Workbook
Nashay Lorick	Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being
C. Nyambichu & Jeff Lumiri	Lifestyle Diseases: Lifestyle Disease Management
Angela Clow & Sarah Edmunds	Physical Activity and Mental Health

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<b>Course: Sports</b>		
<b>Course Code: VAC181C</b>		<b>Semester: I</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
1	To help understand the importance of sports.	
2	To familiarise students about sports and mental health	
3	To provide understanding of conditioning of exercise	
4	To provide understanding of stress management	
5	To gain knowledge about event management	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	Explain the meaning of sports & physical education and its importance.	U1
<b>CO 2</b>	Role of sports in daily life	U1
<b>CO 3</b>	Types of exercises and activities for healthy lifestyles	U2
<b>CO 4</b>	Concept of sports event management	U3
<b>CO 5</b>	Concept of Traditional games	U3

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**Learning Outcome/Skills:**

The candidate will be able to gain a clear conception on the importance of sports, types, managerial techniques and their relevant applications in the practical domain. Through intense practice the candidate will be able to gain an expertise in sports and its adjoining areas.

<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>U1</b>	<b>8</b>	<b>1</b>	<b>NA</b>
<b>U2</b>	<b>10</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U3</b>	<b>12</b>	<b>1, 2</b>	<b>NA</b>
	<b>30</b>		

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks



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<b>Course Code:</b>	VAC181C	
<b>Course:</b>	Sports	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	<b>Introduction to Sports</b> Meaning and definition of Sports. Aims, Objectives and Importance of Sports. Modern trends of Sports Brief concept of Education in relation to Sports	<b>8</b>
<b>Unit-II</b>	<b>Physical Education &amp; Sports</b> General warmup exercises Specific warmup exercises Conditioning Relaxation Techniques Cardiac Exercise Exercises/Activities for stress management Assessment of BMI	<b>10</b>
<b>Unit-III</b>	<b>Sports Event Management</b> Meaning, Definition and importance of Sports Management Scope of Sports Event Management Principles of Sports Event Management Major and Minor Sports Events Traditional Games Management	<b>12</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Coalter, F.	Sport for Development: What game are we playing?	Routledge.
Singh Hardayal	Science of Sports Training	DVS Publication, New Delhi
Muller, J. P.	Health, Exercise and Fitness	Delhi: Sports

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**Course Name: Physical Fitness, Wellness and Yoga**

**Course Code- VAC 181D**

**Duration: 60 Hrs. (36 contact Hrs + 24 practice Hrs)**

**Credits: 2**

**Mode: Sessional**

**Course Objective:** This course is designed to make the students make use of the benefits of physical fitness and Yoga. Students will learn about various methods of training – circuit, and fartlek training. Besides understand obesity and its management, eating disorders, Micro and Macronutrients, their primary functions, to gain basic knowledge of the different nutrients and their role in maintaining health of the community. This course aims to promote the holistic practice of yoga and enhance the understanding of its principles and benefits.

**Learning Outcome:** At the end of the course the learners will be able to –

- 1. Define nutrition, components of nutrition and their impact on health.**
- 2. Understand and apply the sports training related to the physical attributes required for performing specific games.**
- 3. Categorize the role of nutrients and caloric requirements, and sketch the basic classification, functions and utilization of nutrients.**
- 4. Evaluate the factors affecting weight management and solutions for obesity with physical fitness.**
- 5. Make use of physical fitness, build knowledge regarding physical fitness and wellness through Yoga.**

### **UNITWISE CONTENT**

**UNIT 1: Food and Nutrition:** Basic concept of nutrition and diet. Basic concept of macro and micro nutrients. Balanced diet. Eating disorders. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths. **(8 hours)**

**UNIT 2: Health, Fitness and Diseases:** Definition of obesity and its management. Communicable diseases. Back pain: causes, symptoms and prevention. **(7 hours)**

**UNIT 3: Development of Fitness:** Benefits of physical fitness and exercise. Improvement of physical fitness. Principles of physical fitness. Development of Personality. Waist-hip ratio Target Heart Rate, BMI. Importance of Waist-hip ratio. BMI classification in India. **(8 hours)**

**UNIT 4: Methods of training:** circuit training, and fartlek training. Objectives of training. Benefit of circuit training. Purpose of circuit training. Benefit of fartlek training. Purpose of fartlek training. **(7 hours)**

**UNIT 5: Opening Incantation (Yoga):**

• **Chalana Kriya/Loosening Practice (Technique, Contraindications and Benefits):**

o Neck Movement (Griva Shakti Vikasaka I, II, III, IV)

o Shoulder Movement

o Bhuja Valli Shakti Vikasaka

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- o PurnaBhuja Shakti Vikasaka
- o Trunk Movement (Kati Shakti Vikasaka I, II, III, IV, V)
- o Knee Movement (Janu Shakti Vikasaka)

**Yogasana (Technique, Contraindications and Benefits):**

**o Standing Posture-**

- Tadasana,
- Vrikshasana,
- ArdhaChakrasana,
- Padahasthasana,
- Trikonasana

**(2 hours training + 8 hours' practice – self paced)**

**UNIT 6: Yogasana (Technique, Contraindications and Benefits):**

**o Sitting Posture-**

- Bhadrasana,
- Vajrasana,
- Ardha-Ushtrasana,
- Ushtrasana,
- Shashankasana,
- Mandukasana,
- UttanaMandukasana,
- Vakrasana.

**o Prone Posture-**

- Makarasana,
- Bhujangasana,
- Shalabhasana.

**o Supine Posture-**

- Uttanapadasana,
- Ardhalasana,
- Setubandhasana,
- Markatasana,
- Pawanamuktasana,
- Shavasana.

**(2 hours training + 8 hours' practice – self paced)**

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**UNIT 7: Pranayama (Technique, Contraindications and Benefits):**

- o NadiShuddhi
- o Ujjaye (without Kumbhaka)
- o Shitali (without Kumbhaka)
- o Bhramari (without Kumbhaka)
- Dhyana (Technique and Benefits):
- o Body Awareness
- o Breath Awareness
- Closing incantation.

**(2 hours training + 8 hours' practice – self paced)**

**References:**

- *Jim Clover - Sports Medicine Essentials\_ Core Concepts in Athletic Training & Fitness Instruction, 2nd Edition -Delmar Cengage Learning (2007)*
- *Perritano J.V. - The truth about physical fitness and nutrition-facts on File (2010)*
- **Robert C France - Introduction to Sports Medicine and Athletic Training (2nd Ed) (2010)**

**Other reference materials/resources of AYUSH/ Yoga Certification Board, etc.**

**Maulana Abul Kalam Azad University of Technology, WB**  
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<b>Course : Community Service</b>		
Course Code: <b>VAC181E</b>		Semester 1
Maximum Marks		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End Semester Examination : 0
Tutorial : 0		Attendance: 0
Practical : 2		CA : 0
Credit :2		Practical/ Sessional:0
		Practical/ Sessional: 100
<p><b>Course Objective:</b> This course's objective is to familiarize students with social issues and engage them in community service via institute-organized trips/events, state-level initiatives, and voluntary contributions to activities such as financial assistance, fairs, festivals, outreach to slums, non-profit organizations, and more.</p> <p>The course aims to achieve the following goals:</p>		
<b>Serial No</b>	<b>Course Objective</b>	
1	CO 1 Enhance students' understanding of social realities and the role of community development in fostering social upliftment and well-being.	
2	CO 2 Encourage students' active engagement and participation in community work to make a positive impact on their perception about society.	
<b>Sl No.</b>	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>1</b>	CO 1	To explain the meaning of U1, U2, U3
<b>2</b>	CO 2	To know the U4
<p>Learning Outcome/Skills: Organize social skills into categories:</p> <ul style="list-style-type: none"> <li>• Improve student learning through obtaining, analyzing and synthesizing data and using it to evaluate the community problem in light of concepts and theories presented in class</li> <li>• Demonstrate relevance of community experience to course content</li> </ul>		
<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>
<b>1</b>	8	1,2
<b>2</b>	8	1,2
<b>3</b>	4	1,2,3
<b>4</b>	10	1,3,4,5

<b>FORMATIVE ASSESSMENT</b>	
ASSESSMENT OCCASION/ TYPE	WEIGHTAGE IN MARKS
PRACTICAL	25 MARKS
ASSIGNMENTS	25 MARKS
THEORY EXAMINATION	25 MARKS
POWER POINT PRESENTATION	25 MARKS

**Maulana Abul Kalam Azad University of Technology, WB  
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COURSE CODE:	<b>VAC181E</b>	
COURSE:	<b>COMMUNITY SERVICE</b>	CREDIT2.00
<b>CONTENTS</b>		
<b>CHAPTER</b>	<b>NAME OF THE TOPICS</b>	<b>HOURS</b>
UNIT 1	History, meaning, goals, values, functions, roles, and processes of community work. Both professional and voluntary community work will be explored, along with discussions on the attitudes, roles, and skills that characterize an effective community worker	8
UNIT 2	Pressing social issues in India, such as poverty, unemployment, population challenges, and issues affecting women like dowry and domestic violence. Additionally, we will explore broader social problems like terrorism, corruption, caste conflicts, drug abuse, and AIDS.	8
UNIT 3	Varieties of community engagement. Providing assistance to the less fortunate, supporting those in need, and arranging fundraisers.	4
UNIT 4	<b>COMMUNITY HOURS:</b> Engage in community service excursions and events arranged by the institute and at the state level. Contribute as a volunteer in financial assistance endeavors, fairs, festivals, slums, and non-profit organizations. Additionally, provide a report detailing a specific form of community engagement you've under taken.	10

**Recommended Book:**

1. Banerjee, G.R. Papers on Social Work on Indian Perspective. Bombay: Tata Institute of Social Sciences.

**Maulana Abul Kalam Azad University of Technology, WB**  
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**Semester II Detailed Syllabus**

<b>Course: Modern Indian Languages and Literature</b>	
<b>Course Code: AECC201</b>	<b>Semester: II</b>
<b>Maximum Marks: 100</b>	
<b>Teaching Scheme</b>	<b>Examination Scheme</b>
Lecture: 2	End semester Exam: 70
Tutorial: 0	Attendance: 5
Practical: 0	Continuous Assessment: 25
Credit: 2	Practical/Seasonal internal continuous evaluation: 0
	Practical/Seasonal external examination: 0
<b>Sl. No.</b>	<b>Course Objective</b>
<b>1</b>	To understand the basics of the functional grammar, its usage and relevant application.
<b>2</b>	To understand technique, style, pattern and the logical development of thoughts in writing various different kinds of prose.
<b>3</b>	To understand the text and the key features associated with the literary aspects of MIL.
<b>4</b>	To understand the need and development of the structure of the contemporary communication skills and its relevant application.
	<b>Course Outcomes</b>
	<b>Mapped module/Unit</b>
<b>CO 1</b>	Enable the students comprehend and grip the fundamentals of English Grammar and its allied features applicable in the world.
<b>CO 2</b>	Enable the students develop the skills for writing prose and essays of variety to widen their mental horizon.
<b>CO 3</b>	Enable the students take interest in the selected literary pieces and their relevance as well as purpose in the modern world.
<b>CO 4</b>	Enable the students develop the expertise in the matter of communication and its practical application to add an extra dimension to their learning process.

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**Learning Outcome/Skills:**

The candidate will not only have an exposure to the fundamentals of English grammar and writing features but also develop a keen interest in the literary domain linked with the rich communications skills. The use of modern technology in the world of communication will also widen their mental horizon.

<b>Unit</b>	<b>Total Hours</b>	<b>% of Questions</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>THEORY</b>				
<b>U1</b>	<b>6</b>	<b>25</b>	<b>1, 2</b>	<b>NA</b>
<b>U2</b>	<b>7</b>	<b>25</b>	<b>1, 2</b>	<b>NA</b>
<b>U3</b>	<b>9</b>	<b>25</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>8</b>	<b>25</b>	<b>1, 2, 3</b>	<b>NA</b>
	<b>30</b>	<b>100%</b>		



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<b>Course Code:</b>	<b>AECC201</b>	
<b>Course:</b>	<b>Modern Indian Languages and Literature</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	Functional Grammar and its usage: Formation of tenses, gerund, infinitive, verbal noun, synthesis of sentences, idioms and proverbs.	<b>6</b>
<b>Unit-II</b>	Develop the Writings in a New Pattern and Style: Expository, Descriptive, Reflective, Narrative, Biographical and Autobiographical. Letters (Formal type) and Report Scripting (News Paper style) and Features.	<b>7</b>
<b>Unit-III</b>	Selected Literary Pieces: Poetry: JACK (E V Lucas), SNAKE (D H LAWRENCE). Prose: KITE (Somerset Maugham), THE HUNGRY STONE (RABINDRANATH TAGORE) Drama: TARA (MAHESH DATTANI)	<b>9</b>
<b>Unit-IV</b>	Communication: Debate, Discussion, Public interaction, Safety measures of Communication, Power of Convincing others and Audio-Visual technology used for the contemporary communication system.	<b>8</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Wren and Martin	High School Grammar and Composition	S Chand Publication
Palgrave	Golden Treasury	Oxford Publication
B K Mitra	Personality Development and Soft Skills	Oxford Publication
H.N. Kashyap	A Pageant of Poems ( English, Paper back)	Selina Publishers

**Link:**<https://everyvillagehasitsjack.wordpress.com/tag/e-v-lucas/>(For the poem Jack by E V Lucas)

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<b>Course: IT Skills</b>		
<b>Course Code: SEC281</b>		<b>Semester: II</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 2		End semester Exam:
Tutorial: 0		Attendance:
Practical: 0		Continuous Assessment:
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
<b>1</b>	To understand the usage of various IT tools and software applications commonly used in business environments.	
<b>2</b>	Understand the role and importance of IT tools in enhancing productivity, efficiency, and communication in business operations.	
<b>3</b>	To understand the utilization of IT tools for data management, analysis, and reporting to support decision-making processes.	
<b>4</b>	To understand CRM and technologies such as SEO and use it for business advancement.	
<b>5</b>	To understand the importance of cyber security and IT governance.	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	Students should have a good knowledge on range of IT tools and software applications to support and enhance business operations.	U1
<b>CO 2</b>	Students should have a good knowledge to streamline processes, improve productivity, and optimize resource utilization in business settings.	U1, U2
<b>CO 3</b>	Students should have a good knowledge to utilize data management and analysis skills acquired through IT tools to make informed decisions and drive business performance.	U1, U2, U3
<b>CO 4</b>	Students should have a good knowledge of CRM and technologies such as SEO.	U1, U3, U4
<b>CO 5</b>	Students should have a good knowledge of basic of cyber security and IT governance in India.	U5

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**Learning Outcome/Skills:**

The candidate will be able to have an overview of the use of various IT tools and their corresponding business important apart from gaining knowledge on the other relevant areas of marketing, HR, cyber security and IT governance. This put further prepare the candidate for a more rational and practical approach.

<b>Unit</b>	<b>Total Hours</b>	<b>% of Questions</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>THEORY</b>				
<b>U1</b>	<b>7</b>	<b>20</b>	<b>1</b>	<b>NA</b>
<b>U2</b>	<b>5</b>	<b>15</b>	<b>1, 2</b>	<b>NA</b>
<b>U3</b>	<b>6</b>	<b>15</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U5</b>	<b>6</b>	<b>20</b>	<b>1, 2</b>	
	<b>30</b>	<b>100%</b>		

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<b>Course Code:</b>	<b>SEC281</b>	
<b>Course:</b>	<b>IT Skills</b>	<b>Credits:2.0</b>
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	Introduction to IT Tools in Business: Overview of IT tools and their importance in business, Role of IT tools in enhancing productivity and efficiency, Operating systems and software applications used in business, Introduction to internet and its impact on business, Overview of business information systems and databases, Introduction to ERP and its usages, ERP systems (e.g., SAP, Oracle, Microsoft Dynamics).	<b>7</b>
<b>Unit-II</b>	Communication and Collaboration Tools: Email communication and management, Instant messaging and online chat tools, Video conferencing and web conferencing tools, Document sharing and version control tools, Virtual team communication and coordination.	<b>5</b>
<b>Unit-III</b>	Data Management and Analysis Tools: Introduction to spreadsheets and data analysis, Advanced features of spreadsheet software (e.g., formulas, functions, pivot tables), Database management systems and their role in business, Business intelligence and data analytics tools.	<b>6</b>
<b>Unit-IV</b>	Marketing, HR Tools: Customer relationship management (CRM) systems, Marketing automation tools, Email marketing tools, HRIS (Human Resource Information System) concept and tools, Web analytics and search engine optimization (SEO) tools.	<b>6</b>
<b>Unit-V</b>	Cybersecurity and IT Governance: Importance of cybersecurity in business, Types of cyber threats and attack vectors, Network security and firewalls, Data encryption and secure communication, Risk assessment and management, IT governance frameworks and compliance standards.	<b>6</b>
	<b>Total</b>	<b>30</b>

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**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
R.K. Jain	IT Tools and Business Systems	Khanna Publishing House
Debturu Chatterjee	Cyber Crime And Its Prevention In Easy Steps	Khanna Publishing House
Debturu Chatterjee	Cyber Attacks and Counter- Measures Made Simple	Khanna Publishing House
Mayank Bhusan Rajkumar Singh Rathore Aatif Jamshed	Fundamentals of Cyber Security (Principle, Theory and Practices)	BPB Publications
Nippani K.S	Digital India Governance Transformation	Nippani K.S
Nigam Manisha	Data Analysis with Excel	BPB
Jagdish N Sheth , Parvatiyar Atul , G Shainesh	Customer Relationship Management: Emerging Concepts, Tools and Applications	McGraw Hill Education
Upendra Rana	Step By Step Guide to SEO	Prabhat Prakashan
Taprial Varinder	Search Engine Optimisation	Pustak Mahal

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<b>Course: Critical Thinking</b>		
<b>Course Code: VAC281A</b>		<b>Semester: II</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
<b>1</b>	To understand key concept of critical thinking	
<b>2</b>	To Clarify the difference in cognition, reasoning and logics. Improve their decision making based on facts, assumptions, arguments etc.	
<b>3</b>	Able to see a problem with a logical approach to find a quick solution.	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	Explain the meaning of critical thinking and its components.	U1
<b>CO 2</b>	To know the importance of critical thinking in every day's life	U1
<b>CO 3</b>	To know the different kinds of arguments, its validity and evaluation	U2
<b>CO 4</b>	To understand the logical fallacies during arguments	U2
<b>CO 5</b>	Influence of biases during decision making	U3
<b>CO 6</b>	To learn the different techniques to analyze problem and find out the solutions	U3

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**Learning Outcome/Skills:**

The candidate will have an exposure to the intricacies of critical thinking, arguments, logical fallacies and the ability to analyse the complex problems. This would further help the candidate develop a logical and rational bent of mind to face the practical texture with confidence.

<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>U1</b>	<b>8</b>	<b>1, 2</b>	<b>NA</b>
<b>U2</b>	<b>10</b>	<b>1, 2</b>	<b>NA</b>
<b>U3</b>	<b>12</b>	<b>1, 2, 3</b>	<b>NA</b>
	<b>30</b>		

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Project/Report writing	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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<b>Course Code:</b>	<b>VAC281A</b>	
<b>Course:</b>	<b>Critical Thinking</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	<b>Introduction of Critical Thinking</b> <ul style="list-style-type: none"> <li>● Define Critical thinking</li> <li>● Components of critical thinking</li> <li>● Recognize clear thinking, critical thinking &amp; clear writing</li> <li>● Benefits of critical thinking in everyday life</li> </ul>	<b>8</b>
<b>Unit-II</b>	<b>Arguments &amp; Logical Fallacies</b> <ul style="list-style-type: none"> <li>● Constitution of an argument</li> <li>● Describe Types of Inductive arguments</li> <li>● Evaluating the validity and reliability of an argument</li> <li>● Contextual evaluation of arguments</li> <li>● What are logical fallacies</li> <li>● Recognizing logical fallacies in arguments</li> <li>● Spotting and refuting logical fallacies</li> </ul>	<b>10</b>
<b>Unit-III</b>	<b>Cognitive Biases &amp; Analyzing complex problems</b> <ul style="list-style-type: none"> <li>● What are cognitive biases?</li> <li>● How cognitive biases can lead to poor decision-making</li> <li>● Avoiding common cognitive biases</li> <li>● Breaking down complex problems</li> <li>● Analyzing complex problems using critical thinking techniques</li> <li>● Using creative problem-solving skills to arrive at innovative solutions</li> </ul>	<b>12</b>
	<b>Total</b>	<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>
M. Neil Browne, 2011	Asking the Right Questions: A Guide to Critical Thinking
Rolf Dobelli., 1981	The Art of Thinking Clearly
E Balaguruswamy, 2023	Developing Thinking Skills (The Way to Success)   AICTE Recommended
Anthony Weston 1986	A Rulebook for Arguments
Adam M. Grant, 2021	Think Again: The Power of Knowing What You Don't Know
Tom Chatfield, 2017	Critical Thinking: Your Guide to Effective Argument, Successful Analysis and Independent Study (Kindle Edition)



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<b>Course: NSS</b>		
<b>Course Code: VAC281B</b>		<b>Semester: II</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
1	The course help students to understand rich cultural diversity of India and have pride through a better knowledge of the country	
2	Students should be able to understand the community in which they work and their relationship	
3	Identify the needs and problem of the community and involve them in problem solving	
4	Develop capacity to meet emergencies and natural disasters	
5	Practice national integration and social harmony	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	Explain the meaning NSS and its importance in society.	<b>U1</b>
<b>CO 2</b>	Organizational structure and responsibilities	<b>U1</b>
<b>CO 3</b>	Basic activities, method and adaptation done by NSS	<b>U2</b>
<b>CO 4</b>	Concept of volunteerism & leadership	<b>U3</b>
<b>CO 5</b>	Concept of disaster management	<b>U3</b>

**Learning Outcome/Skills:**

The candidate will have a detailed exposure on the basic ideas, approaches, activities and management of NSS. Moreover, the candidate will be able to understand the role of volunteers and their subsequent needs and importance to manage the crucial hours.

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<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>U1</b>	<b>8</b>	<b>1</b>	<b>NA</b>
<b>U2</b>	<b>10</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U3</b>	<b>12</b>	<b>1, 2</b>	<b>NA</b>
	<b>30</b>		

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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<b>Course Code:</b>	<b>VAC281B</b>	
<b>Course:</b>	<b>NSS</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	<b>Introduction &amp; Basics Concept of NSS</b> History and Philosophy Aims, Objectives of NSS. Emblem Sign, NSS Badge, Clap, Flag NSS Song: Lakshya Geet, Sadbhavna Geet, Rastriya Yuba Geet Organizational Structure, Role and Responsibilities	<b>8</b>
<b>Unit-II</b>	<b>NSS Programme &amp; Activities</b> Concept of Regular activities Visit and survey -orphanage, old age home & child care Methodology of conduct survey Basics of adaptation of village/slums Calender of NSS activities & maintenance of NSS work dairy Understanding Youth: Definition, Profile of youth, Challenges & opportunities of youth	<b>10</b>
<b>Unit-III</b>	<b>Volunteerism &amp; Disaster Management</b> Volunteerism: Needs and importance, Shramdan as a part of volunteerism Meaning and types of Leadership, Qualities of good leadership, Importance and role of youth leadership Introduction of disaster management, Classification of disaster Role of youth in disaster management	<b>12</b>
	<b>Total</b>	<b>30</b>

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**Recommended Books and Links:**

<b>Sl. No.</b>	<b>Books and Links:</b>
1	"Ministry of Youth Affairs and Sports".
2	"Contact Us   National Service Scheme".
3	"National Service Scheme   Ministry of Youth Affairs and Sports   Gol".
4	<a href="https://nss.gov.in/sites/default/files/Gujarat_0.pdf">https://nss.gov.in/sites/default/files/Gujarat_0.pdf</a> [bare URL PDF]
5	<a href="https://nss.gov.in/sites/default/files/Madhya%20Pradesh.pdf">https://nss.gov.in/sites/default/files/Madhya%20Pradesh.pdf</a>
6	NSS Manual: 2020

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<b>Course: Mental Health</b>	
<b>Course Code:VAC281C</b>	<b>Semester: II</b>
<b>Maximum Marks: 100</b>	
<b>Teaching Scheme</b>	<b>Examination Scheme</b>
Lecture: 0	End semester Exam: 0
Tutorial: 0	Attendance: 0
Practical: 2	Continuous Assessment: 0
Credit: 2	Practical/Seasonal internal continuous evaluation: 0
	Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>
1	Fundamentals of Mental Health gives students in depth understanding about different mental health problems.
2	It will help them in the diagnosis, assessment and prevention of mental health related issues. Students will learn about different psychological disorders, their diagnostic criteria, causes and treatments. They will also learn about different assessment techniques.
3	It will help them to take care of their mental health and also the mental health of other people in the society.
4	After successful completion of the course student will be able to differentiate among different psychological disorders.
	<b>Course Outcomes</b>
	<b>Mapped module/Unit</b>
<b>CO 1</b>	To understand and explain the introduction to mental health models, potential identification, wellness and above all the criteria for normal and abnormal behaviour and their subsequent classification and remedial measures.
<b>CO 2</b>	To understand and analyse the concepts of neurotic psychotic disorders, models of psychopathology and overview analysis of the disorders and their diagnostic procedures.
<b>CO 3</b>	To comprehend the impact of different therapies, counselling to cure different disorders and their practical solutions.
<b>CO 4</b>	To learn and assess the different techniques that will help to make a correct judgement of different mental health disorders and the ways of treatment and relief.
	U1
	U2
	U3
	U4

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**Learning Outcome/Skills:**

The candidate will gain intense drive to gather a substantial knowledge on the health of mind, different models of psychopathology, roles, assessment and an overview to tackle any kind of related situation in a hassle-free manner.

<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>U1</b>	<b>5</b>	<b>1</b>	<b>NA</b>
<b>U2</b>	<b>8</b>	<b>1, 2</b>	<b>NA</b>
<b>U3</b>	<b>7</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>10</b>	<b>1, 2, 3</b>	<b>NA</b>
	<b>30</b>		

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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<b>Course Code:</b>	<b>VAC281C</b>	
<b>Course:</b>	<b>Mental Health</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	Introduction to Mental Health - What is Mental Health • What is Mental Illness • Wellness Cycle • Models of Mental Health • Criteria of Normality and Abnormality	<b>5</b>
<b>Unit-II</b>	Introduction to Psychopathology - Models of Psychopathology • Concept of Neurosis and Psychosis • DSM & ICD- Classification of Disorders • Some Major psychological disorder: Anxiety related disorder, Mood Disorder, Personality disorder, Stress related disorder, Schizophrenia, Childhood developmental disorder, Eating disorder, Geriatric disorders.	<b>8</b>
<b>Unit-III</b>	Psychotherapy - Introduction to psychotherapy. • Different models of psychotherapy: Psychoanalysis, Behaviour Therapy, Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Client Centred Therapy, Gestalt Therapy, Mindfulness based psychotherapy etc. • Introduction to Counselling • Different counselling techniques	<b>7</b>
<b>Unit-IV</b>	Psychological Assessment - Personality assessment • IQ assessment • Assessment of some psychological disorder: Anxiety, Mood, Stress • Case History Taking • Mental Status Examination	<b>10</b>
	<b>Total</b>	<b>30</b>

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**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Sadock, B. J, & Sadock V. A Kaplan & Sadock's	Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry	Lippincott Williams and Wilkins and Wolter Kluwer Health, Philadelphia Indian Reprint
Hooley, Butcher, Nock	Abnormal Psychology	Pearson Publication
American Psychiatric Association	Diagnostic & Statistical Manual of Mental Disorders, 5th ed	
	The Icd-10 Classification of Mental & Behavioural Disorders: Clinical Descriptions and Diagnostic Guidelines	
Woolfe, R., Strawbridge, S et all	Handbook of Counselling	
Sharf R. S	Theories of Psychotherapy & Counselling Concepts & Cases	
Palmer, S	Introduction to Counselling & Psychotherapy	
Brems, C (2001)	Basic Skills in Psychotherapy & Counselling	
Rao, S	Counseling and Guidance	McGraw Hill Education.
Morrison, J	The Mental Health Clinician's Workbook: Locking in your professional skills	Guildford Press



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<b>Course: Environmental Studies</b>		
<b>Course Code: VAC281D</b>		<b>Semester: II</b>
<b>Maximum Marks: 100</b>		
<b>Teaching Scheme</b>		<b>Examination Scheme</b>
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
<b>Sl. No.</b>	<b>Course Objective</b>	
<b>1</b>	The course is designed to provide a working knowledge of environment, ecology and physical sciences for problem solving.	
<b>2</b>	The learner will be able to remember, understand and apply the taught concepts and methods involving social and environmental processes for betterment of environmental health and safety.	
	<b>Course Outcomes</b>	<b>Mapped module/Unit</b>
<b>CO 1</b>	Be able to remember the basic concepts related to environment & ecology	U1, U2
<b>CO 2</b>	Be able to remember & understand the scientific problem related to air, water, noise & land pollution	U3
<b>CO 3</b>	Be able to understand environmental Protection, different renewable energy sources and environmental movements.	U4

**Learning Outcome/Skills:**

The candidate will be able to acquire a comprehensive knowledge on the fundamental domains of environment, ecosystem, pollution and the ways and means developed to protect the environment for our future generation. This would also create a sense of responsibility and sharp awareness on the role and importance of environment in our life.

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<b>Unit</b>	<b>Total Hours</b>	<b>Bloom's Taxonomy</b>	<b>Remarks, if any</b>
<b>U1</b>	<b>4</b>	<b>1</b>	<b>NA</b>
<b>U2</b>	<b>8</b>	<b>1, 2</b>	<b>NA</b>
<b>U3</b>	<b>10</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>8</b>	<b>1, 2, 3</b>	<b>NA</b>
	<b>30</b>		

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Field Survey/Project	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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<b>Course Code:</b>	<b>VAC281D</b>	
<b>Course:</b>	<b>Environmental Studies</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	<b>Fundamentals of Environment:</b> Introduction, Multidisciplinary nature, Scope and importance; the need for environmental education. Concept of sustainability and sustainable development	<b>4</b>
<b>Unit-II</b>	<b>Ecosystems</b> Ecosystems: Definition, Structure: food chains, food webs and function of ecosystem: Energy flow, nutrient cycle and ecological succession. Ecological Interactions, Biodiversity and Conservation – Levels, India as a mega-biodiversity nation, Threats to biodiversity, Ecosystem and biodiversity services.	<b>8</b>
<b>Unit-III</b>	<b>Environmental Pollution</b> Environmental Pollution - Types: - Air pollution, Water pollution, Land pollution, Noise pollution; pollutants, Effects of pollution, Control and Remedial measures.	<b>10</b>
<b>Unit-IV</b>	<b>Environmental Protection</b> Environmental Protection- Report of the Club of Rome: Sustainable Development, Different Renewable Energy Sources- Wind Power, Water Power, Bio Fuel/Solid Bio Mass, Geothermal Energy, Nuclear Power, Environmental Movements- Chipko movement; Narmada Bachao movement; Tehri Dam conflict.	<b>8</b>
	<b>Total</b>	<b>30</b>

**List of Books**

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Name of Author	Title of the Book	Name of the Publisher
M.P. Poonia, S.C. Sharma	Environmental Studies	Khanna Publishing House
M.P. Poonia, S.C. Sharma	Environmental Engineering	Khanna Publishing House
G.N. Pandey	Environmental Management	Vikas Publishing House
Cunningham	Environmental Science	TMH.
R. Rajagopalan	Environmental Studies	Oxford
R. Joshi & MunishKapila	Environment Management	Kalyani Publishers.
C.S. Rao	Environmental Pollution Control Engineering	New Age International Publication.
O.P. Gupta	Elements of Environmental Pollution Control	Khanna Publishing House
O.P. Gupta	Khanna's MultiChoice Questions & Answers in Environmental Engineering	Khanna Publishing House

**AE Course: The Constitution, Human Rights and Law**

**Code- AECC301**

**Credits: 2**

**Duration: 30 hours**

**Course Outcomes:**

- 1 Understand and infer the significance of the constitution of India to students from all walks of life and help them to understand the basic concepts of Indian constitution.
- 2 Outline the importance of fundamental rights as well as fundamental duties.
- 3 Relate the functioning of Union, State and Local Governments in the Indian federal system.
- 4 Explain the procedure and effects of emergency, composition and activities of election commission and amendment procedure.

**UNIT-I**

**Introduction to Constitution:**

**(6 Hours)**

Meaning and importance of the Constitution, salient features of Indian Constitution. Preamble of the Constitution. Fundamental rights- meaning and limitations. Directive principles of state policy and Fundamental duties -their enforcement and their relevance.

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**UNIT-II**

**Union Government:**

**(5 Hours)**

Union Executive- President, Vice-president, Prime Minister, Council of Ministers. Union Legislature-Parliament and Parliamentary proceedings. Union Judiciary-Supreme Court of India – composition and powers and functions.

**UNIT-III**

**State and Local Governments:**

**(6 Hours)**

State Executive- Governor, Chief Minister, Council of Ministers. State Legislature-State Legislative Assembly and State Legislative Council. State Judiciary-High court. Local Government-Panchayat raj system with special reference to 73<sup>rd</sup> and Urban Local Self Govt. with special reference to 74<sup>th</sup> Amendment.

**UNIT-IV**

**Election provisions, Emergency provisions, Amendment of the constitution**

**(5 Hours.)**

Election Commission of India-composition, powers and functions and electoral process. Types of emergency-grounds, procedure, duration and effects. Amendment of the constitution- meaning, procedure and limitations.

**UNIT -5 ( 8 hours)**

**HUMAN RIGHTS:**

Functioning of different human rights organizations in the country and the National Human Rights Commission in India, Relationship between Human Rights and Fundamental freedom

NHRC and its working, other organizations working for the cause, Relationship between Human Rights and fundamental freedom, addressing rights of women, children, disabled and tribals

Comparing diverse issues of tribals, refugees and prisoners.

Challenges faced by legal academicians, activists and NGOs in effective implementation of Human Rights and laws. Various perspectives and role of Media, Laws safeguarding Human Rights and its implementation

**Textbooks**

1. M.V.Pylee, "Introduction to the Constitution of India", 4<sup>th</sup> Edition, Vikas publication, 2005.
2. Durga Das Basu (DD Basu), "Introduction to the constitution of India", (Student Edition), 19<sup>th</sup> edition, Prentice-Hall EEE, 2008.

**Reference Book**

1. Merunandan, "Multiple Choice Questions on Constitution of India", 2<sup>nd</sup> Edition, Meraga publication, 2007.

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<b>Course: Understanding basics of cyber security</b>	
<b>Course Code: SEC381</b>	<b>Semester: III</b>
<b>Maximum Marks: 100</b>	
<b>Teaching Scheme</b>	<b>Examination Scheme</b>
Lecture: 2	End semester Exam:0
Tutorial: 0	Attendance: 0
Practical: 0	Continuous Assessment: 0
Credit: 2	Practical/Sessional internal continuous evaluation: 0
	Practical/Sessional external examination: 100

<b>Sl. No.</b>	<b>Course Objective</b>
1	Analyse and evaluate the importance of personal data its privacy and security.
2	Analyse and evaluate the security aspects of social media platforms and ethical aspects associated with use of social media.

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3	Analyse and evaluate the cyber security risks.
4	Based on the Risk assessment, plan suitable security controls, audit and compliance.
5	Evaluate and communicate the human role in security systems with an emphasis on ethics, social engineering vulnerabilities and training.
6	Increase awareness about cyber-attack vectors and safety against cyber-frauds.
7	Take measures for self-cyber-protection as well as societal cyber-protection.
	<b>Course Outcomes</b>
<b>CO 1</b>	After completion of this module, students would be able to understand the concept of Cyber security and issues and challenges associated with it.
<b>CO 2</b>	Students, at the end of this module, should be able to understand the cybercrimes, their nature, legal remedies and as to how report the crimes through available platforms and procedures.
<b>CO 3</b>	On completion of this module, students should be able to appreciate various privacy and security concerns on online Social media
<b>CO 4</b>	After the completion of this module, students would be able to understand the basic concepts related to E-Commerce
<b>CO 5</b>	After the completion of this module, They will become familiar with various digital payment modes and related cyber security aspects, RBI guidelines and preventive measures against digital payment frauds.
<b>CO 6</b>	Students, after completion of this module will be able to understand the basic security aspects related to Computer and Mobiles.

**Learning Outcome/Skills:**

The candidate is able to have a detailed understanding of the importance of cyber world and the ways and means to survive in the cyber world.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
<b>THEORY</b>				
<b>U1</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U2</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>

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<b>U3</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>3</b>	<b>10</b>	<b>1, 2</b>	<b>NA</b>
<b>U5</b>	<b>6</b>	<b>20</b>	<b>1,2,3</b>	<b>NA</b>
<b>U6</b>	<b>3</b>	<b>10</b>	<b>1,2</b>	<b>NA</b>
	<b>30</b>	<b>100%</b>		

<b>Course Code:</b>	<b>SEC381</b>		
<b>Course:</b>	<b>Understanding basics of cyber security</b>		<b>Credits:2.0</b>
<b>Contents</b>			
<b>Chapter</b>	<b>Name of the topic</b>		<b>Hours</b>
<b>Unit-I</b>	<b>Introduction to Cyber security</b>		<b>6</b>
	Defining Cyberspace and Overview of Computer and Web-technology, Fundamentals of data communication and networking, Concept of cyber security, Information security goals (Confidentiality, Integrity and availability), Issues and challenges of cyber security		



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<b>Unit-II</b>	<b><u>Cybercrime and Cyber law</u></b> Cyber laws, What offences are covered under these laws (Hacking, Data theft, Identity theft (including Password Theft), Email spoofing, Sending offensive messages, Voyeurism, Cyber terrorism) Punishment for cybercrime in India, Reporting of cybercrimes: Organisations dealing with Cybercrime and Cyber security in India.	<b>6</b>
<b>Unit-III</b>	<b><u>Social Media Overview and Security</u></b> Introduction to Social networks. Types of Social media, Social media platforms, Social media monitoring, Hash tag, Viral content, Social media marketing, Best practices for the use of Social media.	<b>6</b>
<b>Unit-IV</b>	<b><u>E - C o m m e r c e</u></b> Definition of E- Commerce, Main components of E-Commerce, Elements of E-Commerce security, E-Commerce threats, E-Commerce security best practices	<b>3</b>
<b>Unit-V</b>	<b><u>Digital Payments</u></b> Introduction to digital payments, Components of digital payment and stake holders, Modes of digital payments- Banking Cards, Unified Payment Interface (UPI), e-Wallets, Unstructured Supplementary Service Data (USSD), Aadhar enabled payments, Digital payments related common frauds and preventive measures. RBI guidelines on digital payments and customer protection in unauthorized banking transactions. Relevant provisions of Payment Settlement Act 2007.	<b>6</b>
<b>Unit-VI</b>	<b><u>Digital Devices S e c u r i t y</u></b> Password policy, Security patch management, Data backup, Downloading and management of third-party software, Device security policy, Cyber Security best practices	<b>3</b>
<b>Total</b>		<b>30</b>

**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Debturu Chatterjee	Cyber Crime and Its Prevention in Easy Steps	Khanna Publishing House
Debturu Chatterjee	Cyber Attacks and Counter- Measures Made Simple	Khanna Publishing House
Behrouz A. Forouzan	Data communication and Networking	McGraw Hill Education (India) Pvt. Ltd.
Mayank Bhushan	Fundamentals of Cyber Security	BPB Publications

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Gupta & Gupta	Information Security & Cyber Laws	Khanna Publishing House
M.M. Oka	E-Commerce	Everest Publishing House.
Jeeva Jose & Vijo Mathew	Introduction to Security of Cyber-Physical Systems	Khanna Publishing House

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<b>Course: Society Culture and Human Behavior</b>	
<b>Course Code: AECC401A</b>	<b>Semester: IV</b>
<b>Maximum Marks: 100</b>	
<b>Teaching Scheme</b>	<b>Examination Scheme</b>
Lecture: 2	End semester Exam: 70
Tutorial: 0	Attendance: 5
Practical: 0	Continuous Assessment: 25
Credit: 2	Practical/Sessional internal continuous evaluation: 0
	Practical/ Sessional external examination: 0

Sl. No.	Course Objective	
1	To explore the relationship between society, culture and human behaviour	
2	To analyse the impact of social norms, values and beliefs on individual and collective behaviour	
3	To examine the cultural diversity and its influence on social interactions and perceptions	
	Course Outcomes	Mapped module/Unit
CO 1	Demonstrate and understanding of the interplay between society, culture and human behaviour	U1, U2
CO 2	To know about caste system, unemployment and poverty	U3, U4
CO 3	Critically assess theories and concept related to human behaviour	U5

**Learning Outcome/Skills:**

The candidate is able to have a detailed understanding of the importance of society, culture and human behavior which are high required to live in a society.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
<b>THEORY</b>				
<b>U1</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>

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<b>U2</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U3</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U4</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	<b>NA</b>
<b>U5</b>	<b>6</b>	<b>20</b>	<b>1, 2, 3</b>	
	<b>30</b>	<b>100%</b>		

<b>Course Code:</b>	<b>AECC401A</b>	
<b>Course:</b>	<b>Society Culture and Human Behavior</b>	Credits:2.0
<b>Contents</b>		
<b>Chapter</b>	<b>Name of the topic</b>	<b>Hours</b>
<b>Unit-I</b>	Demographic Profile: Characteristics of Indian Population, Population Growth, Age, Sex, Religion, Language, Occupations, National Policy on Population	<b>6</b>
<b>Unit-II</b>	Indian Society and culture: Society and its types, Culture – Features, Characteristics and Diversity. Differences with Western Culture,	<b>6</b>
<b>Unit-III</b>	Social Stratification: Caste System, Class System, Communities, Ethnic Groups, Weaker Section and Minorities, Constitutional Provisions for Scheduled Castes, Scheduled Tribes and other Backward Classes.	<b>6</b>
<b>Unit-IV</b>	Socio-Economic Problems: Poverty, Illiteracy, Unemployment, Housing, Child Labour, Migration, Occupational Diseases, Insurgency, Terrorism, Crime, Project Affected People, Social Destitute, Beggary, Aged Population, Juvenile Delinquency, Problems in Family Life.	<b>6</b>
<b>Unit-V</b>	<b>Introduction to Human Behaviour:</b> Overview of human behaviour, Importance of studying human behaviour, determinants of human behaviour	<b>6</b>
	<b>Total</b>	<b>30</b>

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**List of Books**

<b>Name of Author</b>	<b>Title of the Book</b>	<b>Name of the Publisher</b>
Andre Beteille	Society and Politics in India	OUP
Dipankar Gupta	Social Stratification	OUP
Ram Ahuja	Social Problems in India	Rawat Publications
M.N. Srinivas	Social Structure and Caste and Other Essays	OUP
A.N. Tripathi	Human Values	New Age International
NCERT	Text Book on Indian Society	NCERT
R. Thapar (ed.)	Tribe, Caste and Religion in India	Macmillian
Subhash Vats	Religion and Dharma	Khanna Publishing House

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**AE Course: Universal Human Values**

**Code: AECC 401B**

**Credits: 2**

**Duration: 30 hours**

**Course Objectives:** The course is designed to develop a holistic perspective based on self-exploration about themselves (human being), family, society and nature/existence and to understand (or developing clarity) the harmony in the human being, family, society and nature/existence. It also aims to strengthen self-reflection, commitment and courage to act.

**Course Outcomes:**

1. Demonstrate self-awareness, and awareness about their surroundings (family, society, nature)
1. Define life responsibilities in handling problems with sustainable solutions, while keeping human relationships and human nature in mind
2. Show critical ability
3. Outline commitments towards human values, human relationship and society
4. Make use of human values in different day-to-day settings in real life

**Unit 1 : INTRODUCTION -**

**NEED, BASIC GUIDELINES FOR VALUE EDUCATION (6 hours)**

Purpose and motivation for the course, recapitulation from Universal Human Values-I

Self-Exploration—what is it? - Its content and process; ‘Natural Acceptance’ and Experiential s

Right understanding, Relationship and Physical Facility- the basic requirements for fulfilment of aspirations of every human being with their correct priority

Understanding Happiness and Prosperity correctly- A critical appraisal of the current scenario living in harmony at various levels.

Practice sessions to discuss natural acceptance in human being as the innate acceptance for living with responsibility (living in relationship, harmony and co-existence) rather than as arbitrariness in choice based on liking-disliking.

**Unit 2 : UNDERSTANDING HARMONY IN THE HUMAN BEING - HARMONY IN MYSELF!**  
**(6 Hours)**

Understanding human being as a co-existence of the sentient ‘I’ and the material ‘Body’

Understanding the needs of Self (‘I’) and ‘Body’ - happiness and physical facility

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Understanding the Body as an instrument of 'I' (I being the doer, seer and enjoyer)

Understanding the characteristics and activities of 'I' and harmony in 'I'

Understanding the harmony of I with the Body: Sanyam and Health; correct appraisal of Physical needs, meaning of Prosperity in detail

Programs to ensure Sanyam and Health.

Practice sessions to discuss the role others have played in making material goods available to oneself. Identifying from one's own life. Differentiate between prosperity and accumulation. Discuss programs for ensuring health vs dealing with disease.

**Unit 3 UNDERSTANDING HARMONY IN THE FAMILY AND SOCIETY- HARMONY IN HUMAN-HUMAN RELATIONSHIP (6 Hours)**

Understanding values in human-human relationship; meaning of Justice (nine universal values in relationships) and program for its fulfillment to ensure mutual happiness; Trust and Respect as the foundational values of relationship

Understanding the meaning of Trust; Difference between intention and competence

Understanding the meaning of Respect, Difference between respect and differentiation; the other salient values in relationship

Understanding the harmony in the society (society being an extension of family): Resolution, Prosperity, fearlessness (trust) and co-existence as comprehensive Human Goals

Undivided Society, Universal Order- from family to world family.

Practice sessions to reflect on relationships in family, hostel and institute as extended family, real life examples, teacher-student relationship, goal of education etc. Gratitude as a universal value in relationships..

**Unit 4 : UNDERSTANDING HARMONY IN THE NATURE AND EXISTENCE - WHOLE EXISTENCE AS COEXISTENCE (6 Hours)**

Understanding the harmony in the Nature

Interconnectedness and mutual fulfillment among the four orders of nature- recyclability and self regulation in nature

Understanding Existence as Coexistence of mutually interacting units in all-pervasive space

Holistic perception of harmony at all levels of existence.

Practice sessions to discuss human beings as cause of imbalance in nature (film "Home" can be used), pollution, depletion of resources and role of technology etc.

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**Unit - 5 : IMPLICATIONS OF THE ABOVE HOLISTIC UNDERSTANDING OF HARMONY ON PROFESSIONAL ETHICS**  
**(6 Hours)**

Natural acceptance of human values

Definitiveness of Ethical Human Conduct

Basis for Humanistic Education, Humanistic Constitution and Humanistic Universal Order

Mini Assigned Projects

**References:**

- R.R Gaur, R Sangal, G P Bagaria, A foundation course in Human Values and professional Ethics, Excel books, New Delhi, 2010, ISBN 978-8-174-46781-2
- Premvir Kapoor, Professional Ethics and Human Values, Khanna Publishing House, 2023.
- B L Bajpai, 2004, *Indian Ethos and Modern Management*, New Royal Book Co., Lucknow. Reprinted 2008.
- PL Dhar, RR Gaur, 1990, *Science and Humanism*, Commonwealth Publishers.
- Sussan George, 1976, *How the Other Half Dies*, Penguin Press. Reprinted 1986, 1991
- Ivan Illich, 1974, *Energy & Equity*, The Trinity Press, Worcester, and HarperCollins, USA