

Course Title	Credit	Minimum weeks per Week (15 hours)
Indian Constitution-1	02	Course Category: VAC
Unit-1	The Constitution of India - An Introduction <ul style="list-style-type: none"> • Federal Republic, Rule of Law, Separation of Powers • Sovereignty, Socialism, Democracy • Secularism and Sarva Dharma Sama Bhava 	
Unit-2	Constitutional Values <ul style="list-style-type: none"> • Justice: Social, Political, Economic • Liberty: Thought, Expression, Belief, Faith, Worship • Equality: Equality before law & equal application of laws • Fraternity: Dignity, Unity and Integrity 	
Unit-3	Fundamental Duties <ul style="list-style-type: none"> • Reflecting on the ancient Indian notions of righteousness and duty consciousness • Fundamental Duties- Article 51A [(a)- (k)] • Legal status of Fundamental Duties - Judicial approach 	
References:	Durga Das Basu, et al., Introduction to the Constitution of India (LexisNexis, 26th edn, 2022). <ul style="list-style-type: none"> • Leila Seth, We, the Children of India: The Preamble to Our Constitution (New Delhi, Puffin Books, Penguin Books India, 2010). • Mahendra Pal Singh, V.N. Shukla's Constitution of India, (Eastern Book Company, Lucknow, 13th revised edn. 2017) 	

Structure of Course Examination

Evaluation for each course shall be done by a Continuous and Comprehensive Evaluation (CCE) by the concerned course teacher as well as by an end semester examination and will be consolidated at the end of the course. The components for continuous internal assessment are:



Internal Evaluation System

Internal Tests	15 Marks
Class participation / Case analysis and presentation/ assignment, tutorials/ slip tests (announced/ surprised), quizzes etc.	10 Marks
Total	25 Marks

Component, the end semester examination, which will be a written-type examination of at least 2:00 hours duration. , would also form an integral component to the evaluation. The ratio of marks to be allotted to Continuous and Comprehensive Evaluation (CCE) and to end semester examination is 50 : 50.

- Total Marks of University assessment are 25 : MCQ (1 marks each question)



Course Title	Credit	Minimum weeks per Week (15 hours)
Indian Economy and Business Model	02	Course Category: VAC
Unit-1	Introductions <ul style="list-style-type: none"> ● Ancient Indian Economy ● Indian Economy under the British ● Indian Economy after independence ● Popular western economic model 	
Unit-2	Types of business model <ul style="list-style-type: none"> ● Western business model ● Eastern business model ● Universality of models ● Indian business models 	
References:	INDIAN MODELS OF ECONOMY, BUSINESS AND MANAGEMENT By P. KANAGASABAPATHI,	

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Course Title	Credit	Minimum weeks per Week (15 hours)
Ayurveda	02	Course Category: VAC
Unit-1	Introduction to Ayurvedic Nutrition <ul style="list-style-type: none"> • Ayurveda and Indian food cultures • Nutrition and lifestyle transition over the years • Regional Food Traditions of India 	
Unit-2	Basic principles of Food and Nutrition and Ayurveda <ul style="list-style-type: none"> • Understanding rich sources of nutrients • Concept of Doshas & assessment • Ayurvedic Principles of food habits and factors determining quality of food (Ahara vidhi visheshaayatana) • FSSAI regulations on Ayurvedic Aahar 	
Unit-3	Unit 3: Ayurvedic Diets <ul style="list-style-type: none"> • Principles of Diet: Aharavidhi vidhan, Sattvic, Rajasi, Tamasic foods • Incompatible food (Viruddha Ahara: Pathya; Apathya; Viprita Ahaar) • Lifestyle Management with Dincharya and Ritucharya • Application of Ayurvedic diets to stress linked food behaviour 	
References:	<ul style="list-style-type: none"> • Rastogi S (2014) Ayurvedic Science of Food and Nutrition. ASIN: BOOHWMV094, Springer: ISBN-13:978-1461496274 • Rastogi S (2010) Building bridges between Ayurveda and modern science. Int J Ayurveda Res. 1(1):41-46. • FSSAI regulations on Ayurveda Aahar Regulations 2022. Gazette of India CG-DL-E-07052022-235642. New Delhi, Friday, May 6, 2022/ Vaisakha 16, 1944. • Frawley D (2012) Ayurvedic healing: A comprehensive guide. Lotus Press, India. • https://iksindia.org/: Indian Knowledge Systems 	



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Course Title	Credit	Minimum weeks per Week (15 hours)
Physical Education, Health and WellBeing	02	Course Category: VAC
Unit-1	Physical Education <ul style="list-style-type: none"> ● Meaning of Physical education ● Definition of Physical education ● Scope of physical education ● Aims & objectives of physical education ● Importance of Physical education in present Era 	
Unit-2	Physical education and education <ul style="list-style-type: none"> ● Relation between education and physical education ● Contribution of physical education in education ● Philosophical foundation <ul style="list-style-type: none"> Idealism Pragmatism Naturalism Realism Humanism Existentialism Physical education in India after 1947 Olympic medal winners of India 	
Unit-3	Health 12 Hours <p>(A) Health : Concept and Dimensions of Health</p> <ul style="list-style-type: none"> ● Definition of Health, Health Education and Determinants of Health ● Aims and Objectives of Health Education ● Principles of Health Education ● Various Levels of Health Services ● Need and Importance of Health Education <p>(B) Health Issues :</p> <ul style="list-style-type: none"> ● Communicable Diseases (Cold, Flu, Corona, Typhoid, AIDS etc..) ● Non Communicable Diseases (Diabetes, Strokes, Allergy, Hyper Tension, Blood Pressure, Cardiovascular Disease, Cancer etc..) ● Obesity ● Adulteration in Food 	



	<ul style="list-style-type: none"> • Effects of Alcohol / Drugs / Smoking on Health • Health Services and its objectives • Personal Hygiene Practices
Unit-4	<p>Well-Being 4 Hours</p> <ul style="list-style-type: none"> • Meaning of Well-Being • Definition of Well-Being • To Understand the Nation of Well-Being • To Discuss the Various Facts of Well-Being • To Explore the Relation between Health and Well-Being
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