

Course Title	Credit	Minimum weeks per Week (15 hours)
Vedic Maths-2	02	Course Category: VAC
Unit-1	<b>Vedic Geometry</b> <ul style="list-style-type: none"> <li>• Different forms of straight lines</li> <li>• The Triangle</li> <li>• The Cyclic Quadrilateral, Squares, and the Circle</li> <li>• Geometrical constructions (such as Altars)</li> <li>• Transformation of simple shapes</li> <li>• Kalpa Sutras-Srautha Sutras and Sulbha Sutras</li> </ul>	
Unit-2	<b>Easy Solution of linear equations</b> <ul style="list-style-type: none"> <li>• Introduction of simple equation</li> <li>• Solutions of simple equations</li> <li>• Solutions of linear equations in two variables</li> <li>• Practical application of linear equations in two variables</li> </ul>	
References:	A Modern Introduction to Ancient Indian Mathematics, T S Bhanumurthy, Wiley Eastern Limited, New Delhi <ul style="list-style-type: none"> <li>• Magical World of Mathematics, VG Unkalkar, Vandana publishers, Bangalore</li> <li>• Vedic Mathematics - Modern Research Methods, Tiwari P., Cumpus Books International</li> </ul>	

#### 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

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

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)



<b>Course Title</b>	<b>Credit</b>	<b>Minimum weeks per Week (15 hours)</b>
Self Defense	02	<b>Course Category: VAC</b>
Unit-1	<b>INTRODUCTION</b> 1.1 Importance of Physical Fitness in self defence and personal security. 1.2 Concepts involved in personal security and self defence – economic security, food security, health security, personal security, community security. 1.3 Basics of Human Anatomy – Respiratory system, Cardiovascular system, Nervous system, Reproductive system, Stomach, Bones, Joints and Muscles.	
Unit-2	<b>2.1 PSYCHOLOGICAL ASPECTS IN SELF DEFENCE.</b> Projection, Displacement, Sublimation, Repression, Denial, Identification, Introjection, Undoing <b>2.2 BENEFITS OF SELF DEFENCE</b> Builds Confidence, Develops discipline, Goal setting, Boost health, Physical improvement, Mental improvement, Self esteem, Reduce, Stress and Depression, Cognitive Benefits. <b>2.3 PRINCIPLES OF SELF DEFENCE</b> Innocence, Imminence, Proportionality, Avoidance, Reasonableness.	
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<b>Course Title</b>	<b>Credit</b>	<b>Minimum weeks per Week (15 hours)</b>
Women Empowerment	02	<b>Course Category: VAC</b>
Unit-1	<p>History of Women Empowerment in India Ancient Period, Medieval and Modern Period.</p> <p>2. Concept of Women Empowerment: Meaning, forms, Need and Importance. 3. Dimensions of Women Empowerment: Social, Religious, Economic, Educational and Political.</p> <p>Key Words: Women Empowerment, Social, Religious, Economic, Educational and Political Dimensions.</p>	
Unit-2	<p>1. Women Empowerment: Constitutional Provisions and Laws</p> <p>2. Women Empowerment Policy and Schemes</p> <p>A. Central Level</p> <p>B. State Level (With Special Reference to Madhya Pradesh),</p> <p>Key Words: Constitutional Provisions, Policy, Central Schemes, State Schemes.</p>	
Unit-3	<p>1. Women Empowerment: Issues and Challenges.</p> <p>2. Supporting Agencies: NGOs, Self Help Groups and Panchayati Raj Institutions.</p> <p>3. Powerful Women Leadership of India: Ahilya Bai Holkar, Rani Durgavati, Savitri Bai Phule, Mary Kom, Sindhutai Sakpal, Tessy Thomas, Indira Nooyi, Gaura Devi.</p> <p>Key Words: NGOs, Self Help Groups, Panchayati Raj, Women Leadership</p>	
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Course Title	Credit	Minimum weeks per Week (15 hours)
Renewable Energy	02	Course Category: VAC
Unit-1	<p><b>Fossil fuels and Alternative Sources of energy:</b>  Fossil fuels and nuclear energy, their limitation, need of renewable energy, nonconventional energy sources. An overview of developments in Offshore Wind Energy, Tidal Energy, Wave energy systems, Ocean Thermal Energy Conversion, solar energy, biomass, biochemical conversion, biogas generation, geothermal energy tidal energy, Hydroelectricity</p>	
Unit-2	<p><b>Solar energy:</b>  Solar energy, its importance, storage of solar energy, solar pond, non-convective solar pond, applications of solar pond and solar energy, solar water heater, flat plate collector, solar distillation, solar cooker, solar green houses, solar cell, absorption air conditioning. Need and characteristics of photovoltaic (PV) systems, PV models and equivalent circuits, and sun tracking systems.</p>	
References:	<ol style="list-style-type: none"> <li>1. Non-conventional energy sources, B.H. Khan, McGraw Hill</li> <li>2. Solar energy, Suhas P Sukhative, Tata McGraw - Hill Publishing Company Ltd.</li> <li>3. Renewable Energy, Power for a sustainable future, Godfrey Boyle, 3rd Edn., 2012, Oxford University Press.</li> </ol>	

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Course Title	Credit	Minimum weeks per Week (15 hours)
Swachh Bharat	02	Course Category: VAC
Unit-1	<b>Introduction to Swachh Bharat Abhiyan</b> <ul style="list-style-type: none"> <li>• Gandhian philosophy of Cleanliness</li> <li>• Swachh Bharat Abhiyan {SBA}</li> <li>• Hygiene, Sanitation &amp; Sustainable Waste Management</li> <li>• Agencies and nodal Ministries for SBA</li> <li>• Different phases of the SBA and its evaluation</li> <li>• Citizens' Responsibilities: Role of Swacchagrahi</li> </ul>	
Unit-2	<b>Swachh Bharat: Rural and Urban Facets</b> <ul style="list-style-type: none"> <li>• Indicators for Swachh Bharat</li> <li>• Rural <ul style="list-style-type: none"> <li>i. Sanitation coverage across households (2014 vs. 2022)</li> <li>ii. Open Defecation Free (ODF) Villages: Parameters</li> <li>iii. ODF plus model: Key indicators</li> </ul> </li> <li>• Urban <ul style="list-style-type: none"> <li>i. Sustainable sanitation</li> <li>ii. Waste/water and solid waste management</li> <li>iii. Garbage Free Cities</li> </ul> </li> </ul>	
Unit-3	<b>Prospects and Challenges</b> <ul style="list-style-type: none"> <li>• Attitudes and Perceptions</li> <li>• Operational and Financial issues</li> <li>• Monitoring &amp; Supervision</li> <li>• Community Mobilization</li> </ul>	
References:	<a href="https://swachh bha ratm ission.gov. in/SBM CMS/writereaddata/Porta 1/1images/pd/ brochure / Greywater management. pdf">https://swachh bha ratm ission.gov. in/SBM CMS/writereaddata/Porta 1/1images/pd/ brochure / Greywater management. pdf</a>	

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Course Title	Credit	Minimum weeks per Week (15 hours)
Emotional Intelligence	02	Course Category: VAC
Unit-1	<b>Fundamentals of Emotional Intelligence (4 Weeks)</b> <ul style="list-style-type: none"> <li>• Nature and Significance</li> <li>• Models of emotional intelligence: Ability, Trait and Mixed</li> <li>• Building blocks of emotional intelligence: self-awareness, self-management, social awareness, and relationship management</li> </ul>	
Unit-2	<b>Personal Competence</b> <ul style="list-style-type: none"> <li>• Self Awareness: Observing and recognizing one's own feelings, Knowing one's strengths and areas of development.</li> <li>• Self Management: Managing emotions, anxiety, fear, and anger.</li> </ul>	
Unit-3	<b>Social Competence</b> <ul style="list-style-type: none"> <li>• Social Awareness: Others' Perspectives, Empathy and Compassion</li> <li>• Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management</li> </ul>	
Unit-4	<b>Emotional Intelligence: Measurement and Development</b> <ul style="list-style-type: none"> <li>• Measures of emotional intelligence</li> <li>• Strategies to develop and enhance emotional intelligence</li> </ul>	
References:	<ul style="list-style-type: none"> <li>• HBR's 10 Must Reads on Emotional Intelligence (2015)</li> <li>• HBR's 10 Must Reads on Managing Yourself (2011)</li> <li>• Self Discipline: Life Management, Kindle Edition, Daniel Johnson.</li> </ul>	

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