

SEM-I	Value Education	Category	Course Code	Instructional Hrs	Credits
		Part IV	19UGVE	30	2

PREAMBLE

This course inculcates the basic human values among the students so as to make them responsible citizens of the Nation.

COURSE OUTCOMES

On the successful completion of this course, the students will be able to

CO Number	CO Statement	Knowledge Level
CO1	Recognise the philosophy of life and social values	K1
CO2	Summarize Human Rights	K2
CO3	Apply the rights of consumers	K3
CO4	Demonstrate Yoga in day to day life	K3
CO5	Examine the functions of State Public Service Commission	K4

Syllabus

Unit I (6 Hours): Philosophy of Life and Social Values

Meaning and Philosophy of Life; Law of Life: Five duties and responsibilities of Man
(a) to himself (b) to his family (c) to his environment (d) to his society, (e) to the Universe in his life.

Unit II (6 Hours): Human Rights and Organizations

Definition and Nature of Human Rights; Universal Declaration of Human Rights,

Unit III (6 Hours): Consumer Protection Act, 1986

Consumer Protection Act, 1986 – Definition, State and Central Consumer Protection Councils – Consumer Disputes Redressal Agencies.

Unit IV (6 Hours): Yoga and Health

Definition and Meaning of Yoga and Health, Scope of Yoga - Aims and objectives of Yoga - Yoga practices: Asanas, Pranayama and Meditation.

Unit V (6 Hours): Role of State Public Service Commission

TNPSC – Objectives- Role and functions of TNPSC.

References:

- Chandrasekaran .K. (1999) SOUND HEALTH THROUGH YOGA -, Prem Kalyan Publications, Sedapatti
- Swami Kuvalayananda and Dr.S.L.Vinekar (1963) Yogic Therapy -, Government of India, Ministry of Health, New Delhi.
- The Consumer Protection Act, 1986 – Website: http://ncdr.nic.in/bare_acts/consumer%20Protection%20Act-1986.html