

UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (22/Sept./Adp/38)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Studies of the following **Value Added Courses of Semester Ist and IInd for Four Year Under Graduate Programme** under the **Choice Based Credit System** as per **NEP-2020** (as given in the **annexure**) for the examinations to be held in the years as indicated against each:

S.NO.	Value Added Course	Semester	for the examination to be held in the years
1.	Understanding India	Semester-I	December 2022, 2023 and 2024
2.	Environmental Science and Education	Semester-I	December 2022, 2023 and 2024
3.	Digital Technology	Semester-II	May 2023, 2024 and 2025
4.	Health and Wellness	Semester-II	May 2023, 2024 and 2025

The Syllabus of the course is available on the University website: www.jammuuniversity.ac.in

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/22/ **7260-7344**

Dated: **28-09-2022**.

Copy for information and necessary action to:

1. Special Secretary to the Vice-Chancellor, University of Jammu for information of Hon'ble Vice-Chancellor
2. Head/Convener, Board of Studies in Environmental Science, Biotechnology, Computer Science and Philosophy
3. Sr. P.A. to the Controller of Examinations
4. All Principal of the affiliated Degree Colleges
5. Confidential Assistant to the Controller of Examinations
6. I/C Director, Computer Centre, University of Jammu
7. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG/ Exam Eval Non-Prof/CDC)
8. Incharge, University Website for Uploading of the notification.

Sumitasharma
28/9/22
Deputy Registrar (Academic)

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28/9/22

Syllabus

Semester-I

Course Title: Understanding India

Value Added Course (VAC)

Examination to be held December 2022, 2023 and 2024

Credits: 2

Maximum Marks: 50

Mid Semester Test: 10 marks

End Semester Exam: 40 marks

Duration of Examination: 2½ hours

Course Code: UVAUIT101

No. of Lectures: 30

Learning Objectives:

1. To make student aware of the trajectories of historical and cultural development of India and the making of unity in diversity
2. To understand the major forms and phases of freedom struggle
3. To make student aware of the major contributors to our struggle for independence
4. To familiarize students with the process of constitutional developments and its emergence as one of the largest democratic state in the world
5. To make student aware of the major contributions of India to world civilization in the field of science and technology

UNIT-I

- I. *Bharatavarsha*: concept and its evolution: Vedic, Epic and Puranic traditions and the making of Modern India
- II. State and Imperial formation: Rise of Janapadas, The Mauryas, the Kushanas, the Guptas, Pallava, Cholas and Vijayanagara empire
- III. Origin and growth of major religious streams: Vedic, Jainism, Buddhism, Bhakti and Sufism, BrahmoSamaj, Arya Samaj, Religious philosophy of Sri Aurobindo
- IV. Development of literary traditions: Panini, Kalidasa, Veda Vyasa, Valmiki

UNIT-II

- I. India's Struggle for freedom: 1857 as the First War of Independence
- II. Important heroes of Freedom struggle: Birsa Munda, Bhagat Singh, Chandrasekhar Azad Subhash Chandra Bose.
- III. Formation of India National Congress and Contribution of Mahatama Gandhi; Making of Indian constitution and its salient features.
- IV. Re-emergence of Swadeshi Movement in India; Flagship Programmes: Jan Dhan Yojana; Skill India Mission; Make in India; Atmanirban Bharat.



Syllabus

Semester-I

Course Title: Understanding India

Value Added Course (VAC)

Examination to be held December 2022, 2023 and 2024

Credits: 2

Maximum Marks: 50

Mid Semester Test: 10 marks

End Semester Exam: 40 marks

Duration of Examination: 2½ hours

Course Code: UVAUIT101

No. of Lectures: 30

UNIT-III

- I. India's contribution to the world: Medical science: Charaka, Sushruta;
- II. Mathematics and Astronomy: Aryabhatta, Baudhyana, Brahmagupta, Ramanujam.
- III. Physics: Kanad, P.C.Ray, Raman

Readings:

- Basu, D. (2012) 'Introduction to the Constitution of India', New Delhi, Lexis Nexis.
- Bhikku, Parekh (1989). Colonialism, Tradition and Reforms: An Analysis of Gandhi's Political Discourses, New Delhi, Sage Publications.
- Bipan Chandra (1987). India's Struggle for Independence, Penguin, Delhi.
- Dhar, P.K. (2000): Growing Dimensions of Indian Economy, Kalayani Publishers, New Delhi.
- Dhingra, I.C (2020): Indian Economy, Sultan Chand & sons, New Delhi.
- Dutt, R. and Sundharam (2018): Indian Economy, S. Chand & Co. Ltd., New Delhi.
- Gautam A (2009): Advanced Geography of India, Sharda Pustak Bhawan, Allahabad.
- Godschalk, D.R. (et.al.) (1999): Natural Hazard Mitigation Recasting Disaster Policy and Planning, Island Press, Washington, D.C.
- Gore, M. S. (2002) Unity in Diversity: The Indian Experience in Nation-Building, Rawat Publication, Jaipur.
- Government of India, Economic Survey (Annual), Economic Division, Ministry of Finance, New Delhi.
- K. Roy, C. Saunders and J. Kincaid (2006) (eds.) 'A Global Dialogue on Federalism', Volume 3 Montreal, Queen's University Press.
- Kabir, Humayun (1946). Our Heritage, National Information and Publications Ltd., Mumbai.
- L. Rudolph and S. Rudolph, (2008) 'Explaining Indian Institutions: A Fifty Year Perspective, 1956-2006', Volume 2, New Delhi, Oxford University Press.
- M. Singh, and R. Saxena (2011) (eds.), 'Indian Politics: Constitutional Foundations and Institutional Functioning', Delhi: PHI Learning Private Ltd.
- Malik, S. C. (1975). Understanding Indian Civilization: A Framework of Enquiry, Indian Institute of Advanced Study, Shimla,
- Ministry of Human Resource Development.
- Ministry of Skill Development and Entrepreneurship.
- Misra, S.K and Puri (2020), V.K.: Indian Economy, Himalaya Publishing House, Mumbai



Syllabus

Semester-I

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Credits: 2

Maximum Marks: 50

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End Semester Exam: 40 marks

Duration of Examination: 2½ hours

Course Code: UVAUIT101

No. of Lectures: 30

- MoEF, 2006: National Environmental Policy-2006, Ministry of Environment and Forests, Government of India
- MoEF, 2006: National Environmental Policy-2006, Ministry of Environment and Forests, Government of India
- Romila Thapar (2016) History of India, Tylor and Francis.
- S. Chaube, (2009) 'The Making and Working of the Indian Constitution', New Delhi, National Book Trust
- S. Cohen, (2002) India: Emerging Power, Brookings Institution Press
- Satish Chandra (2009) History of Medieval India, Orient Black Swan, New Delhi.
- Schneider, T. and Collins, L. (1998): Disaster Management and Preparedness, Lewis Publishers, Washington, D.C. 12.
- Sharma, T.C. (2013) Economic Geography of India. Rawat Publication, Jaipur.
- Tiwari, R.C. (2007) Geography of India. Prayag Pustak Bhawan, Allahabad.

SCHEME OF EXAMINATION

The paper shall be of 50 marks comprising 10 marks for Mid Semester Assessment and 40 marks for End-Semester Examination. The responsibility of conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator. The End-Semester Examination shall be conducted by the concerned University. In Section A of the Paper, there will be four (4) short answer questions representing all Units/Syllabi i.e. at least one question from each unit. Each question shall be of 2½ marks (**All Compulsory**). In Section B of the Paper, there will be Six (6) long answer questions i.e. two questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 10 marks.



**Syllabus for examinations to be held during the years Dec. 2022, 2023 & 2024
under CBCS as per NEP-2020**

Environmental Sciences Education

Semester	I	Type	Value Added Course
Course Title	Environmental Studies	Course Code	UVAEVT102
Credits	and Education	Contact Hours	30
	2	Duration of Exam	2.5hrs
		External Exam	
		Duration of Exam	2.5hrs
		Maximum Marks	40
		Internal Exam	
		(Midterm assessment)	
		Duration of Exam	1.5hrs
		Maximum Marks	10

Suggested readings:

1. Asthana, D.K. Text book of Environmental studies. S. Chand publishing.
2. Basu, M., Xavier, S.S. Fundamentals of Environmental Studies, Cambridge University Press, India.
3. Basu, R.N. (Ed.) Environment. University of Kolkata.
4. Barucha, E. Text book of Environmental studies. University Press.
5. Miller, T.O. Jr. Environmental Science. Wadsworth Publishing Co.
6. Wagner, K.D. Environmental Management. W.B. Saunders Co. Philadelphia, USA 499p
7. Mckinnev, M.L. & Schoch, R.M. Environmental Science Systems & Solutions. Web enhanced edition 639p

SCHEME OF EXAMINATION:

The paper shall be of 50 marks comprising 10 marks for Mid Semester Assessment and 40 marks for End-Semester Examination. The responsibility of conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator. The End-Semester Examination shall be conducted by the concerned University. End-Semester Examination will consist of two sections in question paper with the pattern as follows:

Section-A will consist of four (4) short answer questions representing all units/syllabi i.e. at least one question from each unit. Each question shall be of 2.5 marks (**All compulsory**).

Section-B will consist of six (6) long answer questions (**Three to be attempted, one from each unit**) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.

Signature
Dr. Anil Kumar

University of Jammu

Syllabi of Environmental Sciences at FYUP under CBCS as per NEP-2020

Semester – I

(Examination to be held December 2022, 2023, 2024)

Value Added Course

Course Code: UVAE ~~VT102~~

Course Title: Environmental ~~Studies~~ Science & Education

Credits: 2

Contact Hours: 30

Maximum Marks: 50

Signature *Date* *Page*

First (Ist) Semester

S. No	Course Type	Course No.	Course Title	Credits	Marks		Total Marks
					Theory		
1.	Value Added Course	UVAET101	Environmental Studies <i>Science & Education</i>	2	Mid semester: 10 Marks	End Exam: 40 Marks	50

Prof. Dr. J. S. J.

**Syllabus for examinations to be held during the years Dec. 2022, 2023 & 2024
under CBCS as per NEP-2020**

Environmental Sciences and Education

Semester	I	Type	Value Added Course
Course Title	Environmental Studies and Education	Course Code	UVAEMT102
Credits	2	Contact Hours	30
		Duration of Exam	2.5hrs
		External Exam	
		Duration of Exam	2.5hrs
		Maximum Marks	40
		Internal Exam (Midterm assessment)	
		Duration of Exam	1.5hrs
		Maximum Marks	10

Learning Objectives: The course attempts to create pro-environmental attitude and behavioral pattern in student community and society to create sustainable lifestyle and awareness on various environmental issues.

Learning Outcomes: This course is expected to inculcate a critical thinking on various dimensions of environment through knowledge, skill, critical thinking and problem solving.

UNIT 1. UNDERSTANDING THE ENVIRONMENT

- 1.1 Environment: concept, importance and components
- 1.2 Ecosystem: concept, structure and function (food chain, food web, ecological pyramids and energy flow)
- 1.3 Ecosystem services: provisioning, regulating, supporting, cultural
- 1.4 Ecological succession: definition, process and types (Hydrosphere and Xerosere)
- 1.5 Concept and objectives: environmental education, environmental ethics

UNIT 2. NATURAL RESOURCES AND ENVIRONMENTAL POLLUTION

- 2.1 Natural resources: renewable and non-renewable (global status, distribution and production)
- 2.2 Natural resource management: individual, community and government level
- 2.3 Air, water and soil pollution: causes, effects and control
- 2.4 Solid waste management: collection, segregation, transportation and disposal
- 2.5 Climate change: causes and consequences

UNIT 3. ENVIRONMENT AND BIODIVERSITY

- 3.1 Ecological footprints: concept with special emphasis on carbon footprint
- 3.2 Contemporary views on the concept of gross net happiness and Aldo Leopold's land ethics
- 3.3 Ecotourism: concept of protected area network with special reference to Dachigam national park and Kishtwar national park
- 3.4 Biodiversity: concept, levels, hot spots and values
- 3.5 Threats and conservation of biodiversity

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Syllabus
Semester-II
Value Added Course (VAC)

Examination to be held in the year May 2023, 2024 and 2025

Course Type: Foundation/Introductory Course	Credits: 2
Unitization: 03 Units	Max Marks: 50
Course Title: Digital Technology	Course Code: UVADTT-201
Mid Semester Examination: 10 Marks	Duration of Examination: 2½ Hours
End Semester Examination: 40 Marks	No. of Lectures: 30

Course objectives:

- *To gain familiarity with digital technologies.*
- *To sensitize about role & significance of digital technology.*
- *To provide know how of communications & networks.*
- *To bring awareness about the e-governance and Digital India initiatives.*
- *To provide familiarity with the emerging digital technologies.*

Course outcomes:

- *Knowledge about the digital paradigm.*
- *Realisation of importance of digital technology, digital financial tools, e-commerce.*
- *Know-how of communication and computer networks.*
- *Familiarity with the e-governance and Digital India initiatives.*
- *Understanding the latest digital technologies.*

UNIT I

Introduction and Evolution of Digital Systems, Role and significance of Digital Technology, Information & communication technology & tools, Computer system & it's working, Software and its types, Operating Systems: types and functions.

Communication Systems: Principles, model & transmission media, Computer networks, Internet: concept and applications, WWW, Web Browsers, Search Engines, Messaging, E-mail, Social networking.

UNIT II

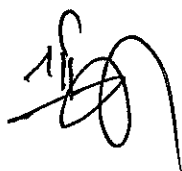
Computer Based Information System: significance and types, e-Commerce & digital marketing: basic concepts, benefits & challenges.

Digital India & e-Governance: Initiatives, Infrastructure, Services and Empowerment.

Digital Financial Tools: Unified Payment Interface, Aadhar enabled payment System, USSD, Credit/Debit Cards, e-Wallets, Internet Banking, NEFT/RTGS and IMPS, Online Bill Payments and PoS. Cyber Security: Threats, Significance, Challenges, Precautions, Safety Measures & Tools.

UNIT III

Emerging Technologies & their applications: Overview of Cloud Computing, Big Data, Internet of things, Virtual reality, Block chain, Robotics, Artificial intelligence, 3-D Printing, Future of digital technologies.



Syllabus
Semester-II
Value Added Course (VAC)
Examination to be held in the year May 2023, 2024 and 2025

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Unitization: 03 Units	Max Marks: 50
Course Title: Digital Technology	Course Code: UVADTT-201
Mid Semester Examination: 10 Marks	Duration of Examination: 2½ Hours
End Semester Examination: 40 Marks	No. of Lectures: 30

Text Books:

1. *Fundamentals of Computers* by E Balagurusamy, Tata McGraw Hill.
2. *Data Commination and Networking* by Behrouz A. Forouzan, McGraw Hill Education.
3. *Emerging Technologies in Computing: Theory, Practice, and Advances*, by P. Kumar. A.Tomar, and R. Sharmila, 1st Edition, 2021.
4. *Essentials of cloud computing* by K. Chandrasekhran, CRC press, 2014.
5. *Blockchain: Blueprint for a new economy* by M. Swan, O'Reilly Media, 2015.

Reference Book:

1. *Introduction to Computers* by Peter Norton, Tata McGraw Hill.
2. *Artificial intelligence—a modern approach* by Stuart Russell and Peter Norvig Brewka.
 - a. Prentice Hall, series in Artificial Intelligence, Englewood Cliffs, NJ.
 - b. The Knowledge Engineering Review, 11(1), 78-79. doi:10.1017/S0269888900007724.
3. *E-commerce*, by K. C. Laudon, and C.G. Traver, MA: Pearson, 2013.
4. *Big data for dummies*, Hurwitz, Judith, A. Nugent, F. Halper, and M. Kaufman, Hoboken, NJ John Wiley & Sons, 2013.
5. *Cloud Computing: Principles and Paradigms*, by Rajkumar Buyya, James Broberg and Andrzej M. Goscinski, Wiley, 2011.
6. *Blockchain Basics: A Non-Technical Introduction in 25 Steps*, by Daniel Drescher, 1st Edition.

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UNIVERSITY OF JAMMU
For the examinations to be held in December of Year
May- 2023, 2024, 2025
(Health and Wellness)
UG SEMESTER-II
UNDER NEP-2020

COURSE CODE	:	UVAHWT 201 2.02
COURSE TITLE	:	HEALTH AND WELLNESS
CREDITS	:	2
MAXIMUM MARKS THEORY	:	50
I) External Theory	:	40
II) Internal Assessment	:	10
MINIMUM PASS MARKS		
I) External	:	14
II) Internal	:	04
DURATION OF UNIVERSITY THEORY EXAM		: 2 ½ Hours

Course Objectives:

1. To help understand the importance of a healthy lifestyle
2. To familiarize students about physical and mental health
3. To create awareness of various life style related diseases
4. To provide understanding of stress management

Unit I. Introduction to Health & Wellness

(10 lectures)

Define and differentiate health and wellness. Importance of health and wellness Education. Local, demographic, societal issues and factors affecting health and wellness. Diet and nutrition for health & wellness. Essential components of balance diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals. Processed foods and unhealthy eating habits.

Unit II. Deficiencies & Diseases

(10 lectures)

Malnutrition, under nutrition and over nutrition. Body systems and common diseases. Sedentary lifestyle and its risk of disease. Stress, anxiety, and depression. Factors affecting mental health. Identification of suicidal tendencies. Healthy foods for prevention and progression cancer, Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome). Modern life style and hypo-kinetic diseases prevention and management through exercise.

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Unit III. Management of Health and Wellness

(10 lectures)

Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation. Types of Physical Fitness and its Health benefits. Postural deformities and corrective measures. Spirituality and mental health. Role of Yoga, asanas and meditation in maintaining health and wellness. Role of sleep in maintenance of physical and mental health.

Suggested Books:

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
3. Mental Health Workbook for Women: Exercise to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022.
4. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
5. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.

SCHEME OF EXAMINATION

The paper shall be of 50 marks comprising 10 marks for Mid Semester Assessment and 40 marks for End-Semester Examination. The responsibility for conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator. The End-Semester Examination shall be conducted by the concerned University. In Section A of the Paper, there will be four (4) short answer questions representing all Units/Syllabi i.e. at least one question from each unit. Each question shall be of 2 ½ marks (**All Compulsory**). In Section B of the Paper, there will be Six (6) long answer questions (**Three to be attempted, one from each unit**) representing whole of the syllabi i.e. two questions from each unit. Each questions shall be of 10 marks.

