

FYUGP-CBCS

NOWGONG COLLEGE  
(Autonomous)



SYLLABUS

Value Added Courses  
(First Semester & Second Semester)

Learning Outcome-based Curriculum Framework (LOCF) of  
Four Year Undergraduate Programme  
Choice-based Credit System with flexibility

Effective from Academic Year 2023-24

Syllabus is approved in Academic Council, Nowgong College (Autonomous)

Dated: 30<sup>th</sup> June, 2023

## **Value Added Course First Semester**

**Paper Code: UNIN-VAC-1012**

**Paper Name- Understanding India**

**Credits: 2 (Lecture-25 Practical-05)      Total marks: 50 (30T + 10IA + 10P)**

### **Course objectives:**

The course would introduce the students to the legacy of British Colonial rule. The major thrust of this course is to familiarise the students with various phases of colonial rule in India and its impact on Indian society. The course will also provide a fair idea about the rise of nationalist movement in India. The students will be introduced to the process of making of the Indian constitution and its basic features.

### **Learning outcomes:**

- To examine the legacy of the British colonial rule.
- To understand the rise of Indian nationalism during the British rule.
- To study the process of Constitution making.
- To understand the basic features of the Indian constitution.

## **CONTENTS**

### **Theory:**

#### **UNIT 1: COLONIALISM AND NATIONALISM**

- (a) British Colonialism- Impact of British Colonial rule.
- (b) Rise of Nationalist Movement- A brief survey of the Nationalist movement

#### **UNIT 2: MAKING OF INDIAN CONSTITUTION**

- (a) Framing of the Indian Constitution
- (b) Basic features of the Indian Constitution

### **Suggested Readings:**

Abbas, H., Kumar, R. & Alam, M. A. (2011) Indian Government and Politics. New Delhi: Pearson, 2011.

Chakravarty, B. & Pandey, K. P. (2006) Indian Government and Politics. New Delhi: Sage.

Singh, M.P. & Saxena, R. (2008) Indian Politics: Contemporary Issues and Concerns. New Delhi: PHI Learning.

Jayal, N. G. & Maheta, P. B. (eds.) (2010) Oxford Companion to Indian Politics. New Delhi: Oxford University Press

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**Paper Code: ENSC-VAC-1012**

**Paper Name: Environmental Science**

**Credits: 2 (Lectures – 25T + 5P)**

**Total marks: 50 (30T + 10IA + 10P)**

**Objective:**

- Imparting basic knowledge about the environment, its allied problems and developing an attitude of concern for the environment.
- Creating awareness about environmental problems among learners.

**Learning Outcome:**

- Motivation of learners to participate in environment protection and environment improvement.
- Learners will acquire skills in identifying and solving environmental problems.

**CONTENTS**

**Theory:**

**Unit 1: Introduction to Environmental Science**

Multidisciplinary nature of environmental studies; Scope and importance; Concept of sustainable development.

Ecosystem: Types, Structure and function of ecosystem, Ecosystem Services.

Natural Resources: Renewable and Non-renewable Resources; land degradation, soil erosion and desertification, deforestation.

Biodiversity and Conservation:

Definition, Levels, Values, Threats and conservation (In-situ and Ex-situ) of biodiversity: biodiversity hot spots; Red Data Book.

**Unit 2: Environmental Management**

Environmental pollution: Definition, types, causes, effects and controls; Air, water, soil and noise pollution; Solid waste management, e-Waste.

Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities.

Environment Laws: Environment Protection Act; Wildlife Protection Act; Forest

Conservation Act. International agreements; policies and treaties; public awareness.

Disaster management: floods, earthquake, cyclones and landslides.

Environmental movements & Treaties: Montreal, Kyoto, Chipko movement, Silent Valley, Narmada Bachao Andolon..

**Field work / Practical**

- Visit to an area to document environmental assets: river/forest/flora/fauna, etc
- Visit to a local polluted site - Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds.
- Study of simple ecosystems- pond, river and stream

### **Suggested Readings:**

1. A. Kaushik & C. P. Kaushik (2006): Perspective in Environmental Studies, New Age International (P) Limited. New Delhi.
2. Rajagopalan, R. (2018). Environmental Studies. (3<sup>rd</sup> Edition) Oxford University Press
3. R. K. Khatoliya: Environmental Pollution (2014). S. Chand & Company Pvt. Ltd. New Delhi.
4. D. K. Asthana & M. Asthana (2009). Environment: Problems and Solutions. S. Chand & Company Pvt. Ltd. New Delhi.
5. Manideep Raj (2019). Principles of Ecology. Kalyani Publishers. India.
6. Nabanita Dutta Bordoloi. Poribekh Adhyayan (Environmental Studies). Shanti Prakashan, Panbazar, Guwahati.
7. Selim Ali (2002) 13<sup>th</sup> Edition. The Book of Indian Birds. Bombay Natural History Society. Oxford University Press.
8. Farishta Yasmin and Saurav Kumar Baruah (2016). Green Urban Biodiversity. Nowgong College Publication, Assam, India.
9. Dimbeswar Chaliha (2005) Maas: Nana Dish Nana Katha. Banalata, Dibrugarh and Guwahati, Assam.
10. Soumyadeep Dutta (2011). Axamer charai prajyabekshanar hatputhi. Banphool Prakashan, Guwahati, Assam.
11. Bijnan Jeuti: An Assamese bi-monthly science magazine published by Assam Science Society, Guwahati.
12. Prantik: An Assamese fortnightly multi-topic magazine published from Guwahati, Assam.
13. Bharucha Erach : Text book on Environmental Studies, UGC, New Delhi
14. Kaushik Anubha and C.P.Kaushik : Perspective in Environmental Studies, New Age International

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**Course Code: NASS-VAC-1012**

**Course Name: National Service Scheme**

**Credit 2: 1T+1P (15L + 15P)**

**Total Marks: 50 (T30+P10+IA10)**

**Course Objectives:**

1. To help learners know about NSS in the context of youth, community and voluntary service.
2. To appreciate the importance of health, hygiene and sanitation for a healthy nation.
3. To propagate Yoga as a way of healthy living.
4. To help learners know about environmental issues and disaster management.
5. To understand the role of entrepreneurship in social development.
6. To learn documentation and reporting
7. To understand the community in which they work and their relation
8. To identify the needs and problems of the community and involve them in problem-solving
9. To develop capacity to meet emergencies and natural disasters
10. To practice national integration and social harmony and
11. To utilize their knowledge in finding practical solutions to individual and community problems.

**Learning Outcomes:**

After completing this course, the volunteers will be able to: -

1. About NSS and its role in the fields of health, hygiene and sanitation so as to build a strong country. They will be able to use Yoga for healthy living.
2. Concerns about the environment, practice national integration and social harmony. They will have the background information to start a venture. They will also be able to prepare a socio-economic development plan.

**CONTENTS:**

**Theory**

**Unit I: Introduction, Life Competencies & Youth Leadership, Organizational structure, Health, Hygiene and Sanitation, Youth Health, Youth and Yoga**

- A. Introduction to NSS History, philosophy, aims, objectives and motto of NSS; NSS, Organizational structure of N.S.S. at National, State, University and College Levels, Funding; Regular Activities; Special Camping; Adopted village; Maintaining records, Collaboration with other Govt. agencies, NGOs. Advisory committee and their functions with special reference to college principal, Programme officer, N.S.S. group leader and N.S.S. volunteers in the implementation.

- B. Definition and importance of life competencies; communication and soft skills; Using the Internet; Youth leadership, Importance of health, hygiene and sanitation; Various Govt. programs, Healthy lifestyles; HIV/AIDS, drugs and substance abuse; First aid, History and philosophy of yoga; Yoga for healthy living

**Unit –II: Environment Issues, Disaster Management, Entrepreneurship, Funding a Venture,**

**National Integration, Special Programme, Documentation**

- A. Environment conservation, Enrichment and Sustainability; Climate Change; Waste Management; Natural Resource Management, Introduction; Classification of disasters; Role of NSS in disaster management with more emphasis on disasters specific to NE India; Civil defense, Need of National integration, Legal awareness, Career guidance, Leadership training - cum - Cultural Programme,
- B. Sources of funding and formalities, Globalization and its Economic Social Political and Cultural impacts. Definition and meaning; Qualities of a good entrepreneur; Risks; Various policies aiding an entrepreneur. Collection and analysis of data; Documenting, reporting and their dissemination.

**Practical/Project Work:**

1. Conducting surveys on special theme (village, household, socio-economic, not in formal education & regular employment etc.) and preparation of report on thereof.
2. Community service / volunteer work of 22 hours promoting the above mentioned issues
3. Preparation of village development plan
4. Workshops/seminars on personality development and communication skill

*The internal assessment will be based on the project*

**Suggested Readings:**

1. National Service Scheme: A Youth Volunteers Programme for Under Graduate Students as Per UGC Guidelines (PB) Paperback – 1 January 2020 by Amit K Jain & Brijesh K Rathi Panwar, J D S (Author)
2. National Service Scheme: Perspectives, Transformation and Prospects Hardcover – 1 January 2022, by Savita Mishra (Author), Sudip Bhui (Author)
3. National Service Scheme Manual (Revised), 2006 Government of India, Ministry of Youth Affairs and Sports, New Delhi.
4. Avhan Chancellor's Brigade - NSS Wing, Training Camp on Disaster Preparedness Guidelines, March, 2012.
5. Rashtriya Seva Yojana Sankalpana - Prof. Dr. Sankey Chakane, Dr. Pramod / Pabrekar, Diamond Publication, Pune.
6. National Service Scheme in India : A Case Study of Karnataka, M. B. Dishad, Trust Publications, 2001

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**Value Added Course  
Second Semester**

**Paper Code: DITS-VAC-2012**

**Paper Name: Digital Technological Solutions**

**Credits: 2 (Lecture-15 Practical-15)  
(T30+P10+IA10)**

**Total Marks: 50**

**Objectives:**

1. To know Digital technology and its significance.
2. To bring awareness about the e-Governance and Digital India initiatives.

**Learning Outcome:**

1. Acquire knowledge about digital technology, Digital financial tools and e-commerce.
2. Familiarity with the e-governance and Digital India initiatives.
3. Understanding about the latest Digital technologies.

**CONTENT**

**Theory:**

**UNIT I:** Digital technology: Introduction, Role and Significance, Computer systems and its parts, Software and its types, Operating systems and its types and functions, Internet: concept and applications, www, web browser, search engines, Messaging, e-mail, social networking. E-commerce and digital marketing: basic concepts, benefits and challenges.

**UNIT II:** Digital India and e-Governance: Initiatives, services and empowerment. Digital financial tools: Unified Payment Interface (UPI), Aadhar enabled payment system, Credit/debit cards, e-Wallets, Internet Banking, NEFT/RTGS and IMPS, Online bill payments and POS, Cyber security: Threats and precautions, safety measures tools.

Emerging technologies and their applications: Overview of Cloud Computing, Big Data, Internet of Things, Virtual Reality, Block Chain, Artificial Intelligence, 3-D printing, ChatGPT, future of Digital technologies.

**Practical/Lab Work:**

1. How to use digital financial tools.
2. How to register in internet banking.
3. Online bill payments.
4. Uses of emerging technologies.

**Suggested Readings:**

1. Fundamentals of computers by E. Balagurusamy, Tata McGraw Hill.
2. Emerging Technologies in Computing: Theory, Practice and Advances by P. Kumar, A. Tomar and R. Sharmila, 1<sup>st</sup> Edition 2021.

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**Paper Code: YOMH-VAC-2012**

**Paper Name: Yoga and Mental Health**

**Credits: 2 (20L + 10Tu/P)**

**Total Marks: 50 (T30+IA10+P10)**

**Objectives:**

- To give a basic idea of yoga and its forms to acquaint with our real self.
- To make the students aware of what mind is, and its role to our emotional health.
- To explain the yogic disciplines of knowing self, others and hence learn the skill of regulating oneself and dealing with others.

**Learning Outcome:**

At the end of this course:

- The students will be able to have the basic idea of yoga.
- They will further learn the yogic way of realizing and regulating self.
- They will also be able to acquire the skills of dealing with other or things around.

**CONTENT**

**Theory:**

**Unit I: Introduction to Yoga.**

Origin and development of Yoga

Aim, objective and function of Yoga

Meaning, Definitions and Different types of Yoga

Basic and original texts of Yoga and their teachings.

**Unit 2: Yoga and Mental Health.**

Yoga and Meditation

Some basic yoga practises

Limbs of Yoga.

Chokras and their role

**Suggested Reading:**

1. Yogasutras (Text)
2. Abhedananda, Swami, Yoga Psychology. Ramakrishna Vedanta Math, Calcutta, 1967
3. Krishnananda, Swami (e-book), Yoga as a Universal Science
4. Sarma, R, Yogasana: A Stepping-stone to Citta-vritti-nirodha, Bedakantha, Jorhat, 2014
5. Vivekananda, Swami, Raja Yoga, Advaita Ashrama, Kolkata (e-book)

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**Course Code: NACC-VAC-2012**

**Course Name: National Cadet Corps**

**Credit 2: 1T+1P (15L + 15P)**

**Total Marks: 50 (T30+P10+IA10)**

**Course Objectives (Theory)**

Cadets will be able to: -

1. Know the history of NCC, Incentives of NCC for career prospects.
2. Acquire knowledge of duties and conduct of ncc cadets.
3. Understand about different NCC camps and their conducts.
3. Understand the concept of national integration and its importance.
4. Understand the concept of self-awareness and emotional intelligence.
5. Understand the concept of critical & creative thinking.
6. Understand the process of decision making & problem solving.
7. Understand the concept of team and its functioning.
8. Understand the concept and importance of Social service.

**Course Objectives (Practical)**

1. To understand that drill as foundation for discipline and to command a group for common goal.
2. To appreciate grace and dignity in the performance of foot drill.
3. To understand the importance of a weapon, its detailed safety precautions.
4. To develop awareness about different types of terrain and how it is used in battle craft.
5. To develop the concept of various markings on the map and how they are co-relate to the ground features.
6. To understand the various social issues and their impact on social life.
7. To develop the sense of self-less social service for better social & community life.

**Learning Outcomes (Theory)**

After completing this course, the cadets will be able to: -

- (a) Imbibe the conduct of NCC cadets.
- (b) Respect the diversity of different Indian culture.
- (c) Practice togetherness and empathy in all walks of their life.
- (d) Do self-analysis, able to overcome weakness for better performance in life.
- (e) Understand creative thinking & its components.
- (f) Think divergently and will try to break functional fixedness.
- (g) Make a team and will work together for achieving the common goals.
- (h) Do the social services on different occasions.

**Learning Outcomes (Practical)**

After completing this course, the cadets will be able to: -

- (a) Perform foot drill and follow the different word of command.
- (b) Fire a weapon effectively with fair degree of marksmanship.
- (c) Undertake point to point navigation and take part in route marches by day & night.
- (d) Perform the social services on various occasions for better community & social life.

## CONTENTS:

### Theory

#### Unit I:

Introduction of NCC, History, Aims, Objective of NCC & NCC as Organization, Incentives of NCC, Duties of NCC Cadet. NCC Camps: Types & Conduct.

National Integration: Importance & Necessity, Factors Affecting National Integration, Unity in Diversity & Role of NCC in Nation Building, Threats to National Security.

#### Unit –II:

Basics of Social Service and its need, Types of social service activities, Objectives of rural development programs and its importance, NGO's and their contribution in social welfare, contribution of youth and NCC in Social Welfare.

### Practical

**Drill:** Foot Drill- Drill ki Aam Hidayaten, Word ki Command, Savdhan, Vishram, Aram Se, Murdha, Kadvar Sizing, Teen Line Banana, Khuli Line, Nikat Line, Khade Khade Salute Karna Parade Par, Visarjan, Line Tod, Tej Chal, Tham aur Dhire Chal, Tham.

**Weapon Training:** Introduction & Characteristics of 22 rifle, Handling of 22 rifle.

**Map Reading:** Definition of Map, Conventional signs, Scale and Grid System, Topographical forms and technical terms, Relief, Contours and gradients, Cardinal points and types of North, Magnetic Variation and Grid Convergence.

**Field Craft & Battle Craft (FC & BC):** Introduction of Field Craft & Battle craft, Judging Distance, Method of Judging Distance.

**Social Service and Community Development (SSCD):** Cadets will participate in various activities throughout the semester e.g., Blood donation Camp, Swachhata Abhiyan, Constitution Day, Jan Jeevan Hariyali Abhiyan, Beti Bachao Beti Padhao etc.

### Suggested Readings:

1. Major R C Mishra (2013). A Hand Book of NCC. Kanti Prakashan. ISBN 978-8190263979
2. R. Gupta (2022). NCC: National Cadet Corps – A Concise Handbook of NCC Cadets for A, B & C Certificate Examinations. Ramesh Publishing House.
3. Captain Jury Bhuyan (2022). My Salute goes to .... Publication Cell, J B College (Autonomous), Assam, India.

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