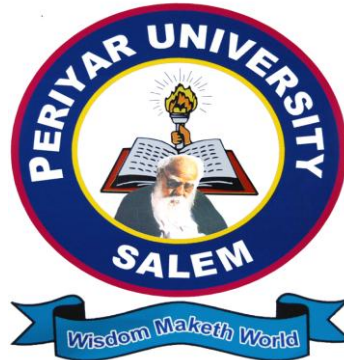


PERIYAR UNIVERSITY
PERIYAR PALKALAI NAGAR
SALEM – 636 011



**COMMON PAPER FOR ALL UNDER GRADUATE
PROGRAMMEE**

**CHOICE BASED CREDIT SYSTEM
SYLLABUS FOR ENVIRONMENTAL STUDIES**

**FOR THE STUDENTS ADMITTED FROM THE
ACADEMIC YEAR 2012 – 2013 ONWARDS**

UNIT – 1

ENVIRONMENT – DEFINITION – SCOPE – STRUCTURE AND FUNCTION OF ECOSYSTEMS- PRODUCERS, CONSUMERS AND DECOMPOSERS- ENERGY FLOW IN THE ECOSYSTEM - ECOLOGICAL SUCCESSION – FOOD CHAIN, FOOD WEBS AND ECOLOGICAL PYRAMIDS – CONCEPT OF SUSTAINABLE DEVELOPMENT.

UNIT – 2

NATURAL RESOURCES: RENEWABLE - AIR , WATER, SOIL, LAND AND WILDLIFE RESOURCES. NON – RENEWABLE – MINERAL COAL ,OIL AND GAS. ENVIRONMENTAL PROBLEMS RELATED TO THE EXTRACTION AND USE OF NATURAL RESOURCES.

UNIT – 3

BIODIVERSITY – DEFINITION – VALUES – CONSUMPTION USE, PRODUCTIVE SOCIAL, ETHICAL, AESTHETIC AND OPTION VALUES THREATS TO BIO DIVERSITY – HOTSPOTS OF BIO DIVER SITY – CONSERVATION OF BIO - DIVERSITY: IN – SITU EX – SITU. BIO – WEALTH - NATIONAL AND GLOBAL LEVEL .

UNIT – 4

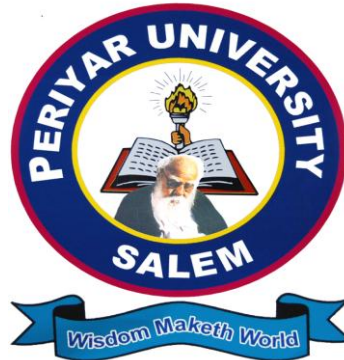
ENVIRONMENTAL POLLUTION :

DEFINITION – CAUSES, EFFECTS AND MITIGATION MEASURE S – AIR POLLUTION, WATER POLLUTION, SOIL POLLUTION NOISE POLLUTION, THERMAL POLLUTION – NUCLEAR HAZARDS – SOLID WASTES ACID RAIN – CLIMATE CHANGE AND GLOBAL WARMING ENVIRONMENTAL LAWS AND REGULATIONS IN INDIA – EARTH SUMMIT.

UNIT – 5

POPULATION AND ENVIRONMENT – POPULATION EXPLOSION – ENVIRONMENT AND HUMAN HEALTH – HIV/ AIDS – WOMEN AND CHILD WELFARE – RESETTLEMENT AND QEHABILITATION OF PEOPLE, ROLE OF INFORMATION TECHNOLOGY IN ENVIRONMENTAL HEALTH – ENVIRONMENTAL AWARENESS.

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**COMMON PAPER FOR ALL UNDER GRADUATE
PROGRAMMEE**

**CHOICE BASED CREDIT SYSTEM
SYLLABUS FOR VALUE EDUCATION**

**FOR THE STUDENTS ADMITTED FROM THE
ACADEMIC YEAR 2012 – 2013 ONWARDS**

VALUE EDUCATION

மனவளக்கலையோகா

30 hours

UNIT I - YOGA AND PHYSICAL HEALTH

- 1:1 Physical Structure-Three bodies- Five limitations
- 1:2 Simplified Physical Exercises - Hand Exercises - Leg Exercises - Breathing Exercises – eye Exercises - Kapalapathi
- 1:3 Maharasanas 1-2 – massages – acu – puncture – Relaxation
- 1:4 Yogasanas-suriya Namaskar-Padamasana-Vajrasanas-Chakrasanas (Side) – Viruchasanas – Yoga muthra-Patchimothasanas-Ustrasanas – Vakkarasanas-Salabasanas.

UNIT II - ART OF NURTURING THE LIFE FORCE AND MIND

- 2:1 Maintaining the youthfulness - postponing the ageing process
- 2:2 Sex and spirituality – significance of sexual vital fluid – Married Life – Chastity.
- 2:3 Ten Stages of Mind
- 2:4 Mental Frequency – Methods for Concentration

UNIT III – SUBLIMATION

- 3:1 Purpose and Philosophy of life
- 3:2 Introspection – Analysis of Thought
- 3:3 Moralization of Desires
- 3:4 Neutralization of Anger

UNIT IV – HUMAN RESOURCES DEVELOPMENT

4:1 Eradication of worries

4:2 Benefits of Blessings

4:3 Greatness of Friendship

4:4 Individual Peace and World Peace

UNIT V – LAW OF NATURE

5:1 Unified Force – Cause and Effect System

5:2 Purity of thought and Deed and Genetic Centre

5:3 Love and Compassion

5:4 Cultural Education – Five fold Culture

TEXT BOOKS:

Manavalakalai Yoga – World Community Service Center
Vethathiri Pathippagam
156, Gandhij Road, Erode – 638 001.
PH: 0424 – 2263845.

REFERENCE BOOKS:

Yoga for Modern Age – World Community Service Centre
Journey of Consciousness – Vethathiri Pathippagam
Simplified Physical Exercises – 156, Gandhiji Road, Erode – 638 001.
PH: 0424 - 2263845

VALUE EDUCATION

மனவளக்கலையோகா

30 hours

UNITS	TITLE OF THE PAPER		HRS OF INSTRUCTION
Unit – I Yoga and Physical Health	1.1	Physical Structure of Human Body	(6 hours)
	1.2	Simplified Physical Exercise	
	1.3	Maharasanas	
	1.4	Yogasanas	
Unit – II Art of Nuturing life force and Mind	2.1	Mainraining youth fullness	(6 hours)
	2.2	Sex and Sprirituality	
	2.3	Ten Stages of Mind	
	2.4	Mental Frequency	
Unit – III Sublimation	3.1	Purpose of life	(6 hours)
	3.2	Analysis of Thought	
	3.3	Moralization of Desire	
	3.4	Neutralization of Anger	
Unit – IV Human Resource Development	4.1	Eradication of Worries	(6 hours)
	4.2	Benefits of Blessings	
	4.3	Greatness of Friendship	
	4.4	Individual Peace	
Unit – V Law of Nature	5.1	Cause and Effect System	(6 hours)
	5.2	Purity of thought and Deed	
	5.3	Love and Compassion	
	5.4	Cultural Values	