

*Placed at the meeting of
Academic Council
held on 26.03.2018*

APPENDIX - AN
MADURAI KAMARAJ UNIVERSITY
(University with Potential for Excellence)
PART - V
EXTENSION ACTIVITIES
(For all U.G. Courses under Semester Pattern - CBCS)
REVISED SYLLABUS
(Effect from the academic year 2018-2019)

1. Red Ribbon Club
2. Human Rights Club
3. Consumer Club
4. Library and Information Services Club
5. Eco Club
6. Science Communication Club
7. Fine Arts Club
8. Health and Fitness Club
9. Paatti Thatha Manavar Kuzhu
10. Disaster management

RED RIBBON CLUB

Objectives:

- To reduce new HIV infection among the youth by raising their risk perception through proper education on sex and sexuality and HIV/Aids by imparting new skills on communication, self-protection, care and support and effective interaction.
- To prepare the youth as per educators and agents of change by developing their skills on leadership and team building.

Paper - I

Unit - 1

Red Ribbon Club – Organization – Objectives – Scope and function.

Unit - 2

Blood group – Blood donation – Blood donation camp, Hemoglobin count level – Opportunities for Blood Donars.

Unit - 3

National AIDS control organization (NACO) – objectives – national AIDS control Programme (NACP), TamilNadu state AIDS control society (TNSACS) -- Roles and Responsibilities.

Unit - 4

Sex and Sexual Health in humans -- Male and Female Reproductive system – Adolescence -- Sexuality Education.

Unit - 5

Prevalence of AIDS – World, India and TamilNadu – Categories of State based on prevalence and vulnerability – Increasing Feminisation of the Indian Epidemic – high risk groups in India.

Paper - II

Unit - 1

Human Immunodeficiency Virus (HIV) – Biology and Life cycle, Transmission Pathogenesis and clinical features

Unit - 2

Detection of HIV -- Direct and Indirect assays -- ELISA -- Western Bolt – Radioimmuno and assay

Unit - 3

Prevention strategies – Convergence with Reproductive and Child Health, TB and other Ministry of Health and Family Welfare Programmes -- STD services -- Condom Supply -- Access to Safe Blood -- Prevention of Parent to Child Transmission

Unit - 4

Awareness Creation for better prevention -- Debates -- Seminars -- Exhibition -- Rallies -- Road Show -- Treatment -- ART -- Stage I and Stage II.

Unit - 5

Care and Support of people living with HIV/AIDS/ (PLHA) -- Counseling -- Role of peer educators and Team Leaders.

Visit to Community Care Centers and Drop in Centers -- Submission of report

Reference:

1. <http://www.nacoonline.org/NACO>
2. <http://www.tansacs.in/>
3. Strategy and Implementation plan 2006 National AIDS Control Programme (NACP) Phase III (2006-2011), Publication of NACO
4. Red Ribbon Club programme -- Operational Guidelines for RRC Functionaries, Publication of TNSACS.

HUMAN RIGHTS CLUB

Objectives:

- To understand and create awareness about human rights.
- To prevent violence against women and weaker section.
- To guide young people to set remedies against violation of human rights through the court of law.

Paper - I

Unit - 1

Human Rights -- Concepts and meaning – classification of human rights, Evaluation of human rights. Human rights organization – social justice and service

Unit - 2

Right to privacy – right to shelter – right to food and clothing – right to free legal aid

Unit - 3

Right to medical aid – right to health – right to education – right to healthy environment – human rights commission – grievance mechanism – types.

Unit - 4

Right to Socialize with members of Family and Friends - Handcuffing - Custodial violence - Prevention of violence against SC/ST and minorities

Unit - 5

Right to Freedom of Speech and Expression - Right to Freedom of the Person right to Picketing and Demonstration - Right to Assembly

Paper - II

Unit - 1

Human Rights Act 1993 - National Human Rights Commission - Structure and Function

Unit - 2

National Human Rights Commission - Format for filing a complaint with NHRC

Unit - 3

Right against Exploitation - Exploitation of children - Rights to Equality - Prohibition of Discrimination.

Unit - 4

Right to live with human dignity - Right to reputation - Right to dignity of foreign.

Unit - 5

Right to prevent violence against women- Sexual Harassment at Work Place Domestic Violence -Rape is violation of Right to Dignity. Visit to any Human Rights Organization and submission of Report.

Reference

1. S.Shantha kumar - Human Rights - People's Watch, Tamil Nadu Madurai - 2005
2. M.A.Britto - Human Rights Education for college students - Van Mukil Resource Centre, Tirunelveli 1995
3. C.Iyathurai - Manitha Urimaigal - Ganga Publication, Pudukottai 2006

CONSUMER CLUB

Objectives

- To create awareness about consumer rights
- To educate for avoiding consumerism that affects the standard of living of the people.
- To get remedies through consumer courts.

Paper - I

Unit - 1

Consumer - Concept and Definition - Consumer Movement basic of consumer out.

Unit - 2

Consumerism - Consumer Education - Consumer Protection

Unit - 3

Rights of the Consumer - Guidelines to purchase goods - Remedies to the Consumer.

Unit - 4

Consumer Protection Act, 1986 - Amendment of the Act in 1993 and 2002

Unit - 5

Consumer Disputes - Solutions for Consumer Problems - Through legal and peace settlement.

Paper - II

Unit - 1

Consumer Redressal Forums - At National, State and District levels

Unit - 2

Public Distribution Systems - Benefits and steps to avoid malpractices.

Unit -3

Unfair trade practices – steps to prevent unfair trade practices – Creation of awareness among the consumers.

Unit - 4

Food and Adulteration Act 1954 - Prevention of food Adulteration - Food Testing Laboratories role.

Unit - 5

Drugs and Cosmetics Act 1940 - Avoidance of using expired drugs - Prevention of Abuse of Drugs

Visit to Consumer Courts and Organizations dealing with Consumer Rights and submission of Report.

Reference

1. Gurjeet Sing - The Law of Consumer Protection in India; Deep & Deep Publications: New Delhi 2005.
2. Ram Naresh Prasad Choudhry - Consumer Protection Law; Deep & Deel Publications: New Delhi 2005.
3. Jay D.Lindquist - Shopper, Buyer, and Consumer Behaviour, Biztantra, New Delhi 2006

LIBRARY AND INFORMATION SERVICES CLUB

Objectives

- To enable the students to acquire knowledge regarding importance of Libraries in the context of social, economic, political, scientific and technological environment.
- To enable the students to understand different levels of information systems in the society and their functions.
- o enable the students apply their knowledge in various library practices.
- To enable the students acquire knowledge regarding basic idea about Worldwide Web.
- To enable the students understanding of Internet and Information Technology and its applications in Library & Information Science.

Paper - I

Unit -1

Evolution, growth and development of libraries in India.

Unit - 2

Types of Libraries: Academic, Public and Special Libraries.

Unit - 3

Library concepts- Five laws of Library Science - Professional ethics of a librarian.

Unit - 4

Copy Right Act - IPR and cyber laws.

Unit - 5

Concepts of information marketing and Knowledge Management.

Paper - II

Unit - 1

Information Definition- Data Citation

Unit - 2

Sources of Information-Types of Information-Primary, Secondary and Tertiary sources.

Unit - 3

Internet as Information Provider - Search Engines and its Services

Unit - 4

Library Automation – Library Automation soft ware Plagiarism Checking

Unit - 5

Digital Library - E-Books - E-Journals.

Visit to College Library/ District Library and submission of Report

Reference:

1. Ranganathan, S. R., Five laws of Library Science, London:Vikas
2. Atherton, Paline: Handbook of Information Systems and Services, Paris: UNESCO
3. Khanna, J. K. Library and Society, Kurushetra: Research Publication
4. Rendell, B., The Origins of Digital Computers-selected papers, Springer-Verlag
5. Sanders, Donald H. Computers Today, McGraw Hill
6. Stallings, William, Computer Organization and Architecture, 2nd Ed., Maxwell Macmillan
7. Mano, Morris, Computer System Architecture 2nd Ed., Prentice Hall
8. Bartee, Thomas C. • Digital Computer Fundamentals 6th Ed., Tata McGraw Hill

ECO CLUB

objectives:

- To understand the principles and function of the Ecosystem and the Environment
- To develop environmental awareness among the members of the Club
- To develop skill to the members to disseminate the knowledge of environmental protection activities
- To motivate the students to do eco protection and eco development activities
- To engage the students in community based activities through cooperation and understanding

Paper - I

Unit - 1

Objectives & Necessities-Eco Conservation and Eco Development

Unit -2

Organizing the club and Enrolling Members- Eco club definition-Members' Characteristics and Duties

Unit - 3

Principles of Ecology and Environment-its importance, challenges and protection- Identification of damages, Prevention from destruction and protection of Natural resources with and special reference to your location.

Unit - 4

Understanding through organizing / conducting the following- one example for each: 1) Workshops (Ex-Poster Preparation on Water Conservation), 2) Trainings (Ex-Vermicompost) and 3) Environmental Camps (Ex-Bird Watching)

Unit - 5

Members' Participation in Competitions, Seminars, Environmental awareness programme outside the campus- Its importance, preparation and motivation (sending students to competitions)

Paper - II

Unit - 1

Maintaining Green Campus: Tree planting and maintenance, Waste Management - Water Conservation and Plastic free Campus

Unit - 2

Celebrations. World Environment Day, World Water Day and Wild Life Week- Its theme and importance-celebrating with an activity

Unit - 3

Extension Activities in adjacent Schools-Environmental Models and Poster Exhibitions- Eco games and Songs- Conducting programme with the children

Unit - 4

Extension Activities in adjacent Villages-Using NSS camp in the village - environmental awareness programmes (Ex. Health and Sanitation and Waste Management, Tree planting)

Unit - 5

Associating other agencies- Environmental Organizations- First hand information of Non Govt. organization -Use of Govt. Schemes and funding Submission of report on any of the activities / programmes of Eco Club

Reference:

1. <http://envfor.nic.in/divisions/ee/npc/index.npc.html>
2. <http://www.environment.tn.nic.in/>
3. Environmental Studies - Erach Bharucha. 2004, UGC Publications
4. Down to Earth, Centre for Science and Environment Publications
5. Environmental Protection and Laws, Jadhav, H & Bhosale, V.M. 1995, Himalaya Pub. House, Delhi

SCIENCE COMMUNICATION CLUB

Objectives

- To understand the characteristics and importance of Science
- To understand the methods of Science and its application in societal problems
- To develop Scientific Awareness and Scientific Temper
- To understand the necessities of Science Communication to the Society
- To develop skill among the members on Science Communication

Paper - 1

Unit -1

Science- Characteristics- Methods of Science-Differentiating from Pseudo Science and Nan Science

Unit -2

Science Communication-Objectives and need for science communication Scientific Awareness and Scientific Temper

Unit - 3

Science and Society- Relationship of Science, Technology and Society-Uses of Science and Misuse of Science

Unit - 4

Sources of Scientific Information-Scientists, Laboratories, Universities and Academic Institution

Unit - 5

Science Communicating Organizations- Objectives, Methods and Achievements, NISCAIR Vigyan Prasar, State Council for Science and Technology Communication

Paper - II

Unit - 1

Science through Print Media-Science News-Nature of Science News and its value- Science writing (each member is motivated to write an article/ science bits)

Unit - 2

Science through Audio-Visual Media- Nature of communication and Content of Communication-Radio Programme- Television Programme (Visit to a Radio Station/ writing for a radio/ TV programme)

Unit - 3

Science through art and culture - Science Songs, Skits, Drama, Folk Arts (Tomotivate the student to write in cultural format)

Unit - 4

Science Communication of activities of People Science Movements-Objectives, methods and achievements-Eg. Tamil Nadu Science Forum (TNSF), Kerala Shastra Shitya Parishat (KSSP) Green Peace Movement and such other organizations (Inviting an activist to report/ visit to such organization)

Unit - 5

Celebrations of Science and Scientists Days- Importance, theme and formatsNational Science Day, World Environment Day, World Health Day, Einstein Day. Submission of report on the activities of the Club

References:

1. Peter Broks, Understanding Popular Science, Open University Press, England, 2006.
2. Mohan Sundara Rajan. *Popular science in mass media*, Allied Publishers, 1985.
3. Luisa Massarani and Ildeu de Castro Moreira. Popularisation of science: historical Perspectives and permanent dilemmas, *Quark* 32: 73-751, 2004.
4. Science communication in India: perspectives and challenges - http://www.scidev.net/en/opinions/science-communicatipn-in-irtdiat_perspectives-and-c.html

FINE ARTS CLUB

Objectives:

- To create theoretical knowledge among students about various fine arts
- To understand various folk arts and Visual communication
- To create awareness among public against social evils

Paper- I

Unit - 1

Meaning - objectives - Necessities of Fine Arts Club

Unit - 2

Application of Art and Drama to create awareness among the public about the social problems such as AIDS/I-IV, Dowry, Infanticide, Gender bias, Environmental issues

Unit - 3

Participation and learning music and dance - Bharatha Natyam - Kathakali - Kuccippudi.

Unit - 4

Understanding art forms through performance programmes - enacting Drama - Dance - Music - Theory and Practical training – special play

Unit - 5

Performance of folk arts such as Kolattam - Karagam - Kummi - Dummy horse dance. Kavadi, Bommalattam, Villuppattu

Paper - II

Unit - 1

Understanding the significance of visual Arts Communication - Purpose.

Unit - 2

Celebrations of important Indian festivals - Deepavali - Onam - Dussehva, Hly – Pongal Understanding their meaning and purpose.

Unit - 3

Extension activities in the neighbouring schools - explaining the application of drama and dance to understand and eradication of social evils.

Unit - 4

Extension activities for the village people – women – cultural events.

Unit 5

Visit to Villages during festivals - Dance and Music schools - Submission of Report.

References:

1. Perumal, A.N, Tamil Drama, Origin and Development, International Institute of Tamil Studies, Chennai, 1981.
2. Lakshmanan Chettiar, S.M.L, Folklore of Tamilnadu, NBT, Delhi, 2002.
3. Enakshi Bhavani, The Dance in India, Taraporvala, Bombay, 2000.
4. Ghosh. M.tr. Bharata's Natya Sastra, Calcutta, 1967.
5. Sethuraman, G, Performing Arts of Tamilnadu (Tamil), J.J. Publications, Madurai, 2004.
6. Sahasranam, S.V, Nataka Kalayin Varalaru, Madurai Kamaraj University, Madurai, 1975.
7. John Asirvatham, Thamilar Kuththukkal, International Institute of Tamil Studies, Chennai, 1985.
8. Sivaramamurti, C, Nataraja in Art, Thought and Literature, National Museum, Delhi, 1974.
9. Gnana Kulendran, Music and Dance in the Thanjavur Big Temple, Thanjavur, 2004.
10. Saitanya Deva, P, Musical Instruments, National Book Trust, Delhi, 1993.

HEALTH AND FITNESS CLUB**Objectives:**

- To create awareness among the students about health and fitness
- To develop habits to maintain and improve physical fitness among students

Paper -1**Unit- 1**

Introduction - Meaning - Nature and scope of Health Education, Aims and objectives of Health Education.

Unit- 2

Factors that influence health - Heredity - Diet - Immunization - Personal Hygiene Periodical Medical Check-up and Disease awareness.

Unit-3

Concept of disensy – Disense agents.

Communicable and Non-communicable diseases, Symptoms and prevention, Environment and health - Pollution water, air etc, Effect of Environment on Health

Unit - 4

Respiratory infections

Factors that supplement Health - Nutrients, Balanced diet, Weight control, Weight management, healthy life style habits - Regular exercise.

Unit - 5

Meditation, Kriyas and Pranayama

Yoga and Health - Effect of yogic practices on various diseases, Heart diseases, Blood pressure, Diabetes, Asthma, Tuberculosis, Back pain.

Paper- II

Unit-1

Fitness - Definition - Types of Fitness - Physical - Mental - Social Emotional and Spiritual.

Unit-2

Physical Fitness - Meaning - Components of Physical fitness - Speed - Strength - Endurance - Agility - Flexibility and Power.

Unit-3

Means to improve physical fitness - Exercise - Different forms of exercise - Running - Up hill / Down hill running - Sand running - Weight training - Cross Country race.

Unit - 4

Need for warm-up exercises, Types of conditioning - General and Specific - Locomotion and Posture (Walking, Running, Jumping, Lifting and Carrying, Stretching)

Unit - 5

Importance of Good Posture- Types of Postural deformities - Round shoulder - Protruding shoulder blades, Kyphosis (Round upper back) - Lordosis - Flat back (Lumber kyphosis) - Scoliosis - Knock knee - Need for good posture and causes for Bad Posture.

Reference:

1. Raghavan, Hand book of Health Education. Meenal Enterprises Karaikudi, 1976.
2. Dher,S. Introduction to Health Education, Delhi: Friends Publication, 1991
3. Chandrasekaran,K Sound Health through Yoga, Sedapatti: Premkalyan publication, 1998
4. Hoger Werner, W.K and Sharon A.Hoeger, Fitness and wellness, Colorado: Motor publishing company, 1990.
5. Hoare Syed, Keep Fit, Dunton Green Hodder and Stoughton Ltd., 1986 6. James and Leona Hart, 100% Fitness New Delhi: Goodwill Publishing House, 1983
7. Jenson C.R. Scheltz G.W and Ban,erter, 131 Applied Kinesiology and Biomechanics, NewYork: McGraw Hill Booic Company, 1984.

PAATTI THATHA MAANAVAR KUZHU

Objectives:

1. To create and promote a deep sense of love and care for parents and elders at home and outside among the students.
2. To inculcate a strong spirit in the minds of young students that they are indebted to their elderly parents and grandparents for their sacrifices.
3. To sensitise the students regarding their personal and social responsibility towards the elderly.
4. To create an awareness among students about the imperative need for seeking guidance and counseling of senior citizens for the benefit of students.
5. To promote mutually beneficial rapport between elders and youngsters with a view to bridge the generation gap.
6. To offer voluntarily help and assistance to elders at home and public places.
7. To encourage students to pursue research on issues of elderly, geriatric and palliative care.
8. To motivate the young people to extend physical, moral and material support to elders in distress.
9. To adopt uncared elders individually or collectively.
10. To check the fast disappearing joint family system to reassure health care and protection of elders.

Syllabus

Unit 1: Gerontology

Meaning and Scope - Present position of Elderly in the Indian Society.

Unit 2: Changes in Old age

General Physiological Changes -Cognitive Changes and Emotional Changes.

Unit 3: Issues,/Problems of Elderly

Physical, Psychological, Health, Social and Economic Issues in nuclear families - Elderly abuse.

Unit 4: Society and Aged

Society's attitude towards Ageing and elderly, Attitude of Elderly towards Society - Treatment of elders of various socio- economic background at home.

Unit 5: Support system for the Elderly Parents,/Grand Parents/Others

Role of youngsters, as sons and daughters, Family, Government and Non-Governmental Agencies.

Field Activities:

- Adoption of one or two free old age homes
- Visit to Home for the Aged.
- Interface with the elders.
- Identification of specific needs, problems and remedies.

- Collection of data annually about the inmates of free paid old age homes -
 - New entry,
 - Family background.
 - Inmates with chronic sickness
 - Treatment facilities
 - Assistance possibilities etc.

Organising Yoga for peace and health upkeep.

- Celebration of important festivals like Deepavalli, Ramzan and Christmas with the inmates of elderly homes and conducting inter-religious prayers.
- Assisting the elderly to get the governmental benefits and pension
- Organizing medical camps, eye camp for the Aged once in 3 months

Recreative and Recollective Activities:

1. Light Music
 - Between elderly and College students
2. Telling stories and jokes.
 - Between elderly and students
3. Cultural bonanza
 - Between elderly and college students
4. Organizing awareness programmes
 - Between elderly and students.
5. Sharing experiences/ talents.
 - Between elderly and students.

Reference Books :

1. Simone de Beauvoir, *Old Age*. Cox and Wyman Ltd. London, 1972.
2. S.Irudaya Rajan, U.S. Mishra and P. Sankarasarma, *India's Elderly : Burden or Challenge ?* - Sage Publications, New Delhi, 1999.
3. L.Thara Iyengar, *Ageing : Indian Perspective* - Decent Books, New Delhi, 2002.
4. P.V. Ramamurti and D.Jamuna, *Handbook of Indian Gerontology*, Serial Publications, New Delhi, 2004.
5. A.K. Kapoor and Satwanti Kapoor, *India's Elderly : a multi disciplinary dimensions*, Amittal Publications, New Delhi, 2004.
6. R.K.A. Subrahmanya, *Social Security for the Elderly*, Shipra Publications, 2005.
7. D.P. Saxena, *Sociology of Aging*, Concept Publishing Company, New Delhi., 2006.
8. Krishnan and Sanwal, *Fundamentals of Gerontology*, Akansha Publishing House. New Delhi, 2008.
9. Asiya Nasreen, *Urban Elderly : Coping Strategies and Societal Responses*, Concept Publishing Company, New Delhi, 2009.

Scheme of Examination

Internal:		
Project work / one week camp	-	10 Marks
Performance	-	10 Marks
Assignment	-	5 Marks
	Internal	25 Marks
External		
objective type (75 questions X 1 mark)		75 Marks
	Total	100 Marks
Minimum pass mark – Internal / and External		40 Marks

DISASTER MANAGEMENT

Objectives

To equip Students to handle all aspects of disasters.

To create Awareness on disaster through intensive public education.

To ensure disaster prevention, risk and vulnerability, reduction as a means of reducing the impact on society.

Unit I	Introduction to Disaster: Nature and Scope – Meaning and Concept – Disaster, Hazard, Vulnerability, Resilience, Risks.
Unit II	Classification of Disasters: Water and Climate related – Geological related – Chemical, Industrial and nuclear related – accident related – Biological related. Impact: Social, economical. political, environmental and health.
Unit III	Natural disaster: Flood and Flash floods – Earthquake – Drought and Famine – Cyclone – Tsunami – Volcano eruption – Landslides – Avalanches.
Unit IV	Manmade disasters: Nuclear Reactor – Industrial accidents – Oil slicks and spills – War and conflicts – Outbreaks of Disease and Epidemics.
Unit V	Disaster management: Disaster Prevention – Disaster preparedness – Disaster relief – Disaster recovery. Technologies of disaster management: Mapping – Aerial Photography and Remote sensing – Communications – Information management - Epidemiology – Disaster management in India – Nodal agencies for disaster managements – Government policy.

Reference:

1. Coppola P. Damon, (2007), Introduction to International Disaster Management.
2. K. Ramanamurty, (2004), Disaster Management, Dominant Publishers and distributors, New Delhi, First edition.
3. Mishra A (2012) New Dimensions of Disaster management in India: Perspectives Approaches and Strategies, Serials Publications, New Delhi.
4. Sharma, Kadambari C, Avina (2010) Disaster Management in India, New Delhi.
5. Govt. of India: Disaster Management Act 2005, Government of India, New Delhi.
6. Government of India, 2009, national disaster management policy.
7. R. B. Singh (Ed) Environmental Geography, Heritage Publisher New Delhi, 1990
8. Savinder Singh Environmental Geography, Prayag Pustak Bhawann 1997.