



KAMARAJ COLLEGE

(AUTONOMOUS)

Accredited with A+ Grade by NAAC

Among Top 150 Colleges in India - NIRF Ranking 2025

இந்து நாடார் சங்கங்களால் 1966-ல் தொடங்கப்பட்ட கல்லூரி
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

THOOTHUKUDI - 628 003.



Common Syllabus

Semester - III

Yoga, Culture & Heritage

(for the students those who joined from the academic year 2025-2026)



KAMARAJ COLLEGE

(AUTONOMOUS)

Accredited with A+ Grade by NAAC

Among Top 150 Colleges in India - NIRF Ranking 2025

இந்து நாடார் சங்கங்களால் 1966-ல் தொடங்கப்பட்ட கல்லூரி

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

THOOTHUKUDI - 628 003.



Part – IV

Common Syllabus

Semester - III

Yoga, Culture & Heritage

(for the students those who joined from the academic year 2025-2026)

Yoga, Culture & Heritage

Second Year – Semester –III

Title of the Course		Yoga, Culture & Heritage			
Course Type		Indian Knowledge System (IKS)			
Course Code		25UYOG31			
Year	II	Semester	III	Credits	2
Instructional Hours Per week		Lecture	Tutorial	Lab Practices	Total
		2	--	--	2

Learning Objectives	
L01	To know the basic concepts of Indian Culture.
L02	To understand the Indian Languages and Literature.
L03	To enhance the knowledge Spread of Indian Culture Abroad.
L04	To describe the Misconceptions about yoga and their solutions.
L05	To identify Swamy Vivekananda Philosophy.
Unit	Contents
I	Indian Culture : An Introduction Characteristics of Indian culture, Significance of Geography on Indian Culture. - Society in India through ages.
II	Indian Languages and Literature Evolution of script and languages in India: Harappan Script and Brahmi Script. The Vedas, The Brahman as and Upanishads & Sutras, Epics: Ramayana and Mahabharata.
III	Spread of Indian Culture Abroad Causes, Significance and Modes of Cultural Exchange - Indian Culture in South East Asia - India, Central Asia and Western World through ages
IV	Yoga Introduction: - Yoga its Meaning and Definition. - Aim and Objectives of Yoga - Origin, history and development of yoga.-Relevance and scope of Yoga in modern age- Misconceptions about yoga and their solutions.

V	<p>Swamy Vivekananda Philosophy</p> <p>Vivekananda and Nationalism - The message of patriotism - spirituality as the basis of patriotism - Sociological views of Vivekananda - His views on caste and untouchability - status of women - His views on Education.</p>
Textbooks	
1	Ashtanga Yoga Practice & Philosophy by Gregor Maehle
2	Props for Yoga (3 Volumes) by Eyal Shifroni
3	Your Body Your Yoga by Bernie Clark
4	Light on Pranayama by B K S Iyengar
5	Tantra Illuminated by Christopher Wallis
Reference Books	
1.	Chakravarti, Ranabir: Merchants, Merchandise & Merchantmen, in: Prakash, Om (ed.): The Trading World of the Indian Ocean, 1500-1800 (History of Science, Philosophy and Culture in Indian Civilization, ed. by D.P. Chattopadhyaya, vol. III, 7), Pearson, Delhi, 2012, pp.53- 116.
2.	Chaudhuri, KirtiN: Trade and Civilisation in the Indian Ocean, CUP, Cambridge, 1985.
3.	Malekandathil, Pius: Maritime India: Trade, Religion and Polity in the Indian Ocean, Primus Books, Delhi, 2010.
4.	McPherson, Kenneth: The early Maritime Trade of the Indian Ocean, in: ib: The Indian Ocean: A History of People and The Sea, OUP, 1993, pp. 16-75.
5.	De Casparis, J.G., 1983, India and Maritime Southeast Asia: A lasting Relationship, Third Sri Lanka Endowment Fund Lecture.
Web Resources	
1.	https://amzn.to/3vCaZ7J
2.	https://amzn.to/3KZVkJa
3.	https://amzn.to/3L6yHiO
4.	https://amzn.to/37trHyc
5.	https://amzn.to/3EOyw9P

Course Outcomes	
CO	On completion of this course, students will
1	Understand the concepts and terminologies in management
2	Helps to assess the types of planning and assess the decision-making process
3	Evaluate the types of organization.
4	Examine the importance of motivation
5	Understand the importance of communication

Mapping With Programme Outcomes and Programme Specific Outcomes

CO /PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
C01	3	3	3	3	3	3	3	3
C02	3	3	2	3	3	3	3	3
C03	3	2	3	2	2	2	3	3
C04	3	3	3	3	3	3	3	3
C05	3	3	3	2	3	3	2	3
Weightage	15	14	14	13	15	15	14	15
Weighted percentage of course contribution to POS	3.0	2.8	2.8	2.6	2.8	2.8	2.8	3.00

S-Strong-3 M-Medium-2 L-Low-1

CO /PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	2	2	3	2	2
C02	2	3	3	3	2
C03	3	3	3	2	3
C04	2	3	2	2	3
C05	2	2	3	3	2
Weightage	11	13	14	12	12
Weighted percentage of Course Contribution to PSOs	2.2	2.6	2.8	2.4	2.4

Blue Print – End Semester Examinations Semester – III

Class: U.G.

Time: One and Half Hours

Max. Marks: 75

Section A

(75 x 1 = 75)

Answer all questions.

Choose the correct answer.

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	1-15	16-30	31-45	46-60	61-75

Environmental Studies Second Year – Semester – IV

Title of the Course		Environmental Studies			
Course Type		Indian Knowledge System (IKS)			
Course Code		25UEVS41			
Year	II	Semester	IV	Credits	2
Instructional Hours Per week		Lecture	Tutorial	Lab Practices	Total
		2	--	--	2

Learning Objectives:

Enable the students to be aware of our natural resources, ecosystems and their linkages to society, livelihood, environment and conservation.

L01	To have a basic knowledge of Natural resources its classification, concepts, and natural resources of India.
L02	To obtain knowledge on different types of ecosystem
L03	To understand the values of biodiversity and conservation on global, national, and local scales
L04	To gain knowledge on different types of pollution in the environment
L05	To introduce the students in the field of Law and Policies and Acts both at the national and international level relating to environment.

Unit – I

The Multidisciplinary Nature of Environmental Studies:

Definition, Scope and importance

Natural resources and associated problems:

1. Forest resources: Use and over-exploitation, deforest station, timber extraction, dams and their effects on forests and tribal people.
2. Water resources: Use and over-utilization of surface and ground water, floods, drought, dams-benefits and problems, water conservation and watershed management.
3. Mineral resources: Use and exploitation, environmental effects.
4. Food resources: World food problems, changes, effects of modern agriculture, fertilizer-pesticide problems.
5. Energy resources: Growing energy needs, renewables ND Ion renewable energy sources, alternate energy sources.

6. Land resources: Land as a resources, Land degradation, man-induced landslides, soil erosion and desertification.

Unit – II

Ecosystems:

1. Forest Ecosystem
2. Grassland Ecosystem
3. Desert Ecosystem
4. Aquatic Ecosystem (Ponds, Rivers, Oceans, Estuaries)

Energy flow in the ecosystem

Ecological succession

Food Chains, Food Webs and Ecological Pyramids.

Unit – III

Biodiversity and its conservation:

1. Introduction Definition:
2. Genetic, species and ecosystem diversity.
3. Values of Biodiversity
4. Biodiversity at global, National and local levels
5. India as a mega-diversity nation
6. Hot-Sports of biodiversity Threats to biodiversity
7. Endangered and endemic species of India
8. Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.

Unit – IV

Environmental Pollution:

Definition – Causes, effects and control measures of:-

- a) Air Pollution
- b) Water Pollution
- c) Soil Pollution
- d) Marine Pollution
- e) Noise Pollution
- f) Thermal Pollution

Soiled Waste Management

Disaster Management: Floods, earthquake, cyclone and landslides.

Unit – V

1. Social issues and the Environment:
2. Climatic change, global warming, acid rain, ozone depletion.
3. Wasteland reclamation
4. Consumerism and Waste products, use and through plastics.
5. Environment Protection Act
6. Air (Prevention and Control of Pollution) Act
7. Water (Prevention and Control of Pollution) Act
8. Wildlife Protection Act
9. Forest Conservation Act
10. Population Explosion – Family Welfare Programme
11. Human Rights

References Text:

1. G.S. Vijalakshmi, A.G. Murugesan and N.Sukumaran. 2006. Basics of Environmental Science, Manonmaniam Sundaranar University Publications, Tirunelveli, pp.160.
2. Agarwal. K.C. 2001 Environmental Biology, Nidi Publications Limited, Bikaner.
3. A.K.De.1999. Environmental Chemistry, Wiley Eastern Limited, India.
4. Jadhav,H. and Bhosale, V.M.1995 Environmental Protection and Laws, Himalaya Publishing House, Delhi. pp284.
5. Odum, E.P.1971. Fundamentals of Ecology, W.B. Saunders Co., USA. Pp.574

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	2	2	2	2	2	3	2	3
CO2	2	3	3	2	3	3	2	2
CO3	2	3	3	3	3	3	3	3
CO4	2	2	3	3	3	2	3	3
CO5	2	3	3	3	3	2	2	2

S-Strong = 3 M-Medium = 2 L-Low =1

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	2	2	2	2
CO2	2	3	3	2	3
CO3	2	3	3	3	3
CO4	2	2	3	3	3
CO5	2	3	3	3	3

Blue Print – End Semester Examinations Semester – IV

Class: U.G.

Time: 3 Hours

Max. Marks: 75

Section A

(10 x 1 = 10)

Answer all questions.

Choose the correct answer. (With four options)

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	1 & 2	3 & 4	5 & 6	7 & 8	9 & 10

Section B

(5 x 5 = 25)

Answer all questions choosing either (a) or (b).

Answer should not exceed 250 words

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	11 (a) & 11 (b)	12 (a) & 12 (b)	13 (a) & 13 (b)	14 (a) & 14 (b)	15 (a) & 15 (b)

Section C

(5 x 8 = 40)

Answer all questions choosing either (a) or (b).

Answer should not exceed 500 words

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	16 (a) & 16 (b)	17 (a) & 17 (b)	18 (a) & 18 (b)	19 (a) & 19 (b)	20 (a) & 20 (b)