



BINOD BIHARI MAHTO KOYALANCHAL UNIVERSITY,
DHANBAD – 826004

SYLLABUS OF FYUGP

VALUE ADDED COURSE (VAC)

Under Implementation of Four Year Under Graduate Programme (FYUGP) in State Universities of
Jharkhand Regulations, 2024

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*Syllabus of Value Added Course (VAC) Under Four Year Undergraduate Programme (FYUGP) of 2 credits,
Students can choose any order in Semester- I/II/IV.*

Name of Paper: UNDERSTANDING INDIA

Effective from – 2025-26

Objective	Students will acquire knowledge about the Geographical features of India and Indian Culture and the students will acquire knowledge about the Vedic Period, Jainism, Buddhism, education and science in ancient India. Students will acquire knowledge about Indian Constitution and Economy and will help students in understanding social, economic and cultural heritage of India , yoga and health wellness
Outcome	On successful completion of this course, the student will be able to acquire knowledge regarding Indian Culture, basic Principles of the Indian Constitution and features of Indian Economy . Students will also gain knowledge about Jharkhand geography, polity, culture and political thinkers of Jharkhand , yoga and wellness.
Course Details & Examination Pattern	<ul style="list-style-type: none"> • Course Credits:02 • No. of lecture: 30 • Question Type: Multiple Choice Questions (MCQs) • Number of Questions: 50 • Marks per Question: 1 Mark each • Total Marks: 50 • Pass Marks: 20 • Examination Duration: 2hr.
Syllabus	
UNIT -1	INTRODUCING INDIA (7 lecture)
	<p>I Physical Features of India (Mountain, Plateau, Plain, Coast, Island) Vegetation, Rivers, Soils, and Climate of India.</p> <p>II Jharkhand on the map: Physical Features (Plateau, Plain, River, Hills), Vegetation, Rivers, Soils, and Climate of Jharkhand, neighboring states.</p> <p>III Harappan Civilisation a. Town Planning b. Social Life. c. Economic Life.</p> <p>IV Education & Science : Taxila and Nalanda Aryabhata, Sushruta and Charaka.</p>
UNIT -2	The Heritage of India: Unity in Diversity (8 lecture)
	<p>I Indian Concept of Values, Basic Values- Upanishad and Bhakti, Principles of Hinduism, Buddhism and Jainism.</p> <p>II Art and Architecture of India: Rock Cut Architecture, Styles of Temple Architecture, Ajanta Painting</p> <p>III History of Jharkhand & Jharkhand Movement.</p> <p>IV Culture of Jharkhand: - People and Literature, Dance, Music Instruments, Tourist Places, Tribal Culture.</p>
UNIT -3	The Indian Economy, Polity & Criminal Laws (8 lecture)
	<p>I The Economic History of India: Agriculture, Industries and Trade in India.</p> <p>II Evolution of Jharkhand Economy, Structure and its Basic Features</p> <p>III The Making of Indian Constitution; Salient Features, Fundamental Rights & Duties</p> <p>IV Bharatiya Nyaya Sanhita- 2023, Bharatiya Nagarik Suraksha Sanhita -2023 and Bharatiya Sakshya Adhiniyam -2023</p>
UNIT -4	Philosophy, Health and wellness (7 lecture)
	<p>I Major Ideas of Political thinkers :Swami Vivekananda ,Mahatma Gandhi, Rabindra Nath Tagore ,B.R.Ambedkar,</p> <p>II Major Ideas of Political thinkers in Jharkhand: Birsa Munda, Binod Bihari Mahto</p> <p>III Concept of Nation and Nationalism & Gender Inequality</p> <p>IV Yoga : Health and wellness</p>

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Book Reference	
	<ol style="list-style-type: none">1. Satchidananda, M.K. : <i>Ethics, Education, Indian Unity and Culture</i>, Ajantha Publications, Delhi, 19912. Das, M.S. & Gupta, V.K. : <i>Social Values among Young adults: A changing Scenario</i>, M.D. Publications, New Delhi, 19953. Ruhela, S.P. : <i>Human Values and education</i>, Sterling Publications, New Delhi, 19864. Kaul, G.N. : <i>Values and Education in Independent Indian</i>, Associated Publishers, Mumbai, 19755. <i>A Cultural Heritage of India (4 Vols.)</i>, Bharatiya Vidya Bhavan, Bombay. (Selected Chapters only)6. Austin, G., <i>The Constitution of India: Cornerstone of a Nation</i>, OUP, 1999.7. Basu, D.D., <i>Introduction to the Constitution of India</i>, Lexis nexis, Haryana, 20158. Dutt, R., and Sundharam. <i>Indian Economy</i>. New Delhi: S. Chand & Company Ltd., 20189. Basham, A.L. <i>A Wonder That Was India</i>. New Delhi: Rupa, 1994. Basu, Durga Das.10. <i>Introduction to the Constitution of India</i>. New Delhi: Lexis Nexis, 2012.11. Hussain, Majid. <i>Geography of India</i>. Edited by Tasawwur Husain Zaidi. Noida: McGraw Hill, 2022.12. <i>The Economic History of India 1857-1947</i>. New Delhi: Oxford University Press, 2006.13. Sharma, R.S. <i>India's Ancient Past</i>. New Delhi: Oxford University Press, 2007.14. Thapar, Romila. <i>The Penguin History of Early India: From the Origins to AD 1300</i>. New Delhi: Penguin India, 200315. Rao Surya Rega, <i>New Criminal Laws of India(with Comparative table)</i>, Asia Law House, 202416. Kumari Tanuja, <i>Jharkhand ek Etihadik Parichay</i>, Notion Press, India, 202417. Satchidananda Swami, <i>The Yogasutras of Patanjali</i>, integral Yoga Publications, 1978,18. Roy S.C., <i>The Mundas and Their Country</i>, Asis educational services, 1912

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Syllabus of Value Added Course (VAC) Under Four Year Undergraduate Programme (FYUGP) of 2 credits, Students can choose any order in Semester- I/II/IV.

Name of Paper: HEALTH & WELLNESS, YOGA EDUCATION, SPORTS AND FITNESS

Effective from – 2025

Objective	<ul style="list-style-type: none"> To provide a foundational understanding of health, wellness, nutrition, and the impact of globalization on lifestyle. To encourage integration of physical, mental, and spiritual faculties for self-discipline, resilience, and balanced living. To introduce yoga education, its forms, and practices for enhancing physical and mental well-being. To develop awareness of sports and fitness, their historical evolution, and their role in personality development. To promote active participation in sports and yogic practices for holistic growth and healthy living
Outcome	<p>On successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> Understand health and wellness concepts, including the role of nutrition, balanced diet, and the effects of globalization on lifestyle. Integrate physical, mental, and spiritual aspects of life to develop self-discipline, resilience, and holistic well-being. Comprehend the importance of yoga education, classify different forms of yoga, and practise techniques that enhance physical and mental health. Explore the concept of sports and fitness, tracing their evolution from ancient times to post-independence and traditional sports of Jharkhand. Recognize the role of sports and fitness in personality development and actively participate in activities that improve fitness, teamwork, and character. Apply holistic knowledge and practical skills to lead a healthy, balanced, and active lifestyle.
Course Details & Examination Pattern	<ul style="list-style-type: none"> Course Credits:02 No. of lecture: 30 Question Type: Multiple Choice Questions (MCQs) Number of Questions: 50 Marks per Question: 1 Mark each Total Marks: 50 Pass Marks: 20 Examination Duration: 2hr.
Syllabus	
UNIT -1	Introduction to healthy life (10 lecture)
	<ul style="list-style-type: none"> I Concept of health and fitness, dimensions and determinants of health & fitness, Nutrition and II Balance diet, Basic Concept of immunity, Relationship between diet & fitness, Globalization and its impact on health, BMI (Body Mass Index) for all age group. III Practicum <ul style="list-style-type: none"> a. Organization of health awareness programme in community b. Preparation of health profile c. Preparation of a chart on balance diet (age group 6-14)
UNIT -2	Introduction of Yoga and its types (10 lecture)
	<ul style="list-style-type: none"> I Concept of Yoga: Meaning, Characteristics, Misconceptions, aims and objectives, need and importance of yoga. II Origin and history of yoga in Indian context, classification of yoga: Raja Yoga (Ashtang Yoga). Hatha Yoga, Sankhya Yoga, Bhakti Yoga & Mantra Yoga, Yoga and Health,

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	<p>III Yoga for stress management.</p> <p>IV Practicum</p> <ol style="list-style-type: none"> a. Yogic Practices- Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namastar. b. Contemporary Practices: yogic Sukshma Vyayama, Cyclic Meditation (s-vyasa), Mindfulness based stress reduction Technique (kabatzin), Mind - Sound Resonance. c. Technique (s-vyasa), Raja Yoga Meditation (Brahmakumaris), Transcendental Meditation (Mahesh yogi), Zen Buddhist Meditation, Yoga Nidra (BSY), Savita Ki Dhyana Dharana (DSVV). 	
UNIT -3	Important of Sports; Its institutions (10 lecture)	
	<p>I Concept of Sports and fitness, Aims and objectives, importance of sports and fitness, Fitness components, Difference between games and sports, History of sports, Ancient Greece, Ancient and</p> <p>II Modern Olympics, Asian Games and common wealth games, Post-Independence Period - Various</p> <p>III Policies, Institutions, SAI Khelo India, Fit India Movement Traditional sports of Jharkhand viz- Khokho, Kabadi, archery, Wrestling hockey, cricket & football, Sports and fitness for personality development.</p> <p>IV Practicum</p> <ol style="list-style-type: none"> a. Participation in one major game one individual sports (among the list of IOA, AIU, SGFI) b. Practising general and specific warm-up, Aerobics and Zumba workout. c. Practising cardio Respiratory fitness, Treadmill Argometer, Run Test, 9 minute Walk, Skipping and Running. 	
Book Reference	<ol style="list-style-type: none"> 1. Ajith 'Yoga Pravesha' Rashtrtana Paruhad Bangalore. 2. Bachelor of Sports Management Syllabus (Revised) 2008. 3. B.C. Rai Health Education and Hygiene, published by Prakashan Kendra, Lucknow. 4. B.K.S Iyenger 'Yoga the path to holistic health', Dorling Kindersely Delhi 2001. 5. Dixit Suresh (2006) Swasthya Shiksha sports publication, Delhi. 6. Puri, K. Chandra, S.S (2005) Health and physical education, New Delhi Surjeet Publication. 	

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Name of Paper: ENVIRONMENTAL STUDIES

Effective from – 2025-26

Objective	<ul style="list-style-type: none"> To develop critical thinking and problem-solving skills in students for addressing environmental challenges. To nurture a pro-environmental attitude and encourage positive behavioral patterns within the student community and society. To emphasize the importance of creating sustainable lifestyles and raising awareness about various environmental issues. To equip students with the ability to apply acquired knowledge and skills in mitigating environmental degradation, climate change, pollution, and ensuring effective waste management. provide knowledge and practical approaches for the conservation and management of biological diversity and natural resources, including forests and wildlife.
Outcome	<p>After successfully completing this course, the students will be able to:</p> <ul style="list-style-type: none"> Inculcate a critical thinking and problem solving. Create a pro-environment attitude and a behavioral pattern in student community and society. Give importance and priority to create sustainable life style and awareness on various environmental issues. Equip themselves with the ability to apply the acquired knowledge and skills for mitigating the effects of environmental degradation, climate change, pollution, effective waste management etc. Learn ways and means for the conservation and management of biological diversity and biological resources viz. forest and wildlife resources.
Course Details & Examination Pattern	<ul style="list-style-type: none"> Course Credits:02 No. of lecture: 30 Question Type: Multiple Choice Questions (MCQs) Number of Questions: 50 Marks per Question: 1 Mark each Total Marks: 50 Pass Marks: 20 Examination Duration: 2hr.
Syllabus	
UNIT -1	Understanding the Environment (10 lecture)
	<ul style="list-style-type: none"> I Environment: Concept, Importance and Components II Ecology and Ecosystems: Concept and Definition III Types of Ecosystem: Terrestrial (Grassland, Forest & Desert); Aquatic (Lotic & Lentic, Marine); Estuarine. IV Structure and Function of Ecosystem: Food Chain, Food Web, Ecological Pyramids and Energy Flow.
UNIT -2	Environmental Pollution (10 lecture)
	<ul style="list-style-type: none"> I Sources and Types of Pollutants and their impact; <ul style="list-style-type: none"> a. Air Pollution: Causes, Consequences and Control b. Water Pollution: Sources, Consequences and Control c. Soil Pollution: Cause, Consequences and Control d. Noise Pollution: Noise Level, Consequences and Control II Global Warming: Causes and Effect; Acid Rain; Green House Gases and Ozone Depletion III Solid Waste Management: Collection, Segregation, Transportation and Disposal; 3 R's

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UNIT -3	Biodiversity and Natural Resources (10 lecture)	
	I Biodiversity: Concept and Definition	
	II Threats and Conservation of Biodiversity	
	III Biodiversity Hot Spots	
	IV Natural Resources: Renewable and Non-renewable Energy Resources	
Book Reference	<ol style="list-style-type: none">1. Basu, M. and Xavier, S. 2018. <i>Fundamental of Environmental Studies</i>. Cambridge University Press, Kolkata.2. Vanramliana et al., 2015. <i>A Text book of Environmental Science</i>. Scientific Book Centre, Guwahati.3. Daniel, D. C. 2014. <i>Environmental Science</i>. Jones and Bartlett Publishers. London.4. Prasad, G. 2018. <i>Handbook of Environmental Science</i>. Discovery Publishing House, New Delhi5. Rajagopalan. 2019. <i>Environmental Studies: From Crisis to Cure</i>. Oxford University Press, New Delhi.6. Saha, T.K. 2013. <i>Ecology and Environmental Biology</i>. Books & Allied (P) Ltd. Kolkata.7. Santra, S.C. 2018. <i>Environmental Science</i>. New Central Book Agency (P) Ltd. Kolkata.8. Sharma, P.D. 2017. <i>Ecology and Environment</i>. (10th Revised Edition). Rastogi Publication, Meerut.9. Allaby, M. 2019. <i>Basics of Environmental Science</i>, Routledge, London.	