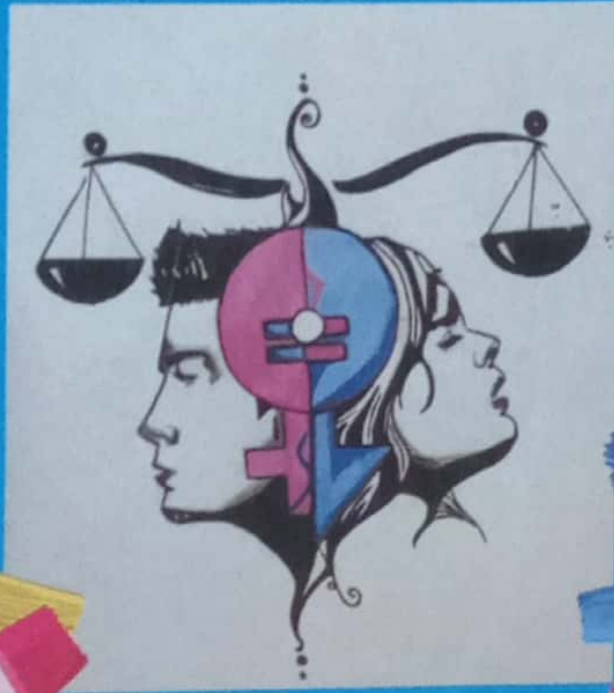




# Human Values and Gender Equity



**SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN**

**(Autonomous)**

Accredited at A+ Grade by NAAC  
An ISO 9001:2015 Certified Institution

UDUMALPET - 642 128.



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ISBN 978-81-954811-0-1



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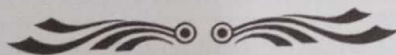
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# UG Degree

## Semester I

(For the students admitted from the academic year 2021 – 2022 onwards)

Course: Part IV - Human Values and Gender Equity	Course Code: 121VEG
Semester: I	No. of Credits: 1
No. of hours : 30	C:P : 16:14
CIA Max. Marks: 50	ESE Max. Marks: -

(C: Contact hours, P: Practical - Yoga)

### Course Objectives:

- To imbibe moral, human, social, national and universal values.
- To inculcate life skills.
- To strengthen the capacity, knowledge of transformative leadership for gender **equity** and *women's rights*.
- To instil the significance of yoga, meditation for a sound body and mind.
- To nurture a holistic perspective among students towards life.

**Course Outcomes: On completion of the Course the student will be able to**

CO	Statement	Bloom's Taxonomy level
CO1	explain the nature, types, characteristics, significance of values and family ethics	U
CO2	discuss social values and explore life skills.	U
CO3	describe constitutional rights, duties and identity their responsibilities towards national integration.	U
CO4	recognize gender equity and women's rights.	U
CO5	practice yoga and meditation for a healthy life.	A

**U-Understanding A-Apply**

### Syllabus:

<b>Unit I: Human Values</b>	<b>(4 hours)</b>
Values: Concept of human values – Nature – Types – Characteristics - Significance. Family Values: Family- Brotherhood- Pride of womanhood-Joint family-Family Ethics.	

**Unit II: Social values****(4 hours)**

Society – Social Sense and Commitment – Social Awareness. Life Skills: Self Awareness – Health – Self Esteem – Self Management – Relationship Management – Cognitive Skills

**Unit III: National Values****(4 hours)**

Indian Constitution - Salient features– Citizenship – Fundamental Rights and Duties – Directive Principles of State Policy- Adult Franchise – Unity in Diversity – Role of Youth towards National Integration and Development.

**Unit IV: Gender Equity and Woman Rights****(4 hours)**

Gender Equity – Gender Equality- Importance – Ways to promote gender equality. Woman's Rights – Constitutional Rights and Legal Rights – Positive Social Transformation.

**Unit V: Yoga and Meditation for Healthy Life****(14 hours)**

Yoga: Asanas – Standing - Sitting- Prone - Supine Postures - Suryanamaskar. Breathing Exercises: Bastrika - Kapalapathi - Nadi Suddhi Pranayama - Yogic full Breathing Techniques. Meditation: A-U-M – Silent.

**Book for study:**

<b>Unit</b>	<b>Name of the Book</b>	<b>Authors</b>	<b>Publishers with Edition</b>
<b>I - V</b>	Human Values and Gender Equity	Editorial Board, Sri G.V.G Visalakshi College for Women	Garudan Publication Udumalpet, 2021



**GARUDAN** PUBLICATION  
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E-mail : garudanpublication@gmail.com  
Mobile : 9976762076

ISBN : 9788195481101



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