

VALUE EDUCATION

RELIGION - I

(SUB. CODE : 18 UVE 11)

SEMESTER - I

HOURS - 2

CREDIT - 1

Objectives :

- > To provide the students with an introduction to the Bible, particularly, the New Testament.
- > To facilitate the students to know Jesus and his mother Mary in and through Prayer and works of liberation.

CHAPTER 1. GOD SPEAKS TO MAN

6hrs

கடவுள் மக்களோடு பேசுகிறார்

CHAPTER 2. JESUS THE TEACHER

6hrs

இயேசு ஓர் ஆசிரியர்

CHAPTER 3. JESUS THE HEALER

6hrs

குணமளிக்கும் இயேசு

CHAPTER 4. THE CHURCH

6hrs

திருஅவை

CHAPTER 5. MARY THE FIRST DISCIPLE OF CHRIST

6hrs

இயேசுவின் முதல் சீடர் மரியா

TEXT BOOK

"உறவைத் தேடும் இறைவன்" ("GOD SEEKING RELATIONSHIP" By Rev. Dr. PAUL C. JESURAJA, S.J.) என்ற நூலின் மொழியாக்கம்; மொழிபெயர்ப்பு; பேராசிரியர் பொ. செ. பாண்டியன்

வெளியீடு: தூய சவேரியார் தன்னாட்சிக் கல்லூரி, பாலையங்கோட்டை.

"GOD SEEKING RELATIONSHIP" By Rev. Dr. PAUL C. JESURAJA, S.J.

Published by St. Xavier's College, Palayamkottai.

LIFE SKILLS (18USB11)

Semester: I
Category: SBE 1

Credit : 2
Hours/Week : 2

Course Outcomes: At the end of the course the students will be able to

1. attain holistic development
2. enrich personality
3. attain idealistic, practical and moral values.
4. manage emotions
5. imbibe decision making skills.

UNIT I – Self Awareness- Self Esteem – Shyness – Loneliness -Attitude-Types Of Attitude-Develop Healthy Attitude-Motivation-Types Of Motivation-Art Of Persuasion

UNIT II - Developing Key individuality: Leadership –Objectives-Who is Leader-Types of leader - Leadership Process-Characteristics and Need of leadership

UNIT III- Managing Emotions – Depression - Anger- Fear- Definition- Effects & Reason For Fear, Anger-How To Avoid Fear And Anger

UNIT IV - Decision Making –Factors- 6 C's of Decision making- Necessity of Decision Making-Positive Thinking-Why-Way To Improve Positive Thinking- Outcome

UNIT V - Goal Setting – Time management- Goal setting-Objectives-Focused Goals-Why Do Goal Setting-Obstacles To Achieving Goals- Goal setting process-Types of Goals-SMART goals

TEXT BOOK:

1. Dr. Xavier Alphonse S.J., We Shall Overcome, ICRDEC Publications, Chennai, 2004.
2. Covey Sean, Seven Habits of Highly Effective Teens, New York, Fireside Publishers, 1998.
3. Carnegie Dale, How to win Friends and Influence People, New York: Simon & Schuster, 1998.
4. Thomas A Harris, I am ok, You are ok , New York-Harper and Row, 1972
5. Daniel Coleman, Emotional Intelligence, Bantam Book, 2006

Objectives

- > To help the students understand the importance of Ethics and the principles of Ethics.

அலகு 1 : அறநெறி

இலக்கணம் - அறநெறியின் தேவை - சமயங்கள் கூறும் அறநெறி - தனிமனித, குடும்ப, சமூக அறநெறிகள்.

அலகு 2 : கல்வியும் அறநெறியும்

அலகு 3 : தனிமனித அறநெறிகள்

அறம் - தூய்மை - ஒழுக்கம் - எளிமை - அமைதி - இரக்கம், ஈகை - கடமையுணர்வு - கண்ணியம் - சுயக் கட்டுப்பாடு - காலநீதவறாமை - தலைமைத்துவம்.

அலகு 4 : இல்லத்தில் அறநெறிகள்

சுய கௌரவம் - அன்பு - நம்பிக்கை - சகிப்புத்தன்மை - உறவு.

அலகு 5 : சமூக அறநெறிகள்

சமூக விழிப்புணர்வு - சமூக அக்கறை, சுற்றுக்கிழல் அக்கறை - தானம் - மத நல்லிணக்கம் - இளையோர் நம்பிக்கை.

TEXT BOOK :

“அறநெறிகள்,” நூலாக்கம்: முனைவர். A. ஜான் டி பிரிட்டோ,

பேரா. யூஜின் பிராங்கோ, பேரா. S.V.L. மைக்கேல்;

வெளியீடு : தூய சவேரியார் தன்னாட்சிக் கல்லூரி, பாளையங்கோட்டை.

FOUNDATION COURSE**RELIGION - II****(Sub. Code : 18 USB 21)****CREDIT - 1****SEMESTER - II****HOURS - 2****Objective**

- To make the students understand the evolution of the Church and its sacramental value..
- To make the students understand various sacraments and its significance to their lives and to the Church.
- To help the students grow with respect for all religions.

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|-----------------------------|---|
| 1. Prayer | - செபம் |
| 2. Sacraments of the church | - அருள் அடையாளங்கள் பற்றிய பொதுக் கருத்து |
| 3. Baptism | - திருமுழுக்கு |
| 4. Confirmation | - உறுதிபூசுதல் |
| 5. The Eucharist | - நற்கருணை. |
| 6. Penance | - ஒப்புரவு |
| 7. Anointing of the Sick | - நோயில் பூசுதல் |
| 8. Holy Orders | - குருத்துவம் |
| 9. Matrimony | - திருமணம். |
| 10. World Religions | - உலக சமயங்கள் |
| 1. Introduction | - 1. முன்னுரை |
| 2. Hinduism | - 2. இந்து மதம் |
| 3. Buddhism | - 3. புத்த மதம் |
| 4. Jainism | - 4. சமண மதம் |
| 5. Islam | - 5. இஸ்லாம் |
| 6. Sikhism | - 6. சீக்கிய மதம் |

TEXT BOOK

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SKILLS FOR EMPLOYABILITY

(18USB21)

Semester : II	Credit	: 2
Category: SBE 2	Hours/Week	: 2

Course Outcomes: At the end of the course students will be able to

1. manage stress, conflicts and criticism
2. be emotionally balanced
3. plan and choose career
4. prepare good Fort Folio
5. acquire skills to face job interview

- UNIT I **Survival Strategies** - Managing stress – Conflict – Coping Criticism -Work Environment –Team work – Problem solving
- UNIT II **Emotional Intelligence** -Applying Emotional Intelligence -Emotional Intelligence And Emotional Competence - Components Of Emotional Intelligence – Behavioral Skills Of Emotional Intelligence.
- UNIT III **Career Guidance**- Objective - Meaning- Counseling & Guidance – Characteristics of Guidance - Principles of Guidance & Philosophy-Career Planning
- UNIT IV **Prepare Fort Folio**-Create A Portfolio- The Elements Of a Portfolio- Resume or CV - Transcripts - Evidence of internship certifications - Letters of reference - Evidence of specific skills - Work samples -Creating electronic portfolios-Adopting a presentation format
- UNIT V **Ready For Job Interview** –Prepare Who Are You (Introduce Yourself)-Interviews – Types Of Interviews - Preparing For Interviews - Facing Interviews - Reviewing Performance - Participating In Mock Interviews-The Body And The Way It Communicates- The Face, Its Expressions And What It Says -Etiquettes For Public Speaking, Interviews And Group Discussions

TEXT BOOK:

1. Dr. Xavier Alphonse S.J., We Shall Overcome, ICRDEC Publications, Chennai, 2004.
2. Robbins, S. P. and Hunsaker, Phillip, L. (2009). Training in Interpersonal skills. Tips for managing people at work. 5th ed. New Delhi: PHI Learning.
3. Covey Sean, Seven Habit of Highly Effective Teens, New York, Fireside Publishers, 1998.
4. Carnegie Dale, How to win Friends and Influence People, New York: Simon & Schuster, 1998.

FOUNDATION COURSE

HUMAN RIGHTS AND SOCIAL ANALYSIS

(Sub. Code : USBE 34)

SEMESTER - III

HOURS - 2

CREDIT - 1

Objective

- To help the students become aware of the Society in which they live.
- To make them understand human violence in India and redressal for such violence, through an exposure to Human Rights and Duties,

UNIT I HUMAN BEING AND SOCIETY

Interdependence of human being and society - Social system and its components - Human Rights awareness and Social analysis.

UNIT II HUMAN RIGHTS

The concept - Evolution - Political fundamental rights - Civil fundamental rights - Economic and social fundamental rights - Universal human rights - Fundamental rights under Indian Constitution.

UNIT III ANALYSIS OF INDIAN SOCIETY

Characteristics of Indian society - Political system - Economic system - Social system - Cultural system - Religious system - Media system - Eco system.

UNIT IV HUMAN RIGHTS AND VIOLATIONS IN INDIA

In politics - in economy - in social and cultural systems - Casteism - Gender injustice - Environmental problems and human rights violations.

UNIT V

REDRESSAL FOR HUMAN RIGHTS VIOLATIONS AND APPROACHES TO SOCIAL DEVELOPMENT

Human right organizations - Redressal process for violations - Concept of and approaches to social development - values for Social Development - Dreams and hopes for better India.

TEXT BOOK

"எழுமின் விழிமின்", 2008. ஆசிரியர்: பேரா. ச. டேவிட் அப்பாத்துரை; வெளியீடு: தூய சவேரியார் (தன்னாட்சி) கல்லூரி, பாளையங்கோட்டை.

ENVIRONMENTAL STUDIES

(Sub Code : 18 UES 31)

Semester III

Credits : 2

Hours : 2

Objective :

- > To provide the students the information about environment that will lead to a concern for our own environment
- > To make the students act at their own level to protect the environment we all live in.

UNIT I : Concept of Environment & Natural Resources - Sustainable Conservation

What is Environment? - Definition - Scope - Importance of Environment - Economic benefits - Aesthetic value and recreation - Need for public awareness - Institutions in Environment - People in Environment. Resources - Natural resources - Forest Resources - Water Resources - Mineral Resources - Food Resources - Energy Resources - Land Resources - Air Resources.

UNIT II : Ecosystem Concepts: Goods and Services

The Ecosystem Concept - Abiotic component - Biotic component - Ecosystem - Food chain - Food webs - Ecological succession - The forest ecosystem - The grassland ecosystem - The desert ecosystem - The pond ecosystem - Goods and services of the ecosystem.

UNIT III : Biodiversity and its Conservation

Biogeographical regions of India - Value of Biodiversity - Biodiversity at Global Level - Biological Diversity at National Level - India as a Mega Diversity Nation - Hotspots of Biodiversity - Threats to Biodiversity - Extinct, Endangered and Endemic species - Conservation of Biodiversity.

UNIT IV : Pollution

Definition - Pollutant - Primary - Secondary Pollutants - Types of Pollutants - Air Pollution - Water pollution - Soil pollution - Marine Pollution - Noise Pollution - Thermal Pollution - Nuclear Pollution Waste Management - Municipal Solid Waste - Control Measures - Vermicomposting - Disposal of Hazardous wastes - Environmental Problems. Disaster Management - Disasters - Floods - Cyclones - Droughts - Earthquakes - Tsunami - Post Disaster Management - Control Measures for various Disasters.

UNIT V : Social issues and the Environment

Sustainable Development - Urban problems related to energy - Conservation of Water - Rain Water Harvesting - Environmental Ethics - Wasteland Reclamation - Environmental Protection Acts. Population Explosion - Family Welfare - HIV - AIDS - Role of Information Technology in Environment and Human Health.

References

1. Abbsai, S.A. 1998, Environmental Pollution and its Control, International Publications, Pondicherry.
2. All of Us - Environmental Education Dossiers, UNESCO,
3. Annanalai, R. Tamilnadu Biodiversity Strategy and Action Plan - 2004 - T.N. Forest Department, Govt. of TamilNadu, Chennai.
4. Bhats, H.S. 1998. Environmental Pollution and Control, Galgotia Publications (p) Ltd. New Delhi.
5. Cunningham William, Mary Cunningham, 2002 Principles of Environmental Science: Inquiry and Application, Tata Mcgraw Hill Edition.
6. Environmental Concerns of India - An Introduction, CPR, Environmental Education Centre, Chennai, 1996.

Text Book

Environmental Studies. Dr.A. John De Britto, Dr.B.Victor, Dr. M.Narayanan, Dr.D. Patric Raja, 2008, St. Xavier's College (Autonomous), Palayamkottai.