

Sl. No

Subject Code:

U16VE4

**GOVERNMENT ARTS COLLEGE (AUTONOMOUS), KARUR-05**  
**ALL UG COURSES - II SEMESTER – PART – IV**  
**(For the candidates admitted from the year 2016-17 onwards)**  
**VALUE EDUCATION**

**Course Outcomes:**

On completion of the course, student will be able to

1. understand the concept of life and society.
2. explain the Importance of Human Rights, Women's Rights and Child Labour.
3. understand the need and importance RTI and Consumer Protection.
4. maintain the mental and physical health.
5. know the powers and functions of Public service commission.

**Unit I : Philosophy of Life and Social Values**

Human Life on Earth (Kural 629) Purpose of Life (Kural 46) Meaning and Philosophy of Life (Kural 131, 226) Family (Kural 45), Peace in Family (Kural 1025) Society (Kural 446), The Law of Life (Kural 952), Brotherhood (Kural 807) Five responsibilities / duties of Man (a) to himself (b) to his family (c) to his environment (d) to his society, (e) to the Universe in his lives (Kural 43, 981).

**Unit II : Human Rights and Organizations**

Definitions, Nature of Human Rights. Universal Declaration of Human Rights, International covenant on Civil and Political Rights - International covenant of Economic, Social and Cultural Rights. Amnesty International Red Cross.

Contemporary Challenges: Child Labour – Women's Right - Bonded Labour - Problems of refugees - Capital punishment. National and State Human Rights Commissions

**Unit III : RTI Act, 2005 & Consumer Protection Act, 1986**

Definition of RTI Act, 2005 and obligations of Public Authorities – The Central Information Commission – The State Information Commission – Powers and Functions of the Information Commissions – Appeal and Penalties.

Definition of The Consumer Protection Act,1986 – State and Central Consumer Protection Councils – Consumer Disputes Redressal Agencies.

**Unit IV : Yoga and Health**

Definition, Meaning, Scope of Yoga - Aims and objectives of Yoga - Yoga Education with modern context - Different traditions and schools of Yoga - Yoga practices: Asanas, Pranayama and Meditation.

**Unit V : Role of State Public Service Commission**

Constitutional provisions and formation - Powers and Functions - Methods of recruitment -Rules and notification, syllabi for different exams - written and oral - placement.

**BOOKS FOR REFERENCES:**

1. Leah Levin, Human Rights, NBT, 1998
2. V.R. Krishna Iyer, Dialectics and Dynamics of Human Rights in India, Tagore Law Lectures.
3. Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar, Government of India, Ministry of Health, New Delhi.
4. SOUND HEALTH THROUGH YOGA - Dr.K.Chandrasekaran, Prem Kalyan Publications, Sedapatti, 1999.