



# UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A GRADE' UNIVERSITY)  
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: [academicsectionju14@gmail.com](mailto:academicsectionju14@gmail.com)

## NOTIFICATION (22/Oct. /Adp/6)

In supersession to Notification No. F.Acd./II/22/7260-7344 dated 28.09.2022, it is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Studies of the following Value Added Courses of Semester Ist and IInd for Four Year Under Graduate Programme under the Choice Based Credit System as per NEP-2020 (as given in the annexure) for the examinations to be held in the years as indicated against each:

S.NO	Value Course Added	Course Code	Semester	For the examinations to be held in the year
1.	Understanding India	UVAUIT-101	Semester-I	Dec.2022, 2023 and 2024
		UVAUIT-201	Semester-II	May 2023, 2024 and 2025
2.	Environmental Science and Education	UVAEVT-102	Semester-I	Dec.2022, 2023 and 2024
		UVAEVT-202	Semester-II	May 2023, 2024 and 2025
3.	Digital Technology	UVADTT-103	Semester-I	Dec.2022, 2023 and 2024
		UVADTT-203	Semester-II	May 2023, 2024 and 2025
4.	Health and Wellness	UVAHWT-104	Semester-I	Dec.2022, 2023 and 2024
		UVAHWT-204	Semester-II	May 2023, 2024 and 2025

The Syllabi of the courses are available on the University website: [www.jammuuniversity.ac.in](http://www.jammuuniversity.ac.in)

Sd/-  
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/22/8213 - 8272

Dated: 11-10-2022

Copy for information and necessary action to:

1. Special Secretary to the Vice-Chancellor, University of Jammu for information of Hon'ble Vice-Chancellor
2. Head/Convener, Board of Studies in Environmental Science, Biotechnology, Computer Science and Philosophy
3. Sr. P.A. to the Controller of Examinations
4. All Principal of the affiliated Degree Colleges
5. Confidential Assistant to the Controller of Examinations
6. I/C Director, Computer Centre, University of Jammu
7. Deputy Registrar/Asst. Registrar (Conf./Exams. UG/ Exam Eval Non-Prof/CDC)
8. Incharge, University Website for Uploading of the notification.

Deputy Registrar (Academic)

*Sumita Sharma*  
6/10/22  
*SS* 7/10/22  
*Edp M* 7/10/22

**UNIVERSITY OF JAMMU**

**Syllabus for FYUGP as per NEP-2020**

**Semester-I/II**

**Course Title: Understanding India**

**Value Added Course (VAC)**

**Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025**

**Credits: 2**

**Maximum Marks: 50**

**Mid Semester Test: 10 marks**

**End Semester Exam: 40 marks**

**Duration of Examination: 2½ hours**

**Course Code: UVAUIT-101/UVAUIT-201**

**No. of Lectures: 30**

**Learning Objectives:**

1. To make student aware of the trajectories of historical and cultural development of India and the making of unity in diversity
2. To understand the major forms and phases of freedom struggle
3. To make student aware of the major contributors to our struggle for independence
4. To familiarize students with the process of constitutional developments and its emergence as one of the largest democratic state in the world
5. To make student aware of the major contributions of India to world civilization in the field of science and technology

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**UNIT-I**

- I. *Bharatavarsha*: concept and its evolution: Vedic, Epic and Puranic traditions and the making of Modern India
- II. State and Imperial formation: Rise of Janapadas, The Mauryas, the Kushanas, the Guptas, Pallava, Cholas and Vijayanagara empire
- III. Origin and growth of major religious streams: Vedic, Jainism, Buddhism, Bhakti and Sufism, BrahmoSamaj, Arya Samaj, Religious philosophy of Sri Aurobindo
- IV. Development of literary traditions: Panini, Kalidasa, Veda Vyasa, Valmiki

**UNIT-II**

- I. India's Struggle for freedom: 1857 as the First War of Independence
- II. Important heroes of Freedom struggle: Birsa Munda, Bhagat Singh, Chandrasekhar Azad Subhash Chandra Bose.
- III. Formation of India National Congress and Contribution of Mahatama Gandhi; Making of Indian constitution and its salient features.
- IV. Re-emergence of Swadeshi Movement in India; Flagship Programmes: Jan Dhan Yojana; Skill India Mission; Make in India; Atam Nirban Bharat.

*Sumit*



**UNIVERSITY OF JAMMU**

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**Semester-I/II**

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**Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025**

**Credits: 2**

**Maximum Marks: 50**

**Mid Semester Test: 10 marks**

**End Semester Exam: 40 marks**

**Duration of Examination: 2½ hours**

**Course Code: UVAUIT-101/UVAUIT-201**

**No. of Lectures: 30**

**UNIT-III**

- I. India's contribution to the world: Medical science: Charaka, Sushruta;
- II. Mathematics and Astronomy: Aryabhatta, Baudhyana, Brahmagupta, Ramanujam,
- III. Physics: Kanad, P.C.Ray, Raman

**Readings:**

- Basu, D. (2012) 'Introduction to the Constitution of India', New Delhi, Lexis Nexis.
- Bhikku, Parekh (1989). Colonialism, Tradition and Reforms: An Analysis of Gandhi's Political Discourses, New Delhi, Sage Publications.
- Bipan Chandra (1987). India's Struggle for Independence. Penguin, Delhi.
- Dhar, P.K. (2000): Growing Dimensions of Indian Economy, Kalayani Publishers, New Delhi.
- Dhingra, I.C (2020).: Indian Economy, Sultan Chand & sons, New Delhi.
- Dutt, R. and Sundharam (2018): Indian Economy, S. Chand & Co. Ltd., New Delhi.
- Gautam A (2009): Advanced Geography of India, Sharda Pustak Bhawan, Allahabad.
- Godschalk, D.R. (et.al.) (1999): Natural Hazard Mitigation Recasting Disaster Policy and Planning, Island Press, Washington, D.C.
- Gore, M. S. (2002) Unity in Diversity: The Indian Experience in Nation-Building, Rawat Publication, Jaipur.
- Government of India, Economic Survey (Annual), Economic Division, Ministry of Finance, New Delhi.
- K. Roy, C. Saunders and J. Kincaid (2006) (eds.) 'A Global Dialogue on Federalism', Volume 3 Montreal, Queen's University Press.
- Kabir, Humayun (1946). Our Heritage, National Information and Publications Ltd., Mumbai.
- L. Rudolph and S. Rudolph, (2008) 'Explaining Indian Institutions: A Fifty Year Perspective, 1956-2006', Volume 2, New Delhi, Oxford University Press.
- M. Singh, and R. Saxena (2011) (eds.), 'Indian Politics: Constitutional Foundations and Institutional Functioning', Delhi: PHI Learning Private Ltd.
- Malik, S. C. (1975). Understanding Indian Civilization: A Framework of Enquiry, Indian Institute of Advanced Study, Shimla.

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**UNIVERSITY OF JAMMU**

**Syllabus for FYUGP as per NEP-2020**

**Semester-I/II**

**Course Title: Understanding India**

**Value Added Course (VAC)**

**Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025**

**Credits: 2**

**Maximum Marks: 50**

**Mid Semester Test: 10 marks**

**End Semester Exam: 40 marks**

**Duration of Examination: 2½ hours**

**Course Code: UVAUIT-101/UVAUIT-201**

**No. of Lectures: 30**

- Ministry of Human Resource Development.
- Ministry of Skill Development and Entrepreneurship.
- Misra, S.K and Puri (2020), V.K.: Indian Economy, Himalaya Publishing House, Mumbai
- MoEF, 2006: National Environmental Policy-2006, Ministry of Environmental and Forest Governmental of India
- Romila Thapar (2016) History of India, Tylor and Francis.
- S. Cohen, (2009) 'the Making and Working of the Indian Consitution', New Delhi, National Book Trust
- S. Cohen, (2002) India: Emerging Power, Brookings Institution Press
- Satish Chandra (2009) History of Medieval India, Oriental Black Swan, New Delhi.
- Scheider, T. and Collins, L. (1998): Disaster Management and Preparedness, Lewis Publishers Washington, D.C.12
- Sharma, T.C. (2013) Economics Geography of India, Rawat Publication, Jaipur.
- Tiwari, R.C. (2007) Geography of India, Prayag Pustak Bhawan, Allahabad

**SCHEME OF EXAMINATION (Understanding India)**

The paper shall be of 50 marks comprising 10 marks for Mid Semester Assessment and 40 marks for End-Semester Examination. The responsibility of conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator. The End-Semester Examination shall be conducted by the concerned University. In Section A of the Paper, there will be four (4) short answer questions representing all Units/Syllabi i.e. at least one question from each unit. Each question shall be of 2½ marks (**All Compulsory**). In Section B of the Paper, there will be Six (6) long answer questions (**Three to be attempted, one from each unit**) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.

*Sumit*



**UNIVERSITY OF JAMMU**

**Syllabus for FYUGP as per NEP-2020**

**Semester-I/II**

**Course Title: Environmental Science and Education  
Value Added Course (VAC)**

**Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025**

**Credits: 2**

**Maximum Marks: 50**

**Mid Semester Test: 10 marks**

**Duration of Examination: 2½ hours**

**Course Code: UVAEVT 102/UVAEVT 202**

**No. of Lectures: 30**

**End Semester Exam: 40 marks**

*Learning Objectives: The course attempts to create pro-environmental attitude and behavioral pattern in student community and society to create sustainable lifestyle and awareness on various environmental issues.*

*Learning Outcomes: This course is expected to inculcate a critical thinking on various dimensions of environment through knowledge, skill, critical thinking and problem solving.*

**UNIT 1. UNDERSTANDING THE ENVIRONMENT**

- 1.1 Environment: concept, importance and components
- 1.2 Ecosystem: concept, structure and function (food chain, food web, ecological pyramids and energy flow)
- 1.3 Ecosystem services: provisioning, regulating, supporting, cultural
- 1.4 Ecological succession: definition, process and types (Hydrosphere and Xerosere)
- 1.5 Concept and objectives: environmental education, environmental ethics

**UNIT 2. NATURAL RESOURCES AND ENVIRONMENTAL POLLUTION**

- 2.1 Natural resources: renewable and non-renewable (global status, distribution and production)
- 2.2 Natural resource management: individual, community and government level
- 2.3 Air, water and soil pollution: causes, effects and control
- 2.4 Solid waste management: collection, segregation, transportation and disposal
- 2.5 Climate change: causes and consequences

**UNIT 3. ENVIRONMENT AND BIODIVERSITY**

- 3.1 Ecological footprints: concept with special emphasis on carbon footprint
- 3.2 Contemporary views on the concept of gross net happiness and Aldo Leopold's land ethics
- 3.3 Ecotourism: concept of protected area network with special reference to Dachigam national park and Kishtwar national park
- 3.4 Biodiversity: concept, levels, hot spots and values
- 3.5 Threats and conservation of biodiversity

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**UNIVERSITY OF JAMMU**

**Syllabus for FYUGP as per NEP-2020**

**Semester-I/II**

**Course Title: Environmental Science and Education  
Value Added Course (VAC)**

**Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025**

**Credits: 2**

**Maximum Marks: 50**

**Mid Semester Test: 10 marks**

**Duration of Examination: 2½ hours**

**Course Code: UVAEVT 102/UVAEVT 202**

**No. of Lectures: 30**

**End Semester Exam: 40 marks**

**Suggested readings:**

1. Asthana, D.K. Text book of Environmental studies. S. Chand publishing.
2. Basu, M., Xavier, S.S. Fundamentals of Environmental Studies, Cambridge University Press, India.
3. Basu, R.N. (Ed.) Environment. University of Kolkata.
4. Barucha, E. Text book of Environmental studies. University Press.
5. Miller, T.O. Jr. Environmental Science. Wadsworth Publishing Co.
6. Wagner, K.D. Environmental Management. W.B. Saunders Co. Philadelphia. USA 499p
7. Mckinnev, M.L. & Schoch, R.M. Environmental Science Systems & Solutions. Web enhanced edition 639p

**SCHEME OF EXAMINATION:**

The paper shall be of 50 marks comprising 10 marks for Mid Semester Assessment and 40 marks for End-Semester Examination. The responsibility of conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator. The End-Semester Examination shall be conducted by the concerned University. End-Semester Examination will consist of two sections in question paper with the pattern as follows:  
Section-A will consist of four (4) short answer questions representing all units/syllabi i.e. at least one question from each unit. Each question shall be of 2.5 marks (**All compulsory**).  
Section-B will consist of six (6) long answer questions (**Three to be attempted, one from each unit**) representing whole of the syllabi i.e. two questions from each unit. Each question shall be of 10 marks.

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**UNIVERSITY OF JAMMU**  
**Syllabus for FYUGP as per NEP-2020**  
**Semester-I/II**  
**Value Added Courses (VAC)**

**Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025**

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<b>Unitization:</b> 03 Units	<b>Credits:</b> 2
<b>Course Title:</b> Digital and Technological Solutions	<b>Max Marks:</b> 50
<b>Mid Semester Examination:</b> 10 Marks	<b>Course Code:</b> UVADTT-103/UVADTT-203
<b>End Semester Examination:</b> 40 Marks	<b>Duration of Examination:</b> 2½ Hours
	<b>No. of Lectures:</b> 30

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**Course objectives:**

- To gain familiarity with digital technologies.
- To sensitize about role & significance of digital technology.
- To provide know how of communications & networks.
- To bring awareness about the e-governance and Digital India initiatives.
- To provide familiarity with the emerging digital technologies.

**Course outcomes:**

- Knowledge about the digital paradigm.
- Realisation of importance of digital technology, digital financial tools, e-commerce.
- Know-how of communication and computer networks.
- Familiarity with the e-governance and Digital India initiatives.
- Understanding the latest digital technologies.

**UNIT I**

*Introduction and Evolution of Digital Systems, Role and significance of Digital Technology, Information & communication technology & tools, Computer system & its working, Software and its types, Operating Systems: types and functions.*

*Communication Systems: Principles, model & transmission media, Computer networks, Internet: concept and applications, WWW, Web Browsers, Search Engines, Messaging, E-mail, Social networking.*

**UNIT II**

*Computer Based Information System: significance and types, e-Commerce & digital marketing: basic concepts, benefits & challenges.*

*Digital India & e-Governance: Initiatives, Infrastructure, Services and Empowerment.*

*Digital Financial Tools: Unified Payment Interface, Aadhar enabled payment System, USSD, Credit/Debit Cards, e-Wallets, Internet Banking, NEFT/RTGS and IMPS, Online Bill Payments and PoS. Cyber Security: Threats, Significance, Challenges, Precautions, Safety Measures & Tools.*

**UNIT III**

*Emerging Technologies & their applications: Overview of Cloud Computing, Big Data, Internet of things, Virtual reality, Block chain, Robotics, Artificial intelligence, 3-D Printing, Future of digital technologies.*

**Text Books:**

1. *Fundamentals of Computers* by E Balagurusamy, Tata McGraw Hill.
2. *Data Communication and Networking* by Behrouz A. Forouzan, McGraw Hill Education.
3. *Emerging Technologies in Computing: Theory, Practice, and Advances*, by P. Kumar, A. Tomar, and R. Sharmila, 1<sup>st</sup> Edition, 2021.
4. *Essentials of cloud computing* by K. Chandrasekharan, CRC press, 2014.
5. *Blockchain: Blueprint for a new economy* by M. Swan, O'Reilly Media, 2015.

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UNIVERSITY OF JAMMU  
Syllabus for FYUGP as per NEP-2020  
Semester-I/II  
Value Added Courses (VAC)

Examination to be held December 2022, 2023 and 2024/May 2023, 2024 and 2025

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<b>Unitization:</b> 03 Units	<b>Credits:</b> 2
<b>Course Title:</b> Digital and Technological Solutions	<b>Max Marks:</b> 50
<b>Mid Semester Examination:</b> 10 Marks	<b>Course Code:</b> UVADTT-103/UVADTT-203
<b>End Semester Examination:</b> 40 Marks	<b>Duration of Examination:</b> 2½ Hours
	<b>No. of Lectures:</b> 30

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**Reference Book:**

1. *Introduction to Computers* by Peter Norton, Tata McGraw Hill.
2. *Artificial intelligence—a modern approach* by Stuart Russell and Peter Norvig/Brewka, Prentice Hall, series in Artificial Intelligence, Englewood Cliffs, NJ.  
The Knowledge Engineering Review, 11(1), 78-79. doi:10.1017/S0269888900007724.
3. *E-commerce*, by K. C. Laudon, and C.G. Traver, MA: Pearson, 2013.
4. *Big data for dummies*, Hurwitz, Judith, A. Nugent, F. Halper, and M. Kaufman, Hoboken, NJ John Wiley & Sons, 2013.
5. *Cloud Computing: Principles and Paradigms*, by Rajkumar Buyya, James Broberg and Andrzej M. Goscinski, Wiley, 2011.
6. *Blockchain Basics: A Non-Technical Introduction in 25 Steps*, by Daniel Drescher, 1st Edition.

**SCHEME OF EXAMINATION**

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## UNIVERSITY OF JAMMU

For the examinations to be held in December 2022, 2023 and 2024/May 2023, 2024 and 2025

### Value Added Course (VAC)

#### UG SEMESTER-I/II UNDER NEP-2020

COURSE CODE	:	UVAHWT-104/UVAHWT-204
COURSE TITLE	:	HEALTH AND WELLNESS
CREDITS	:	2
MAXIMUM MARKS THEORY	:	50
I) External Theory	:	40
II) Internal Assessment	:	10
MINIMUM PASS MARKS	:	
I) External	:	14
II) Internal	:	04
DURATION OF UNIVERSITY THEORY EXAM	:	2 ½ Hours

#### Course Objectives:

1. To help understand the importance of a healthy lifestyle
2. To familiarize students about physical and mental health
3. To create awareness of various life style related diseases
4. To provide understanding of stress management

#### Unit I. Introduction to Health & Wellness

(10 lectures)

Define and differentiate health and wellness. Importance of health and wellness Education. Local, demographic, societal issues and factors affecting health and wellness. Diet and nutrition for health & wellness. Essential components of balance diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals. Processed foods and unhealthy eating habits.

#### Unit II. Deficiencies & Diseases

(10 lectures)

Malnutrition, under nutrition and over nutrition. Body systems and common diseases. Sedentary lifestyle and its risk of disease. Stress, anxiety, and depression. Factors affecting mental health. Identification of suicidal tendencies. Healthy foods for prevention and progression cancer. Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome). Modern life style and hypo-kinetic diseases prevention and management through exercise.

Sumit

## UNIVERSITY OF JAMMU

For the examinations to be held in December of Year 2022, 2023 and 2024/May 2023, 2024 and 2025

### Value Added Course (VAC)

#### UG SEMESTER-I/II

#### UNDER NEP-2020

COURSE CODE	:	UVAHWT-104/UVAHWT-204
COURSE TITLE	:	HEALTH AND WELLNESS
CREDITS	:	2
MAXIMUM MARKS THEORY	:	50
I) External Theory	:	40
II) Internal Assessment	:	10
MINIMUM PASS MARKS	:	
III) External	:	14
IV) Internal	:	04
DURATION OF UNIVERSITY THEORY EXAM	:	2 ½ Hours

#### Unit III. Management of Health and Wellness

(10 lectures)

Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation. Types of Physical Fitness and its Health benefits. Postural deformities and corrective measures. Spirituality and mental health. Role of Yoga, asanas and meditation in maintaining health and wellness. Role of sleep in maintenance of physical and mental health.

#### **Suggested Books:**

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
3. Mental Health Workbook for Women: Exercise to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022.
4. Lifestyle Diseases: Lifestyle Disease Management. by C. Nyambichu & Jeff Lumiri, 2018.
5. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.

#### **SCHEME OF EXAMINATION**

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*Sumit*