MANIPUR UNIVERSITY
CANCHIPUR : IMPHAL

OFFICE ORDER NO/1034
Dated, the 9th March, 2026

No. MU/MDS/VAC/FYUP/MU/: In anticipation of the approval of the next Academic Council, the Vice-Chancellor, on the recommendation of the UG Syllabus Drafting Committee, is pleased to approve the following courses as the pool of Value-Added Courses (VACs) for the 2nd semester under FYUP. Students of the 2nd Semester (FYUP) must take at least one course from either of the two categories mentioned below. Students may also opt for equivalent/similar courses offered through SWAYAM or other UGC-approved MOOCs, subject to the approval by the University and the affiliated colleges concerned, and such credits shall be duly recognized under the Academic Bank of Credits (ABC). The detailed syllabi and course structures are given in ANNEXURE.

Value-Added Course (VAC) (2 credits)

Category	Name of the Course(s)	Course Code(s)
Digital and technological solutions	1.Digital Marketing	VAC45DTS101(T)25
	2.Web Designing	VAC45DTS102(T)25
	3.Web Development	VAC45DTS103(T)25
	4.Mobile App Development	VAC45DTS104(T)25
	5.Office Automation	VAC45DTS105(T)25
	6.Data Analysis	VAC45DTS106(T)25
	7.Basics of Big data	VAC45DTS107(T)25
	8.Introduction to Cloud Computing	VAC45DTS108(T)25
	9.IoT	VAC45DTS109(T)25
Contemporary Social Issues and Ethics	1.Cyber Security	VAC45SIE101(T)25
	2.Financial Literacy	VAC45SIE102(T)25
	3.Women Empowerment	VAC45SIE103(T)25
	4.Stress Management	VAC45SIE104(T)25
	5.Corrective Rehabilitation	VAC45SIE105(T)25

(Prof. M. Premjit Singh)
Registrar

Copy to:

1. A.R. to the Vice-Chancellor, MU
2. Deans, School of Studies, MU
3. Controller of Examinations, MU
4. Heads of Departments, MU
5. Principals of affiliated colleges, Manipur
6. Office Order Book
7. Relevant File

Course Title: Digital Marketing
Course code: VAC45DTS101(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Digital marketing	VAC45DTS101(T)25	02	30	50		30		20

Course Objectives:

In simple terms, digital marketing is the promotion of products or brands via one or more forms of electronic media. Digital marketing is often referred to as online marketing, internet marketing or web marketing.

Outcomes:

Digital marketing objectives should be SMART (Specific, Measurable, Achievable, Relevant and Time Related); and you should benchmark against your competitors to ensure that you are more effective.

Module -I: 8 hours

Introduction to Digital Marketing: What is digital marketing? How is it different from traditional marketing? ROI between Digital and traditional marketing? Discussion on Ecommerce. Discussion on new trends and current scenario of the world? Digital marketing a boon or a Bane? How can digital marketing be a tool of success for companies? Video on importance of digital marketing. Analysis of recent info graphics released by companies about digital marketing? How did digital marketing help the small companies and top inc, Categorization of digital marketing for the business. Diagnosis of the present website and business. Swot analysis of business, present website and media or promotion plan.Setting up vision,mission,and goals of digital marketing

Module – II: 6 hours

Search Engine Optimization (SEO) : On page optimization techniques, Off page Optimization techniques, Reports

Module – III: 8 hours

Social Media Optimization (SMO):Introduction to social Media Marketing. Advanced Facebook Marketing. Word Press blog creation. Twitter marketing. LinkedIn Marketing. Google plus marketing. Social Media Analytical Tools

Module – IV: 8 hours

Search Engine Marketing: Introduction to Search Engine Marketing. Tools used for Search engine Marketing. PPC /Google Adwords Tool. Display advertising techniques. Report generation

Reference Books:

1. Ryan, D. (2014). Understanding Digital Marketing: Marketing Strategies for Engaging the Digital Generation, Kogan Page Limited.
2. The Beginner's Guide to Digital Marketing (2015). Digital Marketer. Pulizzi,J.(2014) Epic Content Marketing, Mcgraw Hill Education.

Course Title: Web Designing
Course code: VAC45DTS102(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Web Designing	VAC45DTS102(T)25	02	30	30	20	20	30	

Course Objectives: In this course, you will gain a foundational knowledge of website creation and be able to apply it to the planning, design and development of your own portfolio website.

Outcomes: By the end of this course you will be comfortable creating, coding and posting basic HTML and CSS files to the Internet. Equipped with a historical understanding of the web's evolution and key industry-standard design guidelines to ensure strong online presentation, you will have a foundational knowledge of website creation and apply it to the planning, design and development of your own web page.

Module -I: 6 hours

Introduction to Web Technologies o Careers in Web Technologies and Job Roles. How does the Website work? Client and Server Scripting Languages. Domains and Hosting, Responsive Web Designing. Types of Websites (Static and Dynamic Websites). Web Standards and W3C recommendations

Module – II: 8 hours

Introduction to HTML5, Features of HTML5, HTML5 DocType, New Structure Tags, Section, Nav, Article, Aside, Header, Footer, Designing a HTML Structure of Page, New Media Tags , Audio Tag, Video Tag, Canvas and Svg Tag, Introduction to HTML5 Forms, New Attributes, Placeholder Attribute, Require Attribute, Pattern Attribute, Autofocus Attribute, email , tel, url types, number type, date type, range type, voice search, Examples of Form

Module – III: 8 hours

Introduction to CSS 3, New CSS 3 Selectors, Attribute Selectors, First-f-type, Last-f-type, Nth-child, Element: empty, New CSS3 Properties, Custom Fonts, Text-Shadow Property Text-Strike Property, Rounded Corners, Box Shadows, CSS Gradients, CSS Multiple backgrounds, opacity Property, Transition effect, Transform effect, Animation effects, CSS Media Queries, Using CSS3 in Practical Layout

Module – IV: 8 hours

Responsive Web Design with Bootstrap, Introduction to Responsive Design, Mobile first design concepts, Common device dimensions, View-port tag, Using css media queries, Menu conversion script, Basic Custom Layout, Introduction to Bootstrap, Installation of Bootstrap, Grid System, Forms, Buttons, Icons Integration ,Using CSS3 in Practical Layout

Reference Books:

1. HTML5 & CSS3 Visual Quick Start Guide (7th Edition) by Elizabeth Castro, Bruce Hyslop.
2. Bootstrap by Jake Spurlock

Course Title: Web Development
Course code: VAC45DTS103(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Web Development	VAC45DTS103(T)25	02	30	30	20	20	30	

Course Objectives:

Outcomes: Module

-I: 6 hours

Introduction to PHP, PHP Intro, PHP Install, PHP Syntax, PHP Variables, PHP Echo / Print, PHP Data Types, PHP Strings, PHP Constants, PHP Operators

Module – II: 8 hours

Html Form with PHP, PHP Form Handling, PHP Form Validation, PHP Form Required, PHP Form URL/E-mail, PHP Form Complete

Module – III: 8 hours

Decisions and Loop, Making Decisions, Doing Repetitive task with looping, Mixing Decisions and looping with Html, PHP If, Else and Elseif, PHP Switch, PHP While Loops, PHP For Loops

Module – IV: 8 hours

Database Connectivity with MYSQL, Introduction to RDBMS, Connection with MySql Database, Performing basic database operation (DML), (Insert, Delete, Update, Select) Setting query parameter, Join (Cross joins, Inner joins, Outer Joins, Self joins)

Reference Books:

1. Learning PHP, MySQL, JavaScript, CSS & HTML5: A Step-by-Step Guide to Creating Dynamic Websites 3rd Edition by Robin Nixon

Course Title: Mobile App Development
Course code: VAC45DTS104(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Mobile App Development	VAC45DTS104(T)25	02	30	30	20	20	30	

Course Objectives: This course is concerned with the development of applications on mobile and wireless computing platforms. Android will be used as a basis for teaching programming techniques and design patterns related to the development of standalone applications and mobile portals to enterprise and m-commerce systems.

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

1. Identify various concepts of mobile programming that make it unique from programming for other platforms,

2. Critique mobile applications on their design pros and cons,

3. Utilize rapid prototyping techniques to design and develop sophisticated mobile interfaces,

4. Program mobile applications for the Android operating system that use basic and advanced phone features, and

5. Deploy applications to the Android marketplace for distribution.

Module -I: 6 hours

Introduction to Android: The Android Platform, Android SDK, Eclipse Installation, Android Installation, Building you First Android application, Understanding Anatomy of Android Application, Android Manifest file.

Module – II: 8 hours

Android Application Design Essentials: Anatomy of an Android applications, Android terminologies, Application Context, Activities, Services, Intents, Receiving and Broadcasting Intents, Android Manifest File and its common settings, Using Intent Filter, Permissions.

Module – III: 8 hours

Android User Interface Design Essentials: User Interface Screen elements, Designing User Interfaces with Layouts, Drawing and Working with Animation.

Module – IV: 8 hours

Testing Android applications, Publishing Android application, Using Android preferences, Managing Application resources in a hierarchy, working with different types of resources.

Reference Books:

1. Lauren Darcey and Shane Conder, "Android Wireless Application Development", Pearson Education, 2nd ed. (2011)

Course Title: Office Automation
Course code: VAC45DTS105(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Office Automation	VAC45DTS105(T)25	02	30	30	20	20		30

Course Objectives:

Outcomes:

Module -I: 6 hours

BASICS OF COMPUTER, OPERATING SYSTEMS,MS-WINDOWS & LINUX, INTERNET & ADVANCED COMMUNICATION

Module – II: 8 hours

MS OFFICE: MS-WORD, OPEN OFFICE: WRITER

Module – III: 8 hours

MS OFFICE: MS-EXCEL, OPEN OFFICE: CALC & MATH,MS OFFICE: MS-POWER POINT, OPEN OFFICE: IMPRESS

Module – IV: 8 hours

MS OFFICE: MS-ACCESS, OPEN OFFICE: BASE

Reference Books:

1. Fundamentals of computers - V.Rajaraman - Prentice- Hall of India
2. Microsoft Office 2007 Bible - John Walkenbach,Herb Tyson,Faithe Wempen,cary N.Prague,Michael R.groh,Peter G.Aitken, and Lisa a.Bucki -Wiley India pvt.ltd.
3. The complete reference Linux - Richard petersen - Tata McGraw - Hill Edition
4. A Conceptual Guide to OpenOffice.org 3 - R. Gabriel Gurley- CreateSpace Independent Publishing Platform, 2008.

Course Title: Data Analysis
Course code: VAC45DTS106(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Data Analysis	VAC45DTS106(T)25	02	30	40	20	20	10	10

Data analysis for extracting information is mandatory for all aspects of investigation .Knowing the fundamentals of data using statistical tools enables learner to analyse data of their respective fields. **Learning objective** is to let students use of statistical tools thereby enabling students to analyse data related to their field of studies/enquiry for drawing conclusion as regard to their investigation/query.

Learning outcome: After learning the course contents ,students shall be able to use statistical techniques for analyzing data set to draw inferences about population based on sample studies.

Module-I:6 hours.

Data and Variables: Types of data and variables as foundation for analysis, methods of data collection, frequency distribution tables ,data presentation using graphs and diagrams.

Module-II:8 hours.

Data description: Measures of Central Tendencies and Variability, Skewness and Kurtosis.

Module-III:8 hours.

Analysis of uncertain data: Probability concept , Fundamental laws of probability and their applications

Module-IV:8 hours.

Data analysis and tests: Simple correlation and regression analysis, One way analysis of variance, t - test and f -test.

References:

1. Statistics Principles and Methods by Richard Johnson and Gauri Bhattacharya,John Willey & Sons,New York,1985

2. The essence of STATISTICS FOR BUSINESS 2nd Edition by Michael C.Fleming Joseph G.Nellis ,Prentice Hall of India pvt.ltd.New Delhi1995

3. Statistical Methods for Environmental & Agricultural Sciences 2nd Edition by A.Reza Hosmand,CRC Press,New York1998

4. Statistics :A Foundation For Analysis By Ann Hughes and Dennis Grawoig,Addition Willey publishing Company,London 1971

Course Title: Basics of Big Data
Course code: VAC45DTS107(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Basics of Big Data	VAC45DTS107(T)25	02	30	40	10	20	10	20

It is important to have a basic overview of big data. Big data refers to collection of complicated data in volumes that includes management capabilities, media analytics and real time data. Today , big data technologies drive the world. To master big data technology, students must have a fair knowledge of all its basics.

Learning objective is to provide basics of big data and its computer aided design analysis tools.

Outcome: As the big data is big data volume, students after completion of the course wilL be able to understand the growing tendency of vast collection of data at an exponential phase over time that led to the development of different big data based technology.

Module-I:6 hours.

Introduction to big data, Types of big data technologies(basics) ,use of big data technologies,Examles of big data.

Module-II:8 hours.

Big data tools ,Primary objectives of big data tools(basic idea),Advantages of big data technologies.

Module-III:8 hours.

Data storage tools, data analytics based big data tools(basic only).

Module-IV:8 hours.

Data mining based big data tools, data visualization based big data tools (listing and basics only).

References:

1. *Big Data Analytics with R and Hadoop by Vignesh Prajapati .*

2. *The Human Face of Big Data by Rick Smolan and Jennifer Erwitt.*

3. *Hadoop for Dummies by Dirk Deroos.*

4. *Data Science for Business: What You Need to Know about Data Mining by OM Fawcet.*

Course Title: Introduction to Cloud Computing
Course code: VAC45DTS108(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Introduction to Cloud Computing	VAC45DTS108(T)25	02	30	40		20		40

Course Objectives: The course gives an overview of the field of Cloud Computing, and an in-depth study into its enabling technologies and main building blocks, also promotes a better learning environment for students, and create a better working environment for educators.

Outcomes: After the completion of the course, the students will be able to understand the idea behind cloud computing services i.e host web services, store and backup data, host and stream media & many more.

Module -I: 6 hours

Basic Concepts of Cloud Computing Computer Network Basics. Concepts of Distributed Systems. Concepts of Cloud Computing and its Necessity. Cloud Service Providers in use and their Significance

Module – II: 8 hours

Private cloud environment, public cloud environment, Hybrid cloud environment, Cloud security, virtualization

Module – III: 8 hours

Service models, Infrastructure as a Service (IaaS), Platform as a Service (PaaS), Software as a Service (SaaS).

Module – IV: 8 hours

Building Cloud Networks Designing and Implementing a Data Center-Based Cloud Installing Open Source Cloud service. Amazon Web Services (AWS). Google Cloud Platform.

Reference Books:

1. Cloud Computing: Concepts, Technology & Architecture by Erl Thomas (Author), Puttini Ricardo (Author), Mahmood Zaigham
2. Basic Cloud Computing in 10 Days Paperback – by Umesh Dande

Course Title: IoT
Course code: VAC45DTS109(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work / Project work	Assignment
IoT	VAC45DTS109(T)25	02	30	40		20		40

Course Objectives: The Internet of Things is commonly related to the networks of physical objects. These objects are embedded with software, sensors, and other technology. IoT helps in data exchanging among physical objects over the internet. IoT technology is similarly pertaining to the concept of smart-home, appliances, smart speakers, smartphones, healthcare systems, and security systems, etc.

Outcomes:

- Able to understand the application areas of IoT.
- Able to realize the revolution the of Internet in Mobile Devices, Cloud & Sensor Networks
- Able to understand the building blocks of the Internet of Things and its characteristics.

Module -I: 6 hours

FUNDAMENTALS OF IoT- Evolution of Internet of Things, Enabling Technologies, M2M Communication, IoT World Forum (IoTWF) standardized architecture, Simplified IoT Architecture, Core IoT Functional Stack, Fog, Edge and Cloud in IoT, Functional blocks of an IoT ecosystem, Sensors, Actuators, Smart Objects and Connecting Smart Objects.

Module – II: 8 hours

IoT PROTOCOLS- IoT Access Technologies: Physical and MAC layers, topology and Security of IEEE 802.15.4, 802.11ah and Lora WAN, Network Layer: IP versions, Constrained Nodes and Constrained Networks,6LoWPAN, Application Transport Methods: SCADA, Application Layer Protocols: CoAP and MQTT.

Module – III: 8 hours

Design Methodology, Embedded computing logic, Microcontroller, System on Chips, IoT system building blocks

Module – IV: 8 hours

IoT Platform overview: Overview of IoT supported Hardware platforms such as: Raspberry pi, Arduino Board details

Reference Books:

- IoT Fundamentals: Networking Technologies, Protocols and Use Cases for Internet of Things, David Hanes, Gonzalo Salgueiro, Patrick Grossetete, Rob Barton and Jerome Henry, Cisco Press, 2017
- Internet of Things – A hands-on approach, Arshdeep Bahga, Vijay Madisetti, Universities Press, 2015
- Internet of Things: Architecture, Design Principles And Applications, Rajkamal, McGraw Hill Higher Education

Course Title: Cyber Security
Course code: VAC45SIE101(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Cyber Security	VAC45SIE101(T)25	02	30	50				50

Course Objectives: Cyber Security is the study of how computer systems and networks can be protected from theft or damage to their hardware, software or electronic data, and also the disruption of the services that they provide. The study of Cyber Security plays an important role because the use of social media is in demand these days, and there should be control over the data that is shared by people.

Outcomes:
To understand various types of cyber-attacks and cyber-crimes
To learn threats and risks within context of the cyber security
To have an overview of the cyber laws & concepts of cyber forensics
To study the defensive techniques against these attacks

Module -I: 8 hours
Introduction, Computer Security, Threats, Harm, Vulnerabilities, Controls, Authentication, Access Control and Cryptography. Web attack: Browser Attacks, Web Attacks Targeting Users, Obtaining User or Website Data, Email Attacks. Network Vulnerabilities: Overview of vulnerability scanning, Open Port / Service Identification, Banner /Version Check, Traffic Probe, Vulnerability Probe, Vulnerability Examples, OpenVAS, Metasploit. Networks Vulnerability Scanning (Netcat, Socat), Network Sniffers and Injection tools.

Module – II: 6 hours
Internet crime and Act: A Brief History of the Internet, Recognizing and Defining Computer Crime, Contemporary Crimes, Computers as Targets, Contaminants and Destruction of Data, Indian IT ACT 2000

Module – III: 8 hours
Cyber Crimes, Types of Cybercrime, Hacking, Attack vectors, Cyberspace and Criminal Behavior, Clarification of Terms, Traditional Problems Associated with Computer Crime, Introduction to Incident Response, Digital Forensics, Computer Language, Network Language, Realms of the Cyber world.

Module – IV: 8 hours
Firewalls and Packet Filters, password Cracking, Keyloggers and Spyware, Virus and Warms, Trojan and backdoors, Steganography, DOS and DDOS attack, SQL injection, Buffer Overflow, Attack on Wireless Networks

Reference Books:
Cyber Security Essentials, James Graham, Richard Howard and Ryan Otson, CRCPress.
Introduction to Cyber Security, Chwan-Hwa(john) Wu,J. David Irwin, CRC Press T&FGroup.

Course Title: Financial Literacy
Course code: VAC45SIE102(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Financial Literacy	VAC45SIE102(T)25	02	30	50			30	20

Course Objectives: Financial literacy is essential in meeting the financial challenge of the 21st Century. The competencies, which form the basis for this course, enable students to analyze their personal financial decisions, evaluate the costs and benefits of their decisions, recognize their rights and responsibilities as consumers, and apply the knowledge learned in school to financial situations encountered later in life.

Outcomes:
It will make a more responsible individual with a disciplined approach to money and helps people from overspending and inculcates a habit of savings and investments.

Module -I: 6 hours
Basics of Savings and Investment: Why are investing and savings important? Savings Vs Investment, Power of Compounding, What should be the investment objectives? Risk and Return, Inflation effects on Investment, Investor's Age and Assets Allocation

Module – II: 8 hours
Banking Activities: Deposits and Types of Deposits-Saving Bank Accounts, Fixed Deposit Accounts, Recurring Deposit Account, Special Term Deposit Schemes, Loans and Types of loan advanced by Banks and Other secondary functions of Bank. Banking structure in India and Role of Reserve Bank of India

Module – III: 8 hours
Financial Markets: Capital Market Vs Money Market, Securities and its types, i.e., Equity, Debentures or Bonds, IPOs and FPOs, Mutual Funds, Types of Mutual Funds, Brokers, sub- brokers, Process for becoming a capital market investor

Module – IV: 8 hours
Protection Related products: Insurance Policies, Life Insurance, Term Life Insurance, Endowment Policies, Pension Policies, ULIP, Health Insurance and its Plans, Understanding of Ponzi Schemes

Reference Books:
Investment Planning by SEBI
Indian financial System, by T. R. Jain and R. L .Sharma, VK Global Publisher
Money and Banking by T. R. Jain and R. K. Kaundal, VK Global Publisher

Course Title: Women Empowerment
Course code: VAC45SIE103(T)25

Course title	Course code	Total credit s	Contac t hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Women Empowerment	VAC45SIE103(T)25	02	30	40		50	10	

Course Objectives:
promoting women's sense of self-worth, ability to determine own choices, and right to influence social change for themselves and others.
To think, behave, manage, take action and make decisions toward empowerment of women.

Learning Outcomes:
At the end of the course, students will be able to raise self -esteem and self- confidence of women.
eliminate discrimination and all forms of violence against women and girl child.
understand constitutional and legal provisions and safeguarding rights of women.

Module -I: 6 hours
Meaning, concept, nature, objectives & target of women empowerment. History of women movement in Manipur.

Module – II: 8 hours
Determinants of women empowerment: Education, health, social life, economic status, communications skills, political life, cultural life, and decision making.

Module – III: 8 hours
Women activism, protest and civil society organisations for women, Indian Constitution and Women Rights, National Commission for Women

Module – IV: 8 hours
Main problems of Manipuri women and suggestions for solving the problems. Women empowerment through Panchayati Raj, Central Social Welfare Board, State Social Welfare Board for Women Empowerment.

Reference:
Maithreyi Krishna Raj, (1986): Women Studies in India: Some Perspectives. Popular Prakashan Mumbai
Mies, Maria. (1980). “Indian Women and Patriarchy. Concept Publishing Company, New Delhi
Basu, Aparna (1990): The Role of Women in the Indian Struggle for Freedom
R. Nanda, “Indian Women: From Purdah to Modernity”

Course Title: Stress Management
Course code: VAC45SIE104(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Stress Management	VAC45SIE104(T)25	02	30	30	30	10	30	

Course Objectives:

1. To understand nature of stress management.
2. To understand positive and negative stress and how to use various techniques and determine the most appropriate method to aid in managing student's reaction to stress.
3. To understand meditation a means of stress management and gain a sense of wholeness inner peace by using these skills.

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

1. Ability to tap personal strengths for preventing and achieving meaning goal, and the students will be able to access and analyze the symptoms.
2. Causes and effects of personal and academic stressors in order to implement appropriate stress management technique.
3. Demonstrate various ways of managing stress.

Module –I: 6 hours
Introduction to Stress Meaning and definition, (stress, distress), Types of stress. Acute and chronic stress, sign and symptoms, sources of stress.

Module-II: 8 hours
Physiological and emotional Management Asanas, Pranayamas ,Yama-(Ahimsa, Satya,Asteya, Brahmachariya and Aparigraha) Niyama(Saucha,Santosha,Tapas, Svadhyaya,and Ishvara Pranidhana),Nutrition therapy, Behavioral therapy & counseling, Laughter and art therapy.

Module –III :8 hours

Intellectual Management Relaxation Technique: Yoga and Meditation, Goal setting, problem management, Time management, practice of meditation, music therapy.

Module IV: 8 hours
Social and spiritual Management Conflict resolution, interpersonal communication; forgiveness and gratitude, application of Yama and Niyama (part of Asthanga yoga).

References:

- Aboud, F.E (1998) Health Psychology in global perspectives, Thousand Oaks C.A: Sage. Bishop, G.D (1998), Health psychology; integrating mind and body, Boston; Allyn &Bacon.
- Greenberg, J. S(2013). Comprehensive Stress Management, 13th edition.
- Kottler, J.A.& D.D (2011). Stress management and prevention to daily life (2nd Ed).
- London and New York: Rutledge.Singh, N.N (2014), Psychology of Meditation, New York: Nova Science Publishers.
- Swami Sivananda, (1994), practice of Yoga, divine life society, Publication.

Course Title: Corrective Rehabilitation
Course code: VAC45SIE105(T)25

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Corrective Rehabilitation	VAC45SIE105(T)25	02	30	30	40	20	10	

Course Objectives:
To understand and develop skills for imparting therapy.
To understand Exercise therapy, Yoga Therapy.
To understand corrective modalities viz. physical agents, materials aids.

Learning Outcomes: Upon completion of the course, students will be able to
Clear the concept of rehabilitation and its use to society.
Impart knowledge and skill rehabilitation therapy so that they can deliver rehabilitation therapy to the person with various rehabilitation

Module –I: 6 hours

Meaning and concept of Rehabilitation, Need and Importance of Rehabilitation, Principles and types of Rehabilitation

Module-II: 8 hours

Methods of Rehabilitation (Moral Recognition Therapy, Academic education, Vocational education, R&R (reasoning and rehabilitation), concept of Corrective exercises

Module –III : 8 hours

Rehabilitation for Persons with Visual Impairment, Hearing Impairment, Mental Retardation, Locomotors Disability

Module IV: 8 hours

Practice the different modalities of corrective exercise at least three different problems , Roles of Exercises in Rehabilitation.

References:

- Pandey R.S.& Advani L.(1995) Perspectives in disability and Rehabilitation. New Delhi: Vikas Publishing House
- Punani, B.&Rawal Nandhini,S.(1997) Manual: Community based Rehabilitation Mumbai: National Association for the Blind.
- S Sunder, (2010) Textbook of Rehabilitation, JAYPEE brothers Medical Publishers (P) LTD third Edition.