

Programme Code: 04		B.Sc. Chemistry		
Title of the paper		MORAL AND ETHICS		
Batch	Semester	Hours / Week	Total Hours	Credits
2022 - 2023	II	2	30	2
Course Objectives				
1.	To impart Value Education in every walk of life.			
2.	To help the students to reach excellence and reap success.			
3.	To impart the right attitude by practicing self-introspection.			
4.	To portray the life and messages of Great Leaders.			
5.	To insist the need for universal brotherhood, patience and tolerance.			
6.	To help the students to keep them fit.			
7.	To educate the importance of Yoga and Meditation.			
Course Outcomes (CO)				
K1 – K5	CO1	Will be able to recognize Moral values, Ethics, contribution of leaders, Yoga and its practice		
	CO2	Will be able to differentiate and relate the day to day applications of Yoga and Ethics in real life situations		
	CO3	Can emulate the principled life of great warriors and take it forward as a message to self and the society		
	CO4	Will be able to Analyse the Practical outcome of practicing Moral values in real life situation		
	CO5	Could Evaluate and Rank the outcome of the pragmatic approach to further develop the skills		
UNIT – I				
Moral and Ethics		4 Hours		
Introduction – Meaning of Moral and Ethics – Social Ethics – Ethics and Culture – Aim of Education.				
UNIT-II		Life and Teachings of Swami Vivekananda		6 Hours
Birth and Childhood days of Swami Vivekananda – At the Parliament of Religions – Teachings of Swami Vivekananda.				
UNIT-III		Warriors of our Nation		4 Hours
Subhas Chandra Bose – Sardhar Vallabhbhai Patel – Udham Singh – V. O. Chidambaram Pillai – Bhagat Singh – Tiruppur Kumaran – Dheeran Chinnamalai – Thillaiaadi Valliammai – Velu Nachiyar – Vanchinathan.				

UNIT-IV	Physical Fitness and Mental Harmony	8 Hours
Simplified Physical Exercise – Hand Exercises – Leg Exercises – Neuro Muscular Breathing Exercises – Eye Exercises – Kabalabathi – Maharasana A & B – Massage - Acupressure – Relaxation – Kayakalpa Yogam - LifeForce – Aim & Objectives – Principle – Methods. Introspection – Analysis of Thoughts – Moralization of Desires – Neutralization of Anger – Eradication of Worries		
UNIT-V	Yoga and Meditation – The Asset of India	8 Hours
Yogasanam – Rules & Regulations – Surya Namaskar – Asanas –Sitting – Stanging – Prone - Supine - Pranayama – Naadi Sudhi – Ujjayi – Seethali – Sithkari - Benefits. Meditation – Thanduvasudhi - Agna – Shanthi – Thuriyam – Benefits.		
<i>*Self study portion</i>		
Teaching Methods: Smart Class Room/ Power point Presentation/ Seminar/ Quiz/ Discussion/ Flipped Class.		
TEXT BOOKS:		
1.	Value Based Education – Moral and Ethics – Published by Kongunadu Arts and Science College (Autonomous), Second Edition (2021).	
REFERENCE BOOKS:		
1.	Swami Vivekananda – A Biography , Swami Nikhilananda, Advaita Ashrama, India, 24th Reprint Edition (2010).	
2.	Gandhi, Nehru, Tagore and other eminent personalities of Modern India , Kalpana Rajaram, Spectrum Books Pvt. Ltd., revised and enlarged edition(2004).	
3.	Freedom Fighters of India , Lion M.G. Agrawal, Isha Books Publisher, First Edition (2008).	
4.	Easy steps to Yoga by Swami Vivekananda , A Divine Life Society Publication (2000).	
5.	Yoga Practices - 1 – The World Community Service Centre – Vethathiri Publications Sixth Edition (2017), Erode.	
6.	Yoga Practices - 2 – The World Community Service Centre – Vethathiri Publications – Eighth Edition (2017), Erode.	
<u>Question Paper Pattern</u> (External only)		
Duration: 3 hours		Total Marks: 50
Answer all Questions (5 x 10 = 50 Marks)		
Essay type, either or type questions from each unit.		