

Programme Code : 11		B. Sc Computer Technology	
Title of the Paper : Part IV - Value Education - Moral and Ethics**			
Batch 2023 - 2024	Hours / Week 2	Total Hours 30	Credits 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 to 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

Syllabus**UNIT I****4 Hours**

Moral and Ethics: Introduction – Meaning of Moral and Ethics – Social Ethics – Ethics and Culture – Aim of Education.

UNIT II**6 Hours**

Life and Teachings of Swami Vivekananda: Birth and Childhood days of Swami Vivekananda – At the Parliament of Religions – Teachings of Swami Vivekananda

UNIT III**4 Hours**

Warriors of our Nation: Subhas Chandra Bose – Sardhar Vallabhbhai Patel – Uddham Singh – V. O. Chidambaram Pillai – Bhagat Singh – Tiruppur Kumaran – Dheeran Chinnamalai – Thillaiyadi Valliammai – Velu Nachiyar – Vanchinathan

UNIT IV**8 Hours**

Physical Fitness and Mental Harmony: 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**8 Hours**

Yoga and Meditation – The Asset of India: Yogasanam – Rules & Regulations – Surya Namaskar – Asanas –Sitting – Stanging – Prone - Supine - Pranayama – Naadi Sudhi – Ujjayi – Seethali – Sithkari - Benefits. Meditation – Thanduvassudhi - Agna – Shanthi – Thuriyam – Benefits.

Teaching methods

Smart Class Room / Power point presentation / Seminar / Quiz / Discussion / Flipped Class

TEXT BOOK

1. **Value Based Education – Moral and Ethics** – compiled by Kongunadu Arts and Science College (Autonomous), 2nd 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.

Value Education – Moral & Ethics
Question Paper Pattern (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.