

**SYLLABI AND SCHEME OF EXAMINATIONS
FOR
VALUE ADDED COURSES(VAC)
FOR
UNDERGRADUATE PROGRAMES
(INTERDISCIPLINARY) IN B.P.E.H.E.S**

**(Based on Curriculum and Credit Framework and formative assessment guidelines for UG Programs
under NEP 2020)**



**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

To be applicable on the students w.e.f. session 2026-27 (1st semester onwards)

**Syllabi and Scheme of Examinations for Value Added Courses (VAC) of
Under Graduate (Interdisciplinary) in B.P.E.H.E.S**

Skill Enhancement Courses (SEC)	TYPE OF PROGRAM			Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
	SINGLE MAJOR PROGRAM	Nomenclature of Course	Course Code	L	T	P		L	T	P		Theory		Practical	Formative assessment
	SEMESTER											Internal	External		
SEC 1 @ 2 credits	1	Human Value & Ethics	26PHSX01VA01	1	0	2	3	1	0	4	5	5	20	50	75
SEC 2 @ 2 credits	2	Environment Study	26PHSX02VA01	1	0	2	3	1	0	4	5	5	20	50	75
SEC 3 @ 2 credits	4	Pranayama	27PHSX03VA01	1	0	2	3	1	0	4	5	5	20	50	75

L: Lecture; T: Tutorial; P: Practical

Syllabi for Value Added Courses (VAC) Under Graduate Programs for (Interdisciplinary) in B.P.E.H.E.S

Semester: I

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Human Value & Ethics	Course Code	26PHSX01VA01
Hours per Week	04 Hours	Credits	02 (L:0,T:0,P:2)
Maximum Marks	50 (Formative Assessment)		
Distribution of Marks will be as follows:			
Regular assessment through observation and class discussion:		20	
Field work (Report)/ Mini project:		15	
Assignment (2x5):		10	
Attendance:		05	
Total:		50	
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
CLO1: Explain the concept and importance of human values in Physical Education and sports..			
CLO2: Understand ethical principles and apply them in personal and professional life.			
CLO3: Demonstrate ethical behavior and sportsmanship in physical education and sports activities.			
CLO4: Recognize the relevance of human values and ethics in contemporary society.			
Unit 1: Introduction to Human Values			
- Meaning and concept of Human Values - Types of values: moral, social, personal, and professional - Importance of human values in physical education and sports - Role of human values in personality and character development			
Unit 2: Ethics and Moral Development			
- Meaning and definition of Ethics - Difference between values and ethics - Ethical behavior in personal and social life - Moral reasoning and ethical decision-making			
Unit 3: Ethics in Physical Education and Sports			
- Professional ethics of Physical Education teachers and coaches - Ethics in sports: fair play, sportsmanship, and integrity - Ethical issues in sports: doping, cheating, corruption, and violence - Role of ethics in leadership and teamwork			
Unit 4: Human Values in Contemporary Society			
- Human values in modern society - Role of family, education, and media in value formation - National and universal values - Importance of ethical living for social harmony			
References:			
1. Bhatia, R., & Bhatia, S. (2018). Ethics and human values. Ane Books Pvt. Ltd.			
2. Dash, B. N. (2017). Teacher and education in emerging Indian society. Neelkamal Publications.			
3. Kumar, A. (2019). Human values and professional ethics. New Age International Publishers.			
4. Sharma, R. A. (2016). Moral and ethical values in education. R. Lall Book Depot.			
5. Singh, Y. K. (2020). Philosophical and sociological foundations of education. APH Publishing Corporation.			

Semester: II

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Environment Study	Course Code	26PHSX02VA01
Hours per Week	04 Hours	Credits	02 (L:0,T:0,P:2)
Maximum Marks	50 (Formative Assessment)		
Distribution of Marks will be as follows:			
Regular assessment through observation and class discussion:		20	
Field work (Report)/ Mini project:		15	
Assignment (2x5):		10	
Attendance:		05	
Total:		50	
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
CLO1: Explain the basic concepts, scope, and importance of Environmental Studies.			
CLO2: Describe ecosystems and natural resources and their role in maintaining ecological balance.			
CLO3: Identify different types of environmental pollution and suggest measures for their control.			
CLO4: Understand the concept of sustainable development and the need for environmental protection and conservation.			
Unit 1: Introduction to Environment			
• Meaning and definition of Environment • Components of environment: biotic and abiotic • Scope and importance of Environmental Studies • Interrelationship between human beings and environment • Multidisciplinary nature of Environmental Studies			
Unit 2: Natural Resources and Biodiversity			
• Renewable and non-renewable natural resources • Forest, water, mineral, food, and energy resources • Biodiversity: meaning, types, and importance • Conservation of biodiversity • Threats to biodiversity			
Unit 3: Environmental Pollution			
• Meaning and types of pollution • Air pollution: causes, effects, and control • Water pollution: causes, effects, and control • Soil and noise pollution • Role of individuals in prevention of pollution			
Unit 4: Environmental Protection and Sustainable Development			
• Meaning and concept of sustainable development • Environmental laws and acts (brief overview) • Climate change and global warming • Role of education and awareness in environmental protection • Environmental ethics and responsibility			
References:			
1. Bharucha, E. (2018). Textbook of environmental studies for undergraduate courses (2nd ed.). Universities Press.			
2. Kaushik, A., & Kaushik, C. P. (2019). Environmental studies (5th ed.). New Age International Publishers.			
3. Rajagopalan, R. (2020). Environmental studies: From crisis to cure (3rd ed.). Oxford University Press India.			
4. Sharma, P. D. (2017). Ecology and environment (14th ed.). Rastogi Publications.			
5. Yadav, R. S. (2021). Environmental studies: Concepts and issues. Kanishka Publishers.			

Semester: IV

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Pranayam	Course Code	27PHSX03VA01
Hours per Week	04 Hours	Credits	02 (L:0,T:0,P:2)
Maximum Marks	50 (Formative Assessment)		
Distribution of Marks will be as follows:			
Regular assessment through observation and class discussion:	20		
Field work (Report)/ Mini project:	15		
Assignment (2x5):	10		
Attendance:	05		
Total:	50		
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
CLO1: Explain the concept, meaning, and importance of Pranayama in Yoga and Physical Education.			
CLO2: Describe and demonstrate basic types of Pranayama with correct techniques and precautions.			
CLO3: Understand the physiological and psychological effects of Pranayama on the human body.			
CLO4: Apply Pranayama practices for health improvement, stress management, and sports performance.			
Unit 1: Introduction to Pranayama			
• Meaning and definition of Pranayama • Concept of Prana and its importance • Pranayama in Yoga philosophy (brief reference to Patanjali Yoga Sutra) • Importance of Pranayama for health and fitness • Role of Pranayama in Physical Education and sports			
Unit 2: Types of Pranayama			
• Classification of Pranayama • Puraka, Rechaka, and Kumbhaka • Nadishodhana Pranayama • Bhastrika Pranayama • Kapalabhati Pranayama (introductory level)			
Unit 3: Technique and Practice of Pranayama			
• General guidelines for practicing Pranayama • Correct posture for Pranayama • Step-by-step practice of selected Pranayama • Duration, repetitions, and breathing rhythm • Common mistakes during practice			
Unit 4: Benefits, Precautions, and Applications			
• Physiological and psychological benefits of Pranayama • Therapeutic role of Pranayama • Precautions and contraindications • Pranayama for stress management and relaxation • Application of Pranayama in daily life and sports performance			
References:			
1. Iyengar, B. K. S. (2018). Light on pranayama: The yogic art of breathing. HarperCollins India.			
2. Saraswati, S. S. (2017). Asana pranayama mudra bandha. Yoga Publications Trust, Munger.			
3. Taimni, I. K. (2019). The science of yoga: The yoga-sutras of Patanjali. The Theosophical Publishing House.			
4. Desikachar, T. K. V. (2018). The heart of yoga: Developing a personal practice. Inner Traditions India.			
5. Gharote, M. L., & Devnath, P. (2020). Fundamentals of yoga. Lonavla Yoga Institute.			