

**SYLLABI AND SCHEME OF EXAMINATIONS**  
**FOR**  
**VALUE ADDITION 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 (1<sup>st</sup> semester onwards)**

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

(Value Added Course) VAC	TYPE OF PROGRAM SINGLE MAJOR PROGRAM SEMESTER	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks	
				L	T	P		L	T	P		Theory		Practical		Formative assessment
												Internal	External			
VAC 1 @ 2 credits	1	Human Value & Ethics	26PHSX01VA01	1	0	2	3	1	0	4	5	5	20	50	75	
VAC 2 @ 2 credits	2	Environment Study	26PHSX02VA01	1	0	2	3	1	0	4	5	5	20	50	75	
VAC 3 @ 2 credits	4	Pranayama	27PHSX04VA01	1	0	2	3	1	0	4	5	5	20	50	75	

**L: Lecture; T: Tutorial; P: Practical**

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

## Semester: I

<b>Name of Program</b>	B.P.E.H.E.S	<b>Program Code</b>	
<b>Name of the Course</b>	Human Value & Ethics	<b>Course Code</b>	26PHSX01VA01
<b>Hours per Week</b>	04 Hours	<b>Credits</b>	02 (L:0,T:0,P:2)
<b>Maximum Marks</b>	50 (Formative Assessment)		
<b>Distribution of Marks will be as follows:</b>			
Regular assessment through observation and class discussion:		20	
Field work (Report)/ Mini project:		15	
Assignment (2x5):		10	
Attendance:		05	
Total:		50	
<b>Course Learning Outcomes (CLO):</b>			
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.			
<b>Unit 1: Introduction to Human Values</b>			
<ul style="list-style-type: none"> <li>• Meaning and concept of Human Values</li> <li>• Types of values: moral, social, personal, and professional</li> <li>• Importance of human values in physical education and sports</li> <li>• Role of human values in personality and character development</li> </ul>			
<b>Unit 2: Ethics and Moral Development</b>			
<ul style="list-style-type: none"> <li>• Meaning and definition of Ethics</li> <li>• Difference between values and ethics</li> <li>• Ethical behavior in personal and social life</li> <li>• Moral reasoning and ethical decision-making</li> </ul>			
<b>Unit 3: Ethics in Physical Education and Sports</b>			
<ul style="list-style-type: none"> <li>• Professional ethics of Physical Education teachers and coaches</li> <li>• Ethics in sports: fair play, sportsmanship, and integrity</li> <li>• Ethical issues in sports: doping, cheating, corruption, and violence</li> <li>• Role of ethics in leadership and teamwork</li> </ul>			
<b>Unit 4: Human Values in Contemporary Society</b>			
<ul style="list-style-type: none"> <li>• Human values in modern society</li> <li>• Role of family, education, and media in value formation</li> <li>• National and universal values</li> <li>• Importance of ethical living for social harmony</li> </ul>			
<b>References:</b>			
<ol style="list-style-type: none"> <li>1. Bhatia, R., &amp; Bhatia, S. (2018). Ethics and human values. Ane Books Pvt. Ltd.</li> <li>2. Dash, B. N. (2017). Teacher and education in emerging Indian society. Neelkamal Publications.</li> <li>3. Kumar, A. (2019). Human values and professional ethics. New Age International Publishers.</li> <li>4. Sharma, R. A. (2016). Moral and ethical values in education. R. Lall Book Depot.</li> <li>5. Singh, Y. K. (2020). Philosophical and sociological foundations of education. APH Publishing Corporation.</li> </ol>			

## Semester: II

<b>Name of Program</b>	B.P.E.H.E.S	<b>Program Code</b>	
<b>Name of the Course</b>	Environment Study	<b>Course Code</b>	26PHSX02VA01
<b>Hours per Week</b>	04 Hours	<b>Credits</b>	02 (L:0,T:0,P:2)
<b>Maximum Marks</b>	50 (Formative Assessment)		
<b>Distribution of Marks will be as follows:</b>			
Regular assessment through observation and class discussion:		20	
Field work (Report)/ Mini project:		15	
Assignment (2x5):		10	
Attendance:		05	
Total:		50	
<b>Course Learning Outcomes (CLO):</b>			
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.			
<b>Unit 1: Introduction to Environment</b>			
<ul style="list-style-type: none"> <li>• Meaning and definition of Environment</li> <li>• Components of environment: biotic and abiotic</li> <li>• Scope and importance of Environmental Studies</li> <li>• Interrelationship between human beings and environment</li> <li>• Multidisciplinary nature of Environmental Studies</li> </ul>			
<b>Unit 2: Natural Resources and Biodiversity</b>			
<ul style="list-style-type: none"> <li>• Renewable and non-renewable natural resources</li> <li>• Forest, water, mineral, food, and energy resources</li> <li>• Biodiversity: meaning, types, and importance</li> <li>• Conservation of biodiversity</li> <li>• Threats to biodiversity</li> </ul>			
<b>Unit 3: Environmental Pollution</b>			
<ul style="list-style-type: none"> <li>• Meaning and types of pollution</li> <li>• Air pollution: causes, effects, and control</li> <li>• Water pollution: causes, effects, and control</li> <li>• Soil and noise pollution</li> <li>• Role of individuals in prevention of pollution</li> </ul>			
<b>Unit 4: Environmental Protection and Sustainable Development</b>			
<ul style="list-style-type: none"> <li>• Meaning and concept of sustainable development</li> <li>• Environmental laws and acts (brief overview)</li> <li>• Climate change and global warming</li> <li>• Role of education and awareness in environmental protection</li> <li>• Environmental ethics and responsibility</li> </ul>			
<b>References:</b>			
<ol style="list-style-type: none"> <li>1. Bharucha, E. (2018). Textbook of environmental studies for undergraduate courses (2nd ed.). Universities Press.</li> <li>2. Kaushik, A., &amp; Kaushik, C. P. (2019). Environmental studies (5th ed.). New Age International Publishers.</li> <li>3. Rajagopalan, R. (2020). Environmental studies: From crisis to cure (3rd ed.). Oxford University Press India.</li> <li>4. Sharma, P. D. (2017). Ecology and environment (14th ed.). Rastogi Publications.</li> <li>5. Yadav, R. S. (2021). Environmental studies: Concepts and issues. Kanishka Publishers.</li> </ol>			

## Semester: IV

<b>Name of Program</b>	B.P.E.H.E.S	<b>Program Code</b>	
<b>Name of the Course</b>	Pranayam	<b>Course Code</b>	27PHSX04VA01
<b>Hours per Week</b>	04 Hours	<b>Credits</b>	02 (L:0,T:0,P:2)
<b>Maximum Marks</b>	50 (Formative Assessment)		
<b>Distribution of Marks will be as follows:</b>			
Regular assessment through observation and class discussion:		20	
Field work (Report)/ Mini project:		15	
Assignment (2x5):		10	
Attendance:		05	
Total:		50	
<b>Course Learning Outcomes (CLO):</b>			
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.			
<b>Unit 1: Introduction to Pranayama</b>			
<ul style="list-style-type: none"> <li>• Meaning and definition of Pranayama</li> <li>• Concept of Prana and its importance</li> <li>• Pranayama in Yoga philosophy (brief reference to Patanjali Yoga Sutra)</li> <li>• Importance of Pranayama for health and fitness</li> <li>• Role of Pranayama in Physical Education and sports</li> </ul>			
<b>Unit 2: Types of Pranayama</b>			
<ul style="list-style-type: none"> <li>• Classification of Pranayama</li> <li>• Puraka, Rechaka, and Kumbhaka</li> <li>• Nadishodhana Pranayama</li> <li>• Bhastrika Pranayama</li> <li>• Kapalbhatai Pranayama (introductory level)</li> </ul>			
<b>Unit 3: Technique and Practice of Pranayama</b>			
<ul style="list-style-type: none"> <li>• General guidelines for practicing Pranayama</li> <li>• Correct posture for Pranayama</li> <li>• Step-by-step practice of selected Pranayama</li> <li>• Duration, repetitions, and breathing rhythm</li> <li>• Common mistakes during practice</li> </ul>			
<b>Unit 4: Benefits, Precautions, and Applications</b>			
<ul style="list-style-type: none"> <li>• Physiological and psychological benefits of Pranayama</li> <li>• Therapeutic role of Pranayama</li> <li>• Precautions and contraindications</li> <li>• Pranayama for stress management and relaxation</li> <li>• Application of Pranayama in daily life and sports performance</li> </ul>			
<b>References:</b>			
<ol style="list-style-type: none"> <li>1. Iyengar, B. K. S. (2018). Light on pranayama: The yogic art of breathing. HarperCollins India.</li> <li>2. Saraswati, S. S. (2017). Asana pranayama mudra bandha. Yoga Publications Trust, Munger.</li> <li>3. Taimni, I. K. (2019). The science of yoga: The yoga-sutras of Patanjali. The Theosophical Publishing House.</li> <li>4. Desikachar, T. K. V. (2018). The heart of yoga: Developing a personal practice. Inner Traditions India.</li> <li>5. Gharote, M. L., &amp; Devnath, P. (2020). Fundamentals of yoga. Lonavla Yoga Institute.</li> </ol>			