

Maulana Abul Kalam Azad University of Technology, WB
(Formerly known as West Bengal University of Technology)

Model curriculum structure for 4 year UG programs with fixed subjects for AECC & SEC & CVAC

Sem	Ability Enhancement (Offline)	Skill Enhancement (Online /Sessional)	Common Value added Course (SESSIONAL)
I	English & Professional Communication (2 credits)	Life Skills & Personality Development (2 credits)	Yoga/ Health & Wellness/ Sports / Physical Fitness and Wellness/Community Services (2 credits)
II	Modern Indian Languages and Literature (2 credits)	IT Skills / Monetizing Social Media or Design Thinking (2 credits)	Critical Thinking / NSS/ Mental Health/ Environmental Studies (2 credits)
III	The Constitution, Human Rights and Law (2 credits)	Understanding basics of Cyber Security (2 credits)	
IV	Society Culture and Human Behavior / Universal Human Values (UHV) (2 credits)		
V		Internship to be started after exam of 4 th sem (sem break) and completed within 5 th sem (weekends) (4 credits)	
VI			
VII			
VIII		Research project 12 credits	
	4 sub – 08 credits	3 sub & Int & Proj - 22 credits	2 sub – 4 credits

Note:

Normally all 5 credit courses will be either theory (3) + practical (2) [100+100 marks] or theory (4) + tutorial (1) [100 marks]

Normally all 4 credit courses will be either theory (3) + tutorial (1) or theory (4) [100 marks]

Normally all 3 credit courses will be theory (3) – Inter disciplinary (5 to 6 baskets) [100 marks]

Normally all 2 credit courses AEC/SEC/CVA would be theory or online/sessional course

4th year subjects could be foundation of Master's program (as masters would be of 1 year after 4 years UG)

7/8th semester Major subjects could include Projects in core, if required

100/200/300/400 level should be maintained as per UGC document

For online course (Skill Enhancement Course) 2 credits=30 hours.

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Detailed Syllabus

Course: English & Professional Communication		
Course Code: AECC101		Semester: I
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 2		End semester Exam: 70
Tutorial: 0		Attendance: 5
Practical: 0		Continuous Assessment: 25
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 0
Sl. No.	Course Objective	
1	To lay emphasis on the development of linguistic competence and honing skills in the domain of communication and its allied affairs.	
	Course Outcomes	Mapped module/Unit
CO 1	To improve communicative competence of the students.	U1
CO 2	To enable the students converse in the real-life situations.	U1, U2
CO 3	To make the effective use of English for practical purposes.	U1, U2, U3
CO 4	To enable the students, acquire phonetic skills.	U1, U3, U4

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Learning Outcome/Skills:

The candidate will be able to have a deep insight into the areas of grammar, communication, reading aspects and practical skills and preparation to face the corporate world and the general life with confidence. There should be a close linkage between the various elements of language and communication for a flawless reflection.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	6	30	1, 2, 3	NA
U2	8	20	1, 2, 3	NA
U3	7	20	1, 2	NA
U4	9	30	1, 2, 3	NA
	30	100%		

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Course Code:	AECC101	
Course:	English & Professional Communication	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Grammar: Tense, Voice, Phrases and Clauses, Narration, Transformation of Sentences, Vocabulary.	6
Unit-II	Communication: Definition, importance, purpose, elements, barriers, body language and strategies.	8
Unit-III	Reading Skills: Purpose, Articulation, Syllables, Accent and Voice Modulation.	7
Unit-IV	Presentation Skills, its structure, speech preparation, public speaking on special occasion. Interview, types, Group Discussion, Mock Sessions for practice.	9
	Total	30

List of Books

Name of Author	Title of the Book	Name of the Publisher
K C Verma	The Art of Communication	Kalpaz Publication.
B K Mitra	Personality Development and Soft Skills	Oxford Publication
Wren and Martin	High School Grammar and Composition, Wren and Martin	S Chand Publication

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Course: Life Skills and Personality Development		
Course Code: SEC181		Semester: I
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 2		End semester Exam:
Tutorial: 0		Attendance:
Practical: 0		Continuous Assessment:
Credit: 2		Seasonal external examination: 100
Sl. No.	Course Objective	
1	To understand the importance of the fundamental skill practices of life.	
2	To analyze the necessity of growth and expansion of personality to cater a complete look to life.	
3	To showcase the extreme necessity of the use and application of soft skills in organization.	
4	To comprehend the hand in glove relation between the life skill practices and the subtle nuances of personality.	
	Course Outcomes	Mapped module/Unit
CO 1	To enable the students, understand the essence of career growth and improvement of professional skills.	U1
CO 2	To enable the students, realize the importance of attitude and its relation to the motivational acumen to manage the daily stress issues for a sum total development.	U1, U2
CO 3	To acquire deemed knowledge on the various tentacles of communicative skills and their subsequent application for a complete reflection.	U1, U2, U3
CO 4	To make the students realize the use and necessity of soft skills in the corporate domain and job searching scenario.	U1, U3, U4

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Learning Outcome/Skills:

The candidate is able to have a detailed understanding of the importance of career and the skills which are high required to pave the path for a distinct destination. There is a perfect blend of the various categories required for the growth and expansion of life and career.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	7	25	1, 2, 3	NA
U2	8	20	1, 2, 3	NA
U3	9	25	1, 2, 3	NA
U4	6	30	1, 2, 3	NA
	30	100%		

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Course Code:	SEC181	
Course:	Life Skills and Personality Development	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Career and Professional Skills: Listening skills, Reading skills, Writing skills, Resume preparation, exploring career opportunities, cognitive skills, presentation skills, social and cultural etiquettes, digital literacy, ethics and security.	7
Unit-II	Attitude and Motivation: Attitude: Concept, meaning, types, applicable factors in daily life. Motivation: Concept, meaning, types, causes of de motivation, remedial measures. Stress Management and Development of Capabilities: Stress: meaning, causes, solutions. Development of Capacities: Leadership qualities, time management, decision making, team work, work ethics, good manners and etiquettes.	8
Unit-III	Introduction to Soft Skills: Personal Skills, knowing oneself, confidence building, defining strengths and weaknesses, developing positive attitude, thinking positively, perceptions, values in daily life. Inter and Intra personal skills, Group Dynamics, the importance of a good networking system, troubleshooting method and problem solving tools and techniques.	9
Unit-IV	The various branches of Communication Skills: Reading texts, Speaking fluently, Writing effectively. E mail writing and etiquettes followed. Corporate and Job hunting Skills: The Behavioral etiquettes, mannerisms, Stress Management, Time Management, importance of proper body language, writing a good CV (with job application), career planning, importance of goal settings in different spheres and conducting of mock GD.	6
Total		30

List of Books

Name of Author	Title of the Book	Name of the Publisher
Meena and V. Ayothi (2013)	A Book on Development of Soft Skills	PR Publisher and Distributor
Patra Avinash	The Spiritual Life and Culture of India	London, OUP.
Shiv Khera	You can win	MacMillan Books, New York, 2003.
B K Mitra	Personality Development and Soft Skills	Oxford Publication.
Alex K	Soft Skills - Know Yourself and Know your World	S Chand and Company Ltd.

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Course: Yoga		
Course Code: VAC181A		Semester: I
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	To impart the students with basic concepts of Yoga for health and wellness.	
2	To familiarise the students with health-related Yoga for Overall growth & development	
3	To create a foundation for the professionals in Yoga.	
4	To impart the basic knowledge and skills to teach Yoga activities.	
	Course Outcomes	Mapped module/Unit
CO 1	To explain the meaning of Yoga, & its importance.	U1
CO 2	To know the classification of Yoga & its values	U1
CO 3	To know the different yogic practices and their significance. To understand the effects of kriyas, pranayam and asanas on our body.	U2
CO 4	To comprehend the concept of health, healing, and disease by the influence of Yoga	U3
CO 5	To know the way of Stress management through Yoga and Yogic dietary considerations.	U3
CO 6	To know the need of Yoga for healthy living & Effects of Meditation on our body.	U3

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Learning Outcome/Skills:

The candidate is able to understand the tenets of the theory of yoga, the forms and the application in the regular life to keep the health fit and fine. The candidate will be able to gain the expertise on the various postures of yoga in the accepted sense of term.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	12	1	NA
U2	12	1, 2, 3	NA
U3	8	1, 2	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

Course Code:	VAC181A	
Course:	Yoga	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction to Yoga Concept & principles, aims and objectives, classifications, Role of Yoga in character building, Therapeutic values of Yoga, Role of Yoga practices in developing concentration, will power and discipline, Difference between Yoga Asana and physical exercises, Importance of Yoga in daily life.	12
Unit-II	Asanas, Kriya & Pranayam Positions of Asanas: Guidelines, importance and limitations. Standing, Sitting, Supine, Proline and Balancing Asanas. (Any three asanas from each)	12

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	Definitions of kriyas, Types, brief ideas of each kriya and importance. Pranayam: Definition, guidelines for the practice of pranayama, importance, limitations	
Unit-III	Yoga and Health Need of Yoga for health, concept of health and healing: yogic perspectives Yogic principles of healthy living and the role of Yoga in stress management and yogic dietary considerations	8
	Total	30

List of Books

Name of Author	Title of the Book	Name of the Publisher
Nagendra, H. R. & Nagarathna, R.	Samagra Yoga Chikitse	Bengaluru: Swami Vivekananda Yoga Prakasana
Kumar, Ajith	Yoga Pravesha	Bengaluru: Rashthrothanna Prakashana
D.M Jyoti	Yoga and Physical Activities	lulu.com3101, Hills borough, NC27609, United State

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Course: Health & Wellness		
Course Code: VAC181B		Semester: I
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	To help understand the importance of a healthy lifestyle	
2	To familiarize students about physical and mental health	
3	To create awareness of various lifestyle related diseases	
4	To provide understanding of stress management	
	Course Outcomes	Mapped module/Unit
CO 1	Explain the meaning of health & wellness and its importance.	U1
CO 2	Role of essential components in balanced diet for good health	U1
CO 3	Role of healthy food for prevention of various disease	U2
CO 4	Effect of exercise on hypokinetic disease	U2
CO 5	Stress management through Yoga	U3
CO 6	Importance of sleep on mental and physical health	U3

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Learning Outcome/Skills:

The candidate will be able to understand the importance of wellbeing and the path which would help to manage a healthy lifestyle, keeping the negative factors at bay. There is a huge possibility of the practical approach of health style and fitness.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	15	1	NA
U2	10	1, 2	NA
U3	5	1, 2	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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Course Code:	VAC181B	
Course:	Health & Wellness	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction to Health and Wellness <ul style="list-style-type: none"> • Define and differentiate health and wellness. • Importance of health and wellness Education. • Local, demographic, societal issues and factors affecting health and wellness. • Diet and nutrition for health & wellness. • Essential components of balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals. • Malnutrition, under nutrition and over nutrition. • Processed foods and unhealthy eating habits. • Body systems and common diseases. • Sedentary lifestyle and its risk of disease. 	15
Unit-II	Management of Health & Wellness <ul style="list-style-type: none"> • Healthy foods for prevention and progression of Cancer, Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome). • Types of Physical Fitness and its Health benefits. • Modern lifestyle and hypo-kinetic diseases; prevention and management through exercise. • Postural deformities and corrective measures. 	10
Unit-III	Anxiety, Stress and Aging <ul style="list-style-type: none"> • Meaning of Anxiety, Stress and Aging • Types and Causes of Stress • Stress relief through Exercise and Yoga • Role of sleep-in maintenance of physical and mental health. 	5
	Total	30

List of Books

Name of Author	Title of the Book
Steven N. Blair, William L. Haskell	Physical Activity and Health
Emily Attached & Marzia Fernandez	Mental Health Workbook
Nashay Lorick	Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being
C. Nyambichu & Jeff Lumiri	Lifestyle Diseases: Lifestyle Disease Management
Angela Clow & Sarah Edmunds	Physical Activity and Mental Health

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Course: Sports		
Course Code: VAC181C		Semester: I
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	To help understand the importance of sports.	
2	To familiarise students about sports and mental health	
3	To provide understanding of conditioning of exercise	
4	To provide understanding of stress management	
5	To gain knowledge about event management	
	Course Outcomes	Mapped module/Unit
CO 1	Explain the meaning of sports & physical education and its importance.	U1
CO 2	Role of sports in daily life	U1
CO 3	Types of exercises and activities for healthy lifestyles	U2
CO 4	Concept of sports event management	U3
CO 5	Concept of Traditional games	U3

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Learning Outcome/Skills:

The candidate will be able to gain a clear conception on the importance of sports, types, managerial techniques and their relevant applications in the practical domain. Through intense practice the candidate will be able to gain an expertise in sports and its adjoining areas.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	8	1	NA
U2	10	1, 2, 3	NA
U3	12	1, 2	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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Course Code:	VAC181C	
Course:	Sports	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction to Sports Meaning and definition of Sports. Aims, Objectives and Importance of Sports. Modern trends of Sports Brief concept of Education in relation to Sports	8
Unit-II	Physical Education & Sports General warmup exercises Specific warmup exercises Conditioning Relaxation Techniques Cardiac Exercise Exercises/Activities for stress management Assessment of BMI	10
Unit-III	Sports Event Management Meaning, Definition and importance of Sports Management Scope of Sports Event Management Principles of Sports Event Management Major and Minor Sports Events Traditional Games Management	12
	Total	30

List of Books

Name of Author	Title of the Book	Name of the Publisher
Coalter, F.	Sport for Development: What game are we playing?	Routledge.
Singh Hardayal	Science of Sports Training	DVS Publication, New Delhi
Muller, J. P.	Health, Exercise and Fitness	Delhi: Sports

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Course Name: Physical Fitness, Wellness and Yoga

Course Code- VAC 181D

Duration: 60 Hrs. (36 contact Hrs + 24 practice Hrs)

Credits: 2

Mode: Sessional

Course Objective: This course is designed to make the students make use of the benefits of physical fitness and Yoga. Students will learn about various methods of training – circuit, and fartlek training. Besides understand obesity and its management, eating disorders, Micro and Macronutrients, their primary functions, to gain basic knowledge of the different nutrients and their role in maintaining health of the community. This course aims to promote the holistic practice of yoga and enhance the understanding of its principles and benefits.

Learning Outcome: At the end of the course the learners will be able to –

- 1. Define nutrition, components of nutrition and their impact on health.**
- 2. Understand and apply the sports training related to the physical attributes required for performing specific games.**
- 3. Categorize the role of nutrients and caloric requirements, and sketch the basic classification, functions and utilization of nutrients.**
- 4. Evaluate the factors affecting weight management and solutions for obesity with physical fitness.**
- 5. Make use of physical fitness, build knowledge regarding physical fitness and wellness through Yoga.**

UNITWISE CONTENT

UNIT 1: Food and Nutrition: Basic concept of nutrition and diet. Basic concept of macro and micro nutrients. Balanced diet. Eating disorders. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths. **(8 hours)**

UNIT 2: Health, Fitness and Diseases: Definition of obesity and its management. Communicable diseases. Back pain: causes, symptoms and prevention. **(7 hours)**

UNIT 3: Development of Fitness: Benefits of physical fitness and exercise. Improvement of physical fitness. Principles of physical fitness. Development of Personality. Waist-hip ratio Target Heart Rate, BMI. Importance of Waist-hip ratio. BMI classification in India. **(8 hours)**

UNIT 4: Methods of training: circuit training, and fartlek training. Objectives of training. Benefit of circuit training. Purpose of circuit training. Benefit of fartlek training. Purpose of fartlek training. **(7 hours)**

UNIT 5: Opening Incantation (Yoga):

• **Chalana Kriya/Loosening Practice (Technique, Contraindications and Benefits):**

o Neck Movement (Griva Shakti Vikasaka I, II, III, IV)

o Shoulder Movement

o Bhuja Valli Shakti Vikasaka

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- o PurnaBhuja Shakti Vikasaka
- o Trunk Movement (Kati Shakti Vikasaka I, II, III, IV, V)
- o Knee Movement (Janu Shakti Vikasaka)

Yogasana (Technique, Contraindications and Benefits):

o Standing Posture-

- Tadasana,
- Vrikshasana,
- ArdhaChakrasana,
- Padahastasana,
- Trikonasana

(2 hours training + 8 hours' practice – self paced)

UNIT 6: Yogasana (Technique, Contraindications and Benefits):

o Sitting Posture-

- Bhadrasana,
- Vajrasana,
- Ardha-Ushtrasana,
- Ushtrasana,
- Shashankasana,
- Mandukasana,
- UttanaMandukasana,
- Vakrasana.

o Prone Posture-

- Makarasana,
- Bhujangasana,
- Shalabhasana.

o Supine Posture-

- Uttanapadasana,
- Ardhalasana,
- Setubandhasana,
- Markatasana,
- Pawanamuktasana,
- Shavasana.

(2 hours training + 8 hours' practice – self paced)

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UNIT 7: Pranayama (Technique, Contraindications and Benefits):

- o NadiShuddhi
- o Ujjaye (without Kumbhaka)
- o Shitali (without Kumbhaka)
- o Bhramari (without Kumbhaka)
- Dhyana (Technique and Benefits):
- o Body Awareness
- o Breath Awareness
- Closing incantation.

(2 hours training + 8 hours' practice – self paced)

References:

- *Jim Clover - Sports Medicine Essentials_ Core Concepts in Athletic Training & Fitness Instruction, 2nd Edition -Delmar Cengage Learning (2007)*
- *Perritano J.V. - The truth about physical fitness and nutrition-facts on File (2010)*
- **Robert C France - Introduction to Sports Medicine and Athletic Training (2nd Ed) (2010)**

Other reference materials/resources of AYUSH/ Yoga Certification Board, etc.

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Course : Community Service		
Course Code: VAC181E		Semester 1
Maximum Marks		
Teaching Scheme		Examination Scheme
Lecture: 0		End Semester Examination : 0
Tutorial : 0		Attendance: 0
Practical : 2		CA : 0
Credit :2		Practical/ Sessional:0
		Practical/ Sessional: 100
<p>Course Objective: This course's objective is to familiarize students with social issues and engage them in community service via institute-organized trips/events, state-level initiatives, and voluntary contributions to activities such as financial assistance, fairs, festivals, outreach to slums, non-profit organizations, and more.</p> <p>The course aims to achieve the following goals:</p>		
Serial No	Course Objective	
1	CO 1 Enhance students' understanding of social realities and the role of community development in fostering social upliftment and well-being.	
2	CO 2 Encourage students' active engagement and participation in community work to make a positive impact on their perception about society.	
Sl No.	Course Outcomes	Mapped module/Unit
1	CO 1	To explain the meaning of U1, U2, U3
2	CO 2	To know the U4
<p>Learning Outcome/Skills: Organize social skills into categories:</p> <ul style="list-style-type: none"> • Improve student learning through obtaining, analyzing and synthesizing data and using it to evaluate the community problem in light of concepts and theories presented in class • Demonstrate relevance of community experience to course content 		
Unit	Total Hours	Bloom's Taxonomy
1	8	1,2
2	8	1,2
3	4	1,2,3
4	10	1,3,4,5

FORMATIVE ASSESSMENT	
ASSESSMENT OCCASION/ TYPE	WEIGHTAGE IN MARKS
PRACTICAL	25 MARKS
ASSIGNMENTS	25 MARKS
THEORY EXAMINATION	25 MARKS
POWER POINT PRESENTATION	25 MARKS

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COURSE CODE:	VAC181E	
COURSE:	COMMUNITY SERVICE	CREDIT2.00
CONTENTS		
CHAPTER	NAME OF THE TOPICS	HOURS
UNIT 1	History, meaning, goals, values, functions, roles, and processes of community work. Both professional and voluntary community work will be explored, along with discussions on the attitudes, roles, and skills that characterize an effective community worker	8
UNIT 2	Pressing social issues in India, such as poverty, unemployment, population challenges, and issues affecting women like dowry and domestic violence. Additionally, we will explore broader social problems like terrorism, corruption, caste conflicts, drug abuse, and AIDS.	8
UNIT 3	Varieties of community engagement. Providing assistance to the less fortunate, supporting those in need, and arranging fundraisers.	4
UNIT 4	COMMUNITY HOURS: Engage in community service excursions and events arranged by the institute and at the state level. Contribute as a volunteer in financial assistance endeavors, fairs, festivals, slums, and non-profit organizations. Additionally, provide a report detailing a specific form of community engagement you've under taken.	10

Recommended Book:

1. Banerjee, G.R. Papers on Social Work on Indian Perspective. Bombay: Tata Institute of Social Sciences.

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Semester II Detailed Syllabus

Course: Modern Indian Languages and Literature	
Course Code: AECC201	Semester: II
Maximum Marks: 100	
Teaching Scheme	Examination Scheme
Lecture: 2	End semester Exam: 70
Tutorial: 0	Attendance: 5
Practical: 0	Continuous Assessment: 25
Credit: 2	Practical/Seasonal internal continuous evaluation: 0
	Practical/Seasonal external examination: 0
Sl. No.	Course Objective
1	To understand the basics of the functional grammar, its usage and relevant application.
2	To understand technique, style, pattern and the logical development of thoughts in writing various different kinds of prose.
3	To understand the text and the key features associated with the literary aspects of MIL.
4	To understand the need and development of the structure of the contemporary communication skills and its relevant application.
	Course Outcomes
	Mapped module/Unit
CO 1	Enable the students comprehend and grip the fundamentals of English Grammar and its allied features applicable in the world.
CO 2	Enable the students develop the skills for writing prose and essays of variety to widen their mental horizon.
CO 3	Enable the students take interest in the selected literary pieces and their relevance as well as purpose in the modern world.
CO 4	Enable the students develop the expertise in the matter of communication and its practical application to add an extra dimension to their learning process.

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Learning Outcome/Skills:

The candidate will not only have an exposure to the fundamentals of English grammar and writing features but also develop a keen interest in the literary domain linked with the rich communications skills. The use of modern technology in the world of communication will also widen their mental horizon.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	6	25	1, 2	NA
U2	7	25	1, 2	NA
U3	9	25	1, 2, 3	NA
U4	8	25	1, 2, 3	NA
	30	100%		

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Course Code:	AECC201	
Course:	Modern Indian Languages and Literature	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Functional Grammar and its usage: Formation of tenses, gerund, infinitive, verbal noun, synthesis of sentences, idioms and proverbs.	6
Unit-II	Develop the Writings in a New Pattern and Style: Expository, Descriptive, Reflective, Narrative, Biographical and Autobiographical. Letters (Formal type) and Report Scripting (News Paper style) and Features.	7
Unit-III	Selected Literary Pieces: Poetry: JACK (E V Lucas), SNAKE (D H LAWRENCE). Prose: KITE (Somerset Maugham), THE HUNGRY STONE (RABINDRANATH TAGORE) Drama: TARA (MAHESH DATTANI)	9
Unit-IV	Communication: Debate, Discussion, Public interaction, Safety measures of Communication, Power of Convincing others and Audio-Visual technology used for the contemporary communication system.	8
	Total	30

List of Books

Name of Author	Title of the Book	Name of the Publisher
Wren and Martin	High School Grammar and Composition	S Chand Publication
Palgrave	Golden Treasury	Oxford Publication
B K Mitra	Personality Development and Soft Skills	Oxford Publication
H.N. Kashyap	A Pageant of Poems (English, Paper back)	Selina Publishers

Link:<https://everyvillagehasitsjack.wordpress.com/tag/e-v-lucas/>(For the poem Jack by E V Lucas)

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Course: IT Skills		
Course Code: SEC281		Semester: II
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 2		End semester Exam:
Tutorial: 0		Attendance:
Practical: 0		Continuous Assessment:
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	To understand the usage of various IT tools and software applications commonly used in business environments.	
2	Understand the role and importance of IT tools in enhancing productivity, efficiency, and communication in business operations.	
3	To understand the utilization of IT tools for data management, analysis, and reporting to support decision-making processes.	
4	To understand CRM and technologies such as SEO and use it for business advancement.	
5	To understand the importance of cyber security and IT governance.	
	Course Outcomes	Mapped module/Unit
CO 1	Students should have a good knowledge on range of IT tools and software applications to support and enhance business operations.	U1
CO 2	Students should have a good knowledge to streamline processes, improve productivity, and optimize resource utilization in business settings.	U1, U2
CO 3	Students should have a good knowledge to utilize data management and analysis skills acquired through IT tools to make informed decisions and drive business performance.	U1, U2, U3
CO 4	Students should have a good knowledge of CRM and technologies such as SEO.	U1, U3, U4
CO 5	Students should have a good knowledge of basic of cyber security and IT governance in India.	U5

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Learning Outcome/Skills:

The candidate will be able to have an overview of the use of various IT tools and their corresponding business important apart from gaining knowledge on the other relevant areas of marketing, HR, cyber security and IT governance. This put further prepare the candidate for a more rational and practical approach.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	7	20	1	NA
U2	5	15	1, 2	NA
U3	6	15	1, 2, 3	NA
U4	6	20	1, 2, 3	NA
U5	6	20	1, 2	
	30	100%		

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Course Code:	SEC281	
Course:	IT Skills	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction to IT Tools in Business: Overview of IT tools and their importance in business, Role of IT tools in enhancing productivity and efficiency, Operating systems and software applications used in business, Introduction to internet and its impact on business, Overview of business information systems and databases, Introduction to ERP and its usages, ERP systems (e.g., SAP, Oracle, Microsoft Dynamics).	7
Unit-II	Communication and Collaboration Tools: Email communication and management, Instant messaging and online chat tools, Video conferencing and web conferencing tools, Document sharing and version control tools, Virtual team communication and coordination.	5
Unit-III	Data Management and Analysis Tools: Introduction to spreadsheets and data analysis, Advanced features of spreadsheet software (e.g., formulas, functions, pivot tables), Database management systems and their role in business, Business intelligence and data analytics tools.	6
Unit-IV	Marketing, HR Tools: Customer relationship management (CRM) systems, Marketing automation tools, Email marketing tools, HRIS (Human Resource Information System) concept and tools, Web analytics and search engine optimization (SEO) tools.	6
Unit-V	Cybersecurity and IT Governance: Importance of cybersecurity in business, Types of cyber threats and attack vectors, Network security and firewalls, Data encryption and secure communication, Risk assessment and management, IT governance frameworks and compliance standards.	6
	Total	30

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List of Books

Name of Author	Title of the Book	Name of the Publisher
Mayank Bhusan Rajkumar Singh Rathore Aatif Jamshed	Fundamentals of Cyber Security (Principle, Theory and Practices)	BPB Publications
Nippani K.S	Digital India Governance Transformation	Nippani K.S
Nigam Manisha	Data Analysis with Excel	BPB
Jagdish N Sheth , Parvatiyar Atul , G Shainesh	Customer Relationship Management: Emerging Concepts, Tools and Applications	McGraw Hill Education
Upendra Rana	Step By Step Guide to SEO	Prabhat Prakashan
Taprial Varinder	Search Engine Optimisation	Pustak Mahal

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Course: Critical Thinking		
Course Code: VAC281A		Semester: II
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	To understand key concept of critical thinking	
2	To Clarify the difference in cognition, reasoning and logics. Improve their decision making based on facts, assumptions, arguments etc.	
3	Able to see a problem with a logical approach to find a quick solution.	
	Course Outcomes	Mapped module/Unit
CO 1	Explain the meaning of critical thinking and its components.	U1
CO 2	To know the importance of critical thinking in every day's life	U1
CO 3	To know the different kinds of arguments, its validity and evaluation	U2
CO 4	To understand the logical fallacies during arguments	U2
CO 5	Influence of biases during decision making	U3
CO 6	To learn the different techniques to analyze problem and find out the solutions	U3

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Learning Outcome/Skills:

The candidate will have an exposure to the intricacies of critical thinking, arguments, logical fallacies and the ability to analyse the complex problems. This would further help the candidate develop a logical and rational bent of mind to face the practical texture with confidence.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	8	1, 2	NA
U2	10	1, 2	NA
U3	12	1, 2, 3	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Project/Report writing	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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Course Code:	VAC281A	
Course:	Critical Thinking	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction of Critical Thinking <ul style="list-style-type: none"> ● Define Critical thinking ● Components of critical thinking ● Recognize clear thinking, critical thinking & clear writing ● Benefits of critical thinking in everyday life 	8
Unit-II	Arguments & Logical Fallacies <ul style="list-style-type: none"> ● Constitution of an argument ● Describe Types of Inductive arguments ● Evaluating the validity and reliability of an argument ● Contextual evaluation of arguments ● What are logical fallacies ● Recognizing logical fallacies in arguments ● Spotting and refuting logical fallacies 	10
Unit-III	Cognitive Biases & Analyzing complex problems <ul style="list-style-type: none"> ● What are cognitive biases? ● How cognitive biases can lead to poor decision-making ● Avoiding common cognitive biases ● Breaking down complex problems ● Analyzing complex problems using critical thinking techniques ● Using creative problem-solving skills to arrive at innovative solutions 	12
	Total	30

List of Books

Name of Author	Title of the Book
M. Neil Browne, 2011	Asking the Right Questions: A Guide to Critical Thinking
Rolf Dobelli., 1981	The Art of Thinking Clearly
Anthony Weston 1986	A Rulebook for Arguments
Adam M. Grant, 2021	Think Again: The Power of Knowing What You Don't Know
Tom Chatfield, 2017	Critical Thinking: Your Guide to Effective Argument, Successful Analysis and Independent Study (Kindle Edition)

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Course: NSS		
Course Code: VAC281B		Semester: II
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	The course help students to understand rich cultural diversity of India and have pride through a better knowledge of the country	
2	Students should be able to understand the community in which they work and their relationship	
3	Identify the needs and problem of the community and involve them in problem solving	
4	Develop capacity to meet emergencies and natural disasters	
5	Practice national integration and social harmony	
	Course Outcomes	Mapped module/Unit
CO 1	Explain the meaning NSS and its importance in society.	U1
CO 2	Organizational structure and responsibilities	U1
CO 3	Basic activities, method and adaptation done by NSS	U2
CO 4	Concept of volunteerism & leadership	U3
CO 5	Concept of disaster management	U3

Learning Outcome/Skills:

The candidate will have a detailed exposure on the basic ideas, approaches, activities and management of NSS. Moreover, the candidate will be able to understand the role of volunteers and their subsequent needs and importance to manage the crucial hours.

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Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	8	1	NA
U2	10	1, 2, 3	NA
U3	12	1, 2	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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Course Code:	VAC281B	
Course:	NSS	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction & Basics Concept of NSS History and Philosophy Aims, Objectives of NSS. Emblem Sign, NSS Badge, Clap, Flag NSS Song: Lakshya Geet, Sadbhavna Geet, Rastriya Yuba Geet Organizational Structure, Role and Responsibilities	8
Unit-II	NSS Programme & Activities Concept of Regular activities Visit and survey -orphanage, old age home & child care Methodology of conduct survey Basics of adaptation of village/slums Calender of NSS activities & maintenance of NSS work dairy Understanding Youth: Definition, Profile of youth, Challenges & opportunities of youth	10
Unit-III	Volunteerism & Disaster Management Volunteerism: Needs and importance, Shramdan as a part of volunteerism Meaning and types of Leadership, Qualities of good leadership, Importance and role of youth leadership Introduction of disaster management, Classification of disaster Role of youth in disaster management	12
	Total	30

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Recommended Books and Links:

Sl. No.	Books and Links:
1	"Ministry of Youth Affairs and Sports".
2	"Contact Us National Service Scheme".
3	"National Service Scheme Ministry of Youth Affairs and Sports Gol".
4	https://nss.gov.in/sites/default/files/Gujarat_0.pdf [bare URL PDF]
5	https://nss.gov.in/sites/default/files/Madhya%20Pradesh.pdf
6	NSS Manual: 2020

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Course: Mental Health		
Course Code:VAC281C		Semester: II
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	Fundamentals of Mental Health gives students in depth understanding about different mental health problems.	
2	It will help them in the diagnosis, assessment and prevention of mental health related issues. Students will learn about different psychological disorders, their diagnostic criteria, causes and treatments. They will also learn about different assessment techniques.	
3	It will help them to take care of their mental health and also the mental health of other people in the society.	
4	After successful completion of the course student will be able to differentiate among different psychological disorders.	
	Course Outcomes	Mapped module/Unit
CO 1	To understand and explain the introduction to mental health models, potential identification, wellness and above all the criteria for normal and abnormal behaviour and their subsequent classification and remedial measures.	U1
CO 2	To understand and analyse the concepts of neurotic psychotic disorders, models of psychopathology and overview analysis of the disorders and their diagnostic procedures.	U2
CO 3	To comprehend the impact of different therapies, counselling to cure different disorders and their practical solutions.	U3
CO 4	To learn and assess the different techniques that will help to make a correct judgement of different mental health disorders and the ways of treatment and relief.	U4

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Learning Outcome/Skills:

The candidate will gain intense drive to gather a substantial knowledge on the health of mind, different models of psychopathology, roles, assessment and an overview to tackle any kind of related situation in a hassle-free manner.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	5	1	NA
U2	8	1, 2	NA
U3	7	1, 2, 3	NA
U4	10	1, 2, 3	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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Course Code:	VAC281C	
Course:	Mental Health	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction to Mental Health - What is Mental Health • What is Mental Illness • Wellness Cycle • Models of Mental Health • Criteria of Normality and Abnormality	5
Unit-II	Introduction to Psychopathology - Models of Psychopathology • Concept of Neurosis and Psychosis • DSM & ICD- Classification of Disorders • Some Major psychological disorder: Anxiety related disorder, Mood Disorder, Personality disorder, Stress related disorder, Schizophrenia, Childhood developmental disorder, Eating disorder, Geriatric disorders.	8
Unit-III	Psychotherapy - Introduction to psychotherapy. • Different models of psychotherapy: Psychoanalysis, Behaviour Therapy, Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Client Centred Therapy, Gestalt Therapy, Mindfulness based psychotherapy etc. • Introduction to Counselling • Different counselling techniques	7
Unit-IV	Psychological Assessment - Personality assessment • IQ assessment • Assessment of some psychological disorder: Anxiety, Mood, Stress • Case History Taking • Mental Status Examination	10
	Total	30

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List of Books

Name of Author	Title of the Book	Name of the Publisher
Sadock, B. J, & Sadock V. A Kaplan & Sadock's	Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry	Lippincott Williams and Wilkins and Wolter Kluwer Health, Philadelphia Indian Reprint
Hooley, Butcher, Nock	Abnormal Psychology	Pearson Publication
American Psychiatric Association	Diagnostic & Statistical Manual of Mental Disorders, 5th ed	
	The Icd-10 Classification of Mental & Behavioural Disorders: Clinical Descriptions and Diagnostic Guidelines	
Woolfe, R., Strawbridge, S et all	Handbook of Counselling	
Sharf R. S	Theories of Psychotherapy & Counselling Concepts & Cases	
Palmer, S	Introduction to Counselling & Psychotherapy	
Brems, C (2001)	Basic Skills in Psychotherapy & Counselling	
Rao, S	Counseling and Guidance	McGraw Hill Education.
Morrison, J	The Mental Health Clinician's Workbook: Locking in your professional skills	Guildford Press

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Course: Environmental Studies		
Course Code: VAC281D		Semester: II
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	The course is designed to provide a working knowledge of environment, ecology and physical sciences for problem solving.	
2	The learner will be able to remember, understand and apply the taught concepts and methods involving social and environmental processes for betterment of environmental health and safety.	
	Course Outcomes	Mapped module/Unit
CO 1	Be able to remember the basic concepts related to environment & ecology	U1, U2
CO 2	Be able to remember & understand the scientific problem related to air, water, noise & land pollution	U3
CO 3	Be able to understand environmental Protection, different renewable energy sources and environmental movements.	U4

Learning Outcome/Skills:

The candidate will be able to acquire a comprehensive knowledge on the fundamental domains of environment, ecosystem, pollution and the ways and means developed to protect the environment for our future generation. This would also create a sense of responsibility and sharp awareness on the role and importance of environment in our life.

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Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	4	1	NA
U2	8	1, 2	NA
U3	10	1, 2, 3	NA
U4	8	1, 2, 3	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Field Survey/Project	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

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Course Code:	VAC281D	
Course:	Environmental Studies	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Fundamentals of Environment: Introduction, Multidisciplinary nature, Scope and importance; the need for environmental education. Concept of sustainability and sustainable development	4
Unit-II	Ecosystems Ecosystems: Definition, Structure: food chains, food webs and function of ecosystem: Energy flow, nutrient cycle and ecological succession. Ecological Interactions, Biodiversity and Conservation – Levels, India as a mega-biodiversity nation, Threats to biodiversity, Ecosystem and biodiversity services.	8
Unit-III	Environmental Pollution Environmental Pollution - Types: - Air pollution, Water pollution, Land pollution, Noise pollution; pollutants, Effects of pollution, Control and Remedial measures.	10
Unit-IV	Environmental Protection Environmental Protection- Report of the Club of Rome: Sustainable Development, Different Renewable Energy Sources- Wind Power, Water Power, Bio Fuel/Solid Bio Mass, Geothermal Energy, Nuclear Power, Environmental Movements- Chipko movement; Narmada Bachao movement; Tehri Dam conflict.	8
	Total	30

List of Books

Name of Author	Title of the Book	Name of the Publisher
G.N. Pandey	Environmental Management	Vikas Publishing House Pvt. Ltd.
Cunningham	Environmental Science	TMH.
R. Rajagopalan	Environmental Studies	Oxford
R. Joshi & MunishKapila	Environment Management	Kalyani Publishers.
C.S. Rao	Environmental Pollution Control Engineering	New Age International Publication.