

**Semester – I**

Course Code	Course Name	Credits
HMR2110N	HUMAN RIGHTS-I: (GENERAL HUMAN RIGHTS)	4

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
04	-	-	04	-	-	04

Theory							Term Work/ Practical/ Oral			Total
Internal Assessment					End Sem Exam	Duration of End Sem Exam	Term Work	Prac.	Oral	
Test	Assignm ent	Viva	Atte nda nce	Total Internal						
20	15	10	05	50	50	2 Hours	-	-	-	100

**Course Outcome**

1.	Promote human dignity and individual self-respect.
2.	Ensure gender equality and equal opportunities for all.
3.	Foster respect and appreciation for diversity.
4.	Support the rights of national, ethnic, religious, and linguistic minorities.
5.	Empower students for active citizenship and democratic participation.
6.	Promote social justice, communal harmony, and solidarity.

**Course Objective**

1.	Critically analyze different spheres of human rights.
2.	Effectively communicate on socio-legal aspects of human rights.
3.	Enhance analytical thinking on international human rights law application.
4.	Assess specific human rights laws with legal instruments and contemporary cases.
5.	Analyze contemporary challenges and trends in human rights theory and practice.
6.	Understand divergences in human rights across international, regional, and domestic contexts.

**Detailed syllabus**

<b>Module/ Unit</b>	<b>Course Module / Contents</b>		<b>Hour s</b>	<b>Marks Weightage (%)</b>
<b>Module I</b>	<b>Historical Development and Basic Concepts</b>		8	15
<b>1</b>	1.1	Historical Development of Human Rights		
	1.2	Concepts of Justice		
	1.3	Concepts of Dignity		
	1.4	Concepts of Liberty and Equality		
	1.5	Concepts of Unity in Diversity		
	1.6	Concepts of Ethics and Morality		
<b>Module II</b>	<b>Understanding of the Concept of Rights and Duties</b>		8	15
<b>2</b>	2.1	Meaning of Human Rights		
	2.2	Significance of Human Rights Education.		
	2.3	Rights: Inherent-Inalienable-Universal-Individual and Groups		
	2.4	Nature and concept of Duties		
	2.5	Interrelationship of Rights and Duties		

	2.6	Classification of Rights and Duties: Moral, Social, Cultural, Economic, Civil and Political		
<b>Module III</b>	<b>Human Duties and Responsibilities</b>			
<b>3</b>	3.1	Identification of Human Duties and Responsibilities.	<b>8</b>	<b>15</b>
	3.2	The Relationship Between Human Rights and Human Duties.		
	3.3	Ethical Obligations of Individuals in upholding Human Rights.		
	3.4	Social Responsibilities in Promoting Equality and Justice.		
	3.5	Environmental Duties and the Role of Sustainable Practices.		
	3.6	Global and Cultural Variations in the Concept of Human Responsibilities.		
<b>Module IV</b>	<b>General Problems of Human Rights</b>			
<b>4</b>	4.1	Challenges in Defining and Universally Applying Human Rights.	<b>10</b>	<b>19</b>
	4.2	Conflict Between National Sovereignty and International Human Rights Standards.		
	4.3	Cultural Relativism and its Impact on Human Rights Implementation.		
	4.4	Economic Inequality as a Barrier to Human Rights Realization.		
	4.5	Political Repression and the Violation of Civil Liberties.		
	4.6	Issues of Accountability and Enforcement in Human Rights Violations		
<b>Module V</b>	<b>Important Convention on Human Rights-I</b>		<b>9</b>	<b>18</b>

<b>5</b>	5.1	Universal Declaration of Human Rights (UDHR) (1948)		
	5.2	International Covenant on Civil and Political Rights (ICCPR) (1966)		
	5.3	International Covenant on Economic, Social and Cultural Rights (ICESCR) (1966)		
	5.4	Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) (1979)		
	5.5	Convention on the Rights of the Child (CRC) (1989)		
	5.6	Convention on the Rights of Persons with Disabilities (CRPD) (2006)		
<b>Module VI</b>	<b>Important Convention on Human Rights-II</b>			
<b>6</b>	6.1	International Convention on the Elimination of All Forms of Racial Discrimination (ICERD) (1965)	9	18
	6.2	Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (CAT) (1984)		
	6.3	Convention Relating to the Status of Refugees (1951) and its 1967 Protocol		
	6.4	Convention on the Prevention and Punishment of the Crime of Genocide (1948)		
	6.5	International Convention for the Protection of All Persons from Enforced Disappearance (2006)		
	6.6	Rome Statute of the International Criminal Court (1998)		
<b>Total</b>			<b>52</b>	<b>100</b>

**References:**

1.	An introduction to the Political Theory by O.P. Gauba;
2.	Human Rights by S. Subrahmanyam;
3.	Human Rights and Constitutional Law by D.D. Basu;
4.	The United Nations Structure and Functions of an International Organization by Rumki Basu;
5.	Human Rights in India Historical, Social and Political Perspective by Chiranjivi J. Nirmal.
6.	Manoj Kumar Sinha, Implementation of Basic Human Rights, (Lexis Nexis)

**Semester - I**

Course Code	Course Name	Credits
ENV2116N	ENVIRONMENTAL STUDIES	04

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
03	-	01	03	-	01	04

Theory					Term Work / Practical/Oral			Total	
Internal Assessment				End Sem Exam	Duration Of End Sem Exam	Term Work	Pract.		Oral
Test	Continuous Evaluation	Attendance	Total						
15	10	05	30	70	3 Hours	-	-	-	100

**Course Objectives**

1. To identify and address environmental issues at local, regional, and global level.
2. To impart basic knowledge about the environment and its allied problems.
3. To develop an attitude of concern for the environment.
4. To motivate learners to participate in environment protection and environment improvement.
5. To acquire skills to help the concerned individuals in solving environmental problems.
6. Strive to attain harmony with Nature.

**Course Outcomes**

1. The course educates students in various waste management techniques and effective pollution control strategies.
2. The course covers sustainable use of natural resources and biodiversity conservation. Students will learn how to balance resource utilization.

3. This course equipped students with the ability to apply their knowledge, skills, values to mitigate environmental challenges and foster sustainable development.
4. Students will learn about international efforts taken to safeguard the Earth's environment and resources.
5. This course enables students to sensitize themselves to adverse health impacts of pollution and develop an understanding of the broad aspects of environmental management systems.
6. Students will learn about Environmental legal framework to protect and conserve environment.

<b>Detailed Syllabus</b>
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Module	Course Module / Contents	Hours	Marks Weightage
<b>I</b>	<b>Multidisciplinary nature of environmental studies</b>	06	10%
	Definition, scope, and importance, need for public awareness.		
	Origin of agriculture, Industrial revolution, and its impact on the environment, water conflicts.		
	Sustainable Development Goals (SDGs)- Targets, challenges, and strategies.		
	Natural Resources: Types, Use and Exploitation.		
<b>II</b>	<b>Ecosystem and Conservation of Biodiversity</b>	10	20%
	Ecosystem: Definition, Structure, and function		
	Ecosystem types, significance, and ecosystem services		
	Biodiversity: Definition, types, and values of Biodiversity		
	Biogeographical zones and Hot spots in India and convention on Biological Diversity (CBD)		

	Conservation of Biodiversity, Biodiversity Laws, and Regulations		
<b>III</b>	<b>Environmental Pollution and Control</b>	08	15%
	Definition, types, sources, effects, and control of pollution:		
	Air & Noise Pollution		
	Water Pollution		
	Soil Pollution & Solid waste		
<b>IV</b>	<b>Environment Quality Standards and Management</b>	06	10%
	An introduction of Environment Management System (EMS)		
	circular economy, eco Labelling, eco mark scheme.		
	Brief introduction of Environmental Impact Assessment: Concept and application		
<b>V</b>	<b>IPR &amp; Biosafety</b>	10	20%
	Introduction and Concept of IPR, Advantages and disadvantages of IPR		
	Introduction and concepts of biosafety, its levels in terms of environment and Human protection.		
<b>VI</b>	<b>Environmental Treaties and Legislation</b>	12	25%
	Introduction to Environmental laws and Regulation. National Green Tribunal: Landmark Supreme court Judgements.		
	Salient Features of following Acts:		
	The Environment Protection Act-1986, an Umbrella Act		
	The Water (P & CP) Act-1974.		

	The Air (P & CP) Act-1981, Noise pollution (regulation & control) Rules		
	E-waste, Biomedical waste and Plastic waste management and handling rules.		
	Factories Act		
<b>Total</b>		<b>52</b>	<b>100%</b>

#### References:

1. Environmental Studies-Chauhan B. S University Science Press
2. Textbook Of Environmental Studies Dava Katewa Cengage Learning Ptd Ltd
3. Perspectives In Environmental studies Kaushik, Anubha Kaushik C.P New age International Pvt Ltd
4. Environmental Sciences: A students Companion Gregory & Others Sage Publication
5. Environmental Pollution Control Engineering Rao, C.S New Age International Pvt Ltd
6. Textbook Of Environmental Studies for Undergraduate Courses Bharucha Erach Universities Press.
7. Environment Law & Policy in India- Shyam Divan

<b>Semester – II</b>
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Course Code	Course Name	Credits
HMR2210N	HUMAN RIGHTS- II	4

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
04	-	-	04	-	-	04

Theory					Term Work/ Practical/ Oral			Total		
Internal Assessment					End Sem Exam	Duratio n of End Sem Exam	Term Work		Prac.	Ora l
Test	Assignmen t	Viv a	Attendanc e	Total Intern al						
20	15	10	05	50	50	2 Hours	-	-	-	100

<b>Course Outcome</b>
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1.	Foster respect for human dignity and individual self-respect.
2.	Ensure genuine gender equality and equal opportunities for all.
3.	Promote understanding and appreciation of diverse communities.
4.	Empower students towards active citizenship and social engagement.
5.	Support the values of democracy, development, and social justice.
6.	Encourage communal harmony and solidarity among diverse groups.

<b>Course Objective</b>
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1.	Describe and critically analyze various spheres of human rights in India.
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2.	Communicate effectively on socio-legal aspects of human rights in India.
3.	Assess specific areas of human rights law with reference to legal instruments and cases.
4.	Analyze contemporary challenges and trends in human rights theory and practice.
5.	Understand affinities and divergences in rights across international, regional, and domestic contexts.
6.	Examine the sources, substance, and application of human rights in different legal frameworks.

**Detailed syllabus**

<b>Module / Unit</b>	<b>Course Module / Contents</b>	<b>Hours</b>	<b>Marks Weightage (%)</b>
<b>Module I</b>	<b>Indian Constitutional Perspectives- Fundamental Rights I</b>	<b>8</b>	<b>15</b>
<b>1</b>	1.1 Right to Equality: Equality before law and prohibition of discrimination.		
	1.2 Right to Freedom: Freedom of speech, assembly, and movement.		
	1.3 Right to Protection in Respect of Conviction: Safeguards against arbitrary arrest and detention.		
	1.4 Right to Constitutional Remedies: Access to judicial recourse for the enforcement of rights.		
	1.5 Right to Education: Right to free and compulsory education for children.		
	1.6 Right to Life and Personal Liberty: Protection of life and personal freedom.		

<b>Module II</b>	<b>Indian Constitutional Perspectives- Fundamental Rights II</b>			
<b>2</b>	2.1	Right against Exploitation: Prohibition of human trafficking and forced labor.	<b>8</b>	<b>15</b>
	2.2	Right to Privacy: Protection of personal privacy and confidentiality.		
	2.3	Right to Freedom of Religion: Freedom to practice, profess, and propagate religion.		
	2.4	Cultural and Educational Rights: Protection of cultural and educational rights of minorities.		
	2.5	Directive Principles of State Policy: Guidelines for state policy and governance.		
	2.6	Judicial Review: Power of the judiciary to review laws and protect fundamental rights.		
<b>Module III</b>	<b>Constitutional perspectives III- Directive Perspectives of State Policy</b>			
<b>3</b>	3.1	Promotion of Social Welfare: Ensuring the welfare of individuals and communities.	<b>8</b>	<b>15</b>
	3.2	Economic Justice: Achieving fair distribution of wealth and resources.		
	3.3	Education and Health: Ensuring access to quality education and healthcare for all.		
	3.4	Protection of Marginalized Groups: Safeguarding the rights of disadvantaged and marginalized communities.		
	3.5	Environmental Sustainability: Promoting environmental protection and sustainable development.		
	3.6	Labor Rights: Ensuring fair working conditions and the rights of workers.		
<b>Module IV</b>	<b>General Problems of Human Rights</b>		<b>10</b>	<b>19</b>

4	4.1	National Human Rights Commission (NHRC)		
	4.2	National Commission for Women (NCW)		
	4.3	National Commission for Scheduled Castes (NCSC).		
	4.4	National Commission for Scheduled Tribes (NCST)		
	4.5	National Commission for Protection of Child Rights (NCPCR)		
	4.6	National Commission for Persons with Disabilities (NCPWD)		
<b>Module V</b>	<b>National Human Rights Commission and State Human Rights Commission</b>		9	18
5	5.1	Establishment and Structure: NHRC and SHRC		
	5.2	Jurisdiction and Functions		
	5.3	Powers of NHRC and SHRC		
	5.4	Composition of NHRC and SHRC		
	5.5	Investigation and Redressal Mechanism		
	5.6	Role in Policy and Advocacy		
<b>Module VI</b>	<b>Different Scheme of the Govt to Promote Equality to Human beings</b>		9	18
6	6.1	Pradhan Mantri Jan Arogya Yojana (PMJAY)		
	6.2	Integrated Child Development Services (ICDS)		
	6.3	National Rural Employment Guarantee Act (MGNREGA)		
	6.4	National Action Plan for Children (NAPC)		
	6.5	Swachh Bharat Mission (SBM)		
	6.6	Pradhan Mantri Awas Yojana (PMAY) of the International Criminal Court (1998)		
<b>Total</b>			<b>52</b>	<b>100</b>

**References:**

1.	Legal Aid as Human Rights (Dharwad : Jagrut Bharut, 1985)
2.	2. Diwan, Paras, Human Rights and the Law: Universal and Indian ( New Delhi Deep and Publishers 1985)
3.	3. Mohanti M. , Peoples Rights ( New Delhi: Sage Publications 1998)
4.	4. Pal R. M. ed. Human Rights Education ( New Delhi , PUDR 1995)
5.	5. Pandey J. and R.K. Dubey, Civil Liberty under Indian Constitution ( New Delhi – Deep and Deep 1995)
6.	Legal Aid as Human Rights (Dharwad : Jagrut Bharut, 1985)

**Semester – II**

Course Code	Course Name	Credits
SCW2217N	SOCIAL WORK-I (SOCIAL ENTREPRENEURSHIP)	02

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
13	13	-	01	01	-	02

Internal Assessment				End Semester Evaluation	Total
Mid Term	Continuous Evaluation	Attendance	Total	End Semester Evaluation/ Project/ Report/ Presentation	Internal Assessment + End Semester Evaluation
15	30	5	50	50	100

**Course outcome**

1. Students will understand conceptual and theoretical aspects of social entrepreneurship in India.
2. Student will be aware about the challenges of social entrepreneurship.
3. Students will be able to understand the process to start a social entrepreneurship project.

**Course Objectives**

1. To study the basic concepts of social entrepreneurship.
2. To understand various social entrepreneurship processes.
3. To understand role and responsibilities in the management of social entrepreneurship.

**Detailed Syllabus**

<b>Module/ Unit</b>	<b>Course Module / Contents</b>		<b>Hours</b>	<b>Marks Weightage</b>
	<b>Social entrepreneurship</b>			
1	1.1	Introduction and basics of Social Entrepreneurship	7	25%
	1.2	Approaches to social development		
2	2.1	Strategic venture design, resource management and social sector marketing.	7	30%
	2.2	Funding and legal framework for social ventures		
	<b>Social entrepreneurship in India</b>			
3	3.1	Social impact assessment	7	30%
	3.2	Sustainable development		
4	4.1	Case-studies	5	15%
<b>Total</b>			<b>26</b>	<b>100%</b>

**References:**

1. Bornstein, D., & Davis, S. (2010). Social entrepreneurship: What Everyone Needs to Know? New York: Oxford University Press.
2. Bornstein, D. (2007). How to change the world: Social entrepreneurs and the power of new ideas. New York: Oxford University Press.
3. Kickull, Jill and Lyons, S. Thomas. (2012). Understanding Social Entrepreneurship. Routledge: New York
4. Kramer, M. R. (2005). Measuring innovation: Evaluation in the field of social entrepreneurship.

**Semester – III**

Course Code	Course Name	Credits
SCW2317N	SOCIAL WORK-II (INTRODUCTION TO URBAN AND RURAL DEVELOPMENT)	02

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
13	13	-	01	01	-	02

Internal Assessment				End Semester Evaluation	Total
Mid Term	Continuous Evaluation	Attendance	Total	End Semester Evaluation/ Project/ Report/ Presentation	Internal Assessment + End Semester Evaluation
-	45	5	50	50	100

**Course outcome**

1. To understand the concepts of rural, urban and tribal communities.
2. To understand the issues of rural, urban and tribal communities.
3. To understand policies and programmes of Urban and Rural Development and aspects of Panchayati Raj Institutions.
4. To understand how to practice social work in different social work fields.

**Course Objectives**

1. The knowledge of this subject is essential to understand the concepts of rural, urban and tribal communities.
2. It will be helpful to understand the issues of rural, urban and tribal communities.
3. It will be helpful to gain a fundamental knowledge on policies and programmes of Urban and Rural Development and Panchayati Raj Institutions.

4. The insights from this subject will help the students to understand how to practice social work in different social work fields.

**Detailed Syllabus**

<b>Module/ Unit</b>	<b>Course Module / Contents</b>		<b>Hours</b>	<b>Marks Weightage</b>
	<b>Introduction to Rural Society</b>			
<b>1</b>	1.1	Introduction to Rural Society. Characteristics of Rural society.	<b>13</b>	<b>50</b>
	1.2	Problems – Issues faced by the rural poor such as indebtedness, Bonded labour, Low wages, Unemployment.		
	<b>Introduction to urban community</b>			
<b>2</b>	4.1	<b>Introduction to urban community.</b> Characteristics of urban community. for urban development.	<b>13</b>	<b>50</b>
	4.2	Problems- issues faced by urban community.		
	4.3	Government programmes for urban development.		
<b>Total</b>			<b>26</b>	<b>100</b>

**References:**

1. Alexander, K.C., Prasad R.R., Jahagirdar M.P. (1991) Tribals - Rehabilitation and Development, Jaipur: Rawat Publications
2. Ashok Narang (2006) Indian Rural Problems, New Delhi : Murari Lal & Sons
3. Baluchamy, S. (2004) Panchayat Raj Institutions, New Delhi : Mittal Publication
4. C.G.Pickvance, (Ed.) (1976) Urban Sociology: Critical Essays, UK : Methuen
5. Chahar, S.S. (Ed.) (2005) Governance of Grassroots Level in India, New Delhi : Kanishka

**Semester – IV**

Course Code	Course Name	Credits
BEH2413N	BEHAVIORAL SCIENCE-IV (STRESS AND COPING STRATEGIES)	1

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
01	-	-	01	-	-	01

Theory							Total
Internal Assessment				End Sem Exam	Duration of End Sem Exam	Total	
Activity	Assignment	Viva	Attendance				
20	40	35	05	100	00	-	100

**Course Outcome**

1.	The knowledge of this subject is essential to understand about Stress and Coping Strategies as a human is very important concept to understand Stress as stress.
2.	To help students become aware of the signs and symptoms of stress early, to prevent chronic stress.
3.	To help students identify potential sources of stress and to develop an awareness that they can cope with the stress in their lives.
4.	To Enhanced emotional resilience and stability.
5.	Better work-life balance and reduced burnout.
6.	Strengthened support networks and relationships.

**Course Objective**

1.	To introduce the student about stress and coping mechanisms.
2.	To take students, step by step, through an interactive understanding of each of the basic related to stress and coping mechanisms.
3.	To give the student a basic understanding of stress and coping mechanisms so that they can have a better understanding of how to cope with stressors.
4.	To give the student a basic understanding which will act as a foundation for dealing with general life stress.
5.	To develop an understanding of stress and coping mechanisms
6.	To understand ability to recognize and manage stress triggers.

**Detailed syllabus**

Module/ Unit	Course Module / Contents		Hours	Marks Weightage (%)
<b>Module I</b>	<b>Introduction of Stress</b>		02	20
1	1.1	Nature, Meaning & characteristics of Stress.		
	1.2	Psychological meaning of Stress		
	1.3	Primary appraisal, secondary appraisal, and past experiences		
	1.4	Sign and Symptoms of Stress		
<b>Module II</b>	<b>Types &amp; Sources of stress</b>		02	20
2	2.1	Stages of stress, The physiology of stress		
	2.2	Stimulus-oriented approach.		
	2.3	The transactional and interactional model.		
	2.4	Pressure – environment fit model of stress.		
<b>Module III</b>	<b>Causes and symptoms of stress</b>		02	20
3	3.1	Personal, Organizational and Environmental		

	3.2	Cognitive & Behavioral symptoms		
	3.3	Stress and Immune system		
	3.4	GAD and symptoms in general life		
<b>Module IV</b>	<b>Consequences of stress</b>			
<b>4</b>	4.1	Effect on behavior and personality	02	20
	4.2	Effect of stress on performance		
	4.3	Individual and Organizational consequences with special focus on health		
	4.4	Effect of stress on physical health		
<b>Module V</b>	<b>Strategies for stress management</b>			
<b>5</b>	5.1	Coping with Stress: Stress management techniques, Meditation procedure	02	20
	5.2	Meditation procedure and Biofeedback		
	5.3	Positive health, happiness, and wellbeing		
	5.4	Relaxation Techniques		
<b>Total</b>			<b>10</b>	<b>100%</b>

**References:**

1.	McEwen, B. S. (2002). The End of Stress as We Know It. Dana Press
2.	Sapolsky, R. M. (2004). Why Zebras Don't Get Ulcers (3rd ed.). Holt Paperbacks.
3.	Marmot, M. G., & Wilkinson, R. G. (2006). Social Determinants of Health (2nd ed.). Oxford University Press.
4.	Cohen, S., Janicki-Deverts, D., & Miller, G. E. (2007). Psychological stress and disease. JAMA, 298(14), 1685-1687.
5.	Seligman, M. E. P. (2011). Flourish: A Visionary New Understanding of Happiness and Well-being. Atria Books.
6.	Ganster, D. C., & Rosen, C. C. (2013). Work stress and employee health: A multidisciplinary review. Journal of Management, 39(5), 1085-1122.

**Semester – IV**

Course Code	Course Name	Credits
BEH2413N	BEHAVIORAL SCIENCE-IV (STRESS AND COPING STRATEGIES)	1

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
01	-	-	01	-	-	01

Theory							Total
Internal Assessment				End Sem Exam	Duration of End Sem Exam	Total	
Activity	Assignment	Viva	Attendance				
20	40	35	05	100	00	-	100

**Course Outcome**

1.	The knowledge of this subject is essential to understand about Stress and Coping Strategies as a human is very important concept to understand Stress as stress.
2.	To help students become aware of the signs and symptoms of stress early, to prevent chronic stress.
3.	To help students identify potential sources of stress and to develop an awareness that they can cope with the stress in their lives.
4.	To Enhanced emotional resilience and stability.
5.	Better work-life balance and reduced burnout.
6.	Strengthened support networks and relationships.

**Course Objective**

1.	To introduce the student about stress and coping mechanisms.
2.	To take students, step by step, through an interactive understanding of each of the basic related to stress and coping mechanisms.
3.	To give the student a basic understanding of stress and coping mechanisms so that they can have a better understanding of how to cope with stressors.
4.	To give the student a basic understanding which will act as a foundation for dealing with general life stress.
5.	To develop an understanding of stress and coping mechanisms
6.	To understand ability to recognize and manage stress triggers.

**Detailed syllabus**

Module/ Unit	Course Module / Contents		Hours	Marks Weightage (%)
<b>Module I</b>	<b>Introduction of Stress</b>		02	20
1	1.1	Nature, Meaning & characteristics of Stress.		
	1.2	Psychological meaning of Stress		
	1.3	Primary appraisal, secondary appraisal, and past experiences		
	1.4	Sign and Symptoms of Stress		
<b>Module II</b>	<b>Types &amp; Sources of stress</b>		02	20
2	2.1	Stages of stress, The physiology of stress		
	2.2	Stimulus-oriented approach.		
	2.3	The transactional and interactional model.		
	2.4	Pressure – environment fit model of stress.		
<b>Module III</b>	<b>Causes and symptoms of stress</b>		02	20
3	3.1	Personal, Organizational and Environmental		

	3.2	Cognitive & Behavioral symptoms		
	3.3	Stress and Immune system		
	3.4	GAD and symptoms in general life		
<b>Module IV</b>	<b>Consequences of stress</b>			
<b>4</b>	4.1	Effect on behavior and personality	02	20
	4.2	Effect of stress on performance		
	4.3	Individual and Organizational consequences with special focus on health		
	4.4	Effect of stress on physical health		
<b>Module V</b>	<b>Strategies for stress management</b>			
<b>5</b>	5.1	Coping with Stress: Stress management techniques, Meditation procedure	02	20
	5.2	Meditation procedure and Biofeedback		
	5.3	Positive health, happiness, and wellbeing		
	5.4	Relaxation Techniques		
<b>Total</b>			<b>10</b>	<b>100%</b>

**References:**

1.	McEwen, B. S. (2002). The End of Stress as We Know It. Dana Press
2.	Sapolsky, R. M. (2004). Why Zebras Don't Get Ulcers (3rd ed.). Holt Paperbacks.
3.	Marmot, M. G., & Wilkinson, R. G. (2006). Social Determinants of Health (2nd ed.). Oxford University Press.
4.	Cohen, S., Janicki-Deverts, D., & Miller, G. E. (2007). Psychological stress and disease. JAMA, 298(14), 1685-1687.
5.	Seligman, M. E. P. (2011). Flourish: A Visionary New Understanding of Happiness and Well-being. Atria Books.
6.	Ganster, D. C., & Rosen, C. C. (2013). Work stress and employee health: A multidisciplinary review. Journal of Management, 39(5), 1085-1122.

**Semester – IV**

Course Code	Course Name	Credits
SCW2417N	SOCIAL WORK-III (UNDERSTANDING SOCIAL PROBLEMS IN INDIA)	02

Contact Hours			Credits Assigned			
Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
13	13	-	01	01	-	02

Internal Assessment				End Semester Evaluation	Total
Mid Term	Continuous Evaluation	Attendance	Total	End Semester Evaluation/ Project/ Report/ Presentation	Internal Assessment + End Semester Evaluation
-	45	5	50	50	100

**Course outcome**

1. Students will understand conceptual and theoretical aspects of social problems in India.
2. Student will be aware about the problems and crimes of society.
3. Students will be able to understand the problems and effects individual, family & society.
4. Students should be able to handle social problems and treatment. In future, they would contribute to social policy making as a social work professional.

**Course Objectives**

1. To study the basic concepts of social problem and social work approaches.

2. To understand various social problems and its management and legislative measures.
3. To understand role of social work and social worker in management of social problems.
4. To study social development and social change process to deal with social problems.

**Detailed Syllabus**

Module/ Unit	Course Module / Contents		Hours	Marks Weightage
	<b>Social Problems</b>			
1	1.1	Social problems: Meaning, Concept and Definitions,	7	25
	1.2	Classification of social problems.		
2	1.3	Causes and consequences of social problems.	7	30
	1.4	Social work approach in the prevention, control, and management of social problems.		
	<b>Various Social Problems in India</b>			
3	2.1	Extent, causes, management, and legislative measures	7	30
	2.2	Youth Unrest, Human Trafficking, Substance Abuse, Beggary, Commercial Sex Work, Corruption, Terrorism, Child labour, Role of social worker in identifying social problems and developing strategies for help		
4	2.3	Case-studies	5	15
<b>Total</b>			<b>26</b>	<b>100%</b>

**References:**

1. Ahuja, Ram (1992), Social Problems in India, Rawat Publications, Jaipur.
2. Keneth, Henry (1978), Social Problems: Institutional and Interpersonal Perspectives, Scott, Foresman and Company, Illinois, London.

3. Merton, Robert K, and Robert Nisbet (1971), Contemporary Social Problems, Fourth Edition, Harcourt Brace and Co., New York.