

Syllabus Soft Skill Courses Sem I

Stress Management

No.	THEORY: Title
I	Concept, Nature and Dimensions of Stress
II	Stress : Its Effects, Causes and Ways of Coping
III	Stress Management Tips Relaxation Techniques Stress and Faith Healing
IV	Common Meditation Techniques: 1. Positive Forces of Nature 2. Relaxation BY Music 3. Exercise , yoga and meditation

Reference books:

- **Title:** Stress Management **Publisher:** Himalaya **Author:** Dr Satish Pai, Dr S Ravishankar, Dr H L Kaila, Shri S V Kamat **Edition:** Students Edition
- http://www.easternbookcorporation.com/moreinfo.php?txt_searchstring=14036

Society and Technology

Unit I	Classroom Introduction	<p>How to think about technology and society; Readings</p> <ul style="list-style-type: none"> • Society and Technological Change, chapter 1, chapter 15, pp. 271-76 • Chandler, Daniel (1995): '<i>Technological or Media Determinism</i>' [WWW document] URL http://www.aber.ac.uk/media/Documents/tecdet/tecdet.html
Unit II	Theories	<p>Social Construction; Dueling theories: Is consumerism an example of technological determinism or social construction? Readings</p> <ul style="list-style-type: none"> • <i>Social Shaping of Technology</i>, Robin Williams and David Edge, Research Policy Vol. 25, (1996) pp. 856-899
Unit III	Technology Influencing Society – I	<p>Case studies: printing, the phone. Readings</p> <ul style="list-style-type: none"> • Society and Technological Change, chapter 11 • Some Conjectures about the Impact of Printing on Western Society and Thought: A Preliminary Report, Elizabeth L. Eisenstein, The J. Modern History, 40, no. 1 (Mar1968) pp. 1-56 • Perspectives for a Sociology of the Telephone, Patrice Flichy, Reseaux The French Journal of Communication, 5, n° 2, (1997) pp. 149-160
Unit IV	Technology Influencing Society – II	<p>Case studies: automobiles, the computer. Readings</p> <p>The Sociology of the Road, http://www.trinity.edu/mkearl/hiway.html#in (read this home page and the four page links in "Outline of This Site;" you don't need to follow any of the links on the four pages) The Productivity Paradox:</p> <ul style="list-style-type: none"> •• On Approaches to the Study of Social Issues in Computing, Abbe Mowshowitz, Communications of the ACM, 24, no. 3 (Mar1981) pp. 146-55

Major reading: Society and Technological Change, Fourth Edition [Paperback]

Rudi Volti (Author) Worth Publishers; Fourth Edition edition (November 30, 2000)

Indian Constitution

Unit I	CONSTITUTION: WHY AND HOW? 1 <ul style="list-style-type: none">• ELECTION AND REPRESENTATION
Unit II	<ul style="list-style-type: none">• EXECUTIVE• LEGISLATURE•
Unit III	<ul style="list-style-type: none">• JUDICIARY• FEDERALISM•
Unit IV	<ul style="list-style-type: none">• RIGHTS and Duties IN THE INDIAN CONSTITUTION•

Major readings:

1. NCERT Book For Class XI : Indian Constitution at Work Political Science
2. <http://www.upscportal.com/civilservices/ncert-books/class-xi-indian-constitution-at-work-political-science>

Indian Culture and Heritage

Unit I	Salient Features of Indian Culture – Spirituality, Universality, Unity in Diversity, Scientific Outlook, Theory of Karma, Love for Nature, Reverence for Women, Value Based Society
Unit II	Historical Perspective : Roots of Indian Culture in Sindhu-Saraswati Civilization and Vedic Culture: The Vedas – The Upanishads Ramayan and MahaIndia – The Bhagvat Gita, Puranas Buddhist and Jain Literature in Pali, Prakrit and Sanskrit
Unit III	Rise of the West and its Impact on India Social and Religious Reformers – Raja Ram Mohan Roy, Swami Dayanand, Jyotiba Govindraro Phule, Narayan Guru, Pandita Rama Bai
Unit IV	Press and the growth of Modern Indian Languages and Literature – Since Independence, India Today

Major readings:

3. Indian Culture and Heritage: Bhartiya Vidya Bhavan Publication

National Ethics

Unit I	Ethics & Morality
Unit II	Morality and Character
Unit III	Nation and Ethics
Unit IV	Money, politicians, power and Ethics

Major readings:

Morality And Ethics In Public Life By Ravindra Kumar. Mittal Publications