



**St. Mary's College (Autonomous)**  
Reaccredited with 'A+' Grade by NAAC (Cycle IV)  
Thoothukudi



**CRITERION VII - INSTITUTIONAL VALUES AND  
BEST PRACTICES**

**7.1 Institutional Values and Responsibilities  
Year 2018 - 2023**



**7.1.9 Sensitization of students and employees of the Institution to the constitutional obligations**

➤ **Sensitizing Students through Curriculum**

St. Mary's College strives to foster socially responsible and empathetic individuals through a well designed curriculum that prioritizes sensitization. The college aims to create a generation of students who are academically accomplished and ethically grounded. The curriculum incorporates inclusive content to understand values, rights, duties and responsibilities of citizens. The Department of History offers Modern Governments I & II, Constitution of Indian and Human Rights to inculcate constitutional values. The college offers Value Education, Environmental Studies and Women Synergy as Ability Enhancement Courses for UG students.

**ST.MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI**  
**COURSE STRUCTURE**  
**M.A History**  
**Semester - I**

| Subject      | Subject Code | Title of the Paper                      | Contact Hours/ Week | Credits   | Max Marks  |            |            |
|--------------|--------------|---|---------------------|-----------|------------|------------|------------|
|              |              |   |                     |           | CIA        | ESE        | Total      |
| Core I       | 17PHIC11     | History of Ancient India Upto A.D.647   | 6                   | 4         | 40         | 60         | 100        |
| Core II      | 17PHIC12     | Dravidian Movement Upto A.D.1969        | 6                   | 4         | 40         | 60         | 100        |
| Core III     | 17PHIC13     | Principles and Methods of Archaeology   | 6                   | 4         | 40         | 60         | 100        |
| Core IV      | 17PHIC14     | History of China from A.D. 1840 to 1985 | 6                   | 4         | 40         | 60         | 100        |
| Elective I   | 17PHIE11     | Human Rights                            | 6                   | 5         | 40         | 60         | 100        |
| <b>Total</b> |              |   | <b>30</b>           | <b>21</b> | <b>200</b> | <b>300</b> | <b>500</b> |

**Semester - II**

| Subject                        | Subject Code | Title of the Paper                              | Contact Hours/ Week | Credits   | Max Marks  |            |            |
|--------------------------------|--------------|---|---------------------|-----------|------------|------------|------------|
|                                |              |   |                     |           | CIA        | ESE        | Total      |
| Core V                         | 17PHIC21     | History of Medieval India from A.D. 647 to 1800 | 6                   | 5         | 40         | 60         | 100        |
| Core VI                        | 17PHIC22     | Subaltern Studies                               | 6                   | 5         | 40         | 60         | 100        |
| Core VII                       | 17PHIC23     | Contemporary World Since 1945                   | 6                   | 5         | 40         | 60         | 100        |
| Core VIII                      | 17PHIC24     | History of Tamil Nadu upto 1336 AD              | 6                   | 5         | 40         | 60         | 100        |
| Elective II (IDE)              | 17PENE21     | English for Professional Competence             | 6                   | 4         | 40         | 60         | 100        |
| Self Study Course (Compulsory) | 17PHISS1     | Indian History for Competitive Examinations     |                     | 2         |            | 100        | 100        |
| <b>Total</b>                   |              |   | <b>30</b>           | <b>26</b> | <b>200</b> | <b>400</b> | <b>600</b> |

**Semester III**

| Part         | Components  | Sub. Code | Title of the Paper  | Hrs/ Week | Credits     | Max. Marks |     |       |
|--------------|---|-----------|---|-----------|-------------|------------|-----|-------|
|              |   |           |   |           |             | CIA        | ESE | Total |
| I            | Tamil   | 18ULTA31  | காப்பிய இலக்கியம்: செய்யுள், இலக்கணம், உரைநடை, சிறுகதை, இலக்கியவரலாறு           | 6         | 4           | 40         | 60  | 100   |
|              | French  | 18ULFA31  | Advanced French Course  |           |             |            |     |       |
| II           | General English                                   | 18UGEN31  | Prose, Poetry, Extensive Reading & Language study-I                             | 6         | 4           | 40         | 60  | 100   |
| III          | Core V  | 18UHIC31  | History of India from AD 1526 to 1772   | 6         | 4           | 40         | 60  | 100   |
|              | Allied V  | 18UHIA31  | Modern Governments I  | 3         | 3           | 20         | 30  | 50    |
|              | Allied VI   | 18UHIA32  | Indus Valley Civilisation   | 3         | 3           | 20         | 30  | 50    |
|              | Core SB   | 18UHS31   | Archives and Museums  | 4         | 4           | 40         | 60  | 100   |
|              | NME I   | 18UHN31   | Freedom Movement in India   | 2         | 2           | 20         | 30  | 50    |
| IV           | Ability Enhancement Course                        | 18UAWS31  | Women's Synergy   |           | 2           | 20         | 30  | 50    |
|              | Self Study / On-line Course Internship (Optional) | 18UHISS1  | Development of Tourism Department in India with special reference to Tamil Nadu |           | +2          |            | 50  | 50    |
| <b>Total</b> |   |           |   | <b>30</b> | <b>26+2</b> |            |     |       |

**Semester IV**

| Part         | Components  | Sub. Code | Title of the Paper   | Hrs/ Week | Credits     | Max. Marks |     |       |
|--------------|---|-----------|--|-----------|-------------|------------|-----|-------|
|              |   |           |  |           |             | CIA        | ESE | Total |
| I            | Tamil   | 18ULTA41  | சங்க இலக்கியம்: செய்யுள், இலக்கணம், உரைநடை, வாழ்க்கை வரலாறு, இலக்கியவரலாறு | 6         | 4           | 40         | 60  | 100   |
|              | French  | 18ULFA41  | Language through Literature  |           |             |            |     |       |
| II           | General English                                   | 18UGEN41  | Prose, Poetry, Extensive Reading & Language study-I                        | 6         | 4           | 40         | 60  | 100   |
| III          | Core VI   | 18UHIC41  | History of India from 1773 to 1857   | 6         | 4           | 40         | 60  | 100   |
|              | Allied VII  | 18UHIA41  | Modern Governments II  | 3         | 3           | 20         | 30  | 50    |
|              | Allied VIII                                       | 18UHIA42  | Socio-Religious Reform Movements in India                                  | 3         | 3           | 20         | 30  | 50    |
|              | Core SB   | 18UHS41   | Principles and Methods of Archaeology                                      | 4         | 4           | 40         | 60  | 100   |
|              | NME II  | 18UHN41   | Constitution of India  | 2         | 2           | 20         | 30  | 50    |
| IV           | Ability Enhancement Course                        | 18UAYM41  | Yoga & Meditation  |           | 2           | 20         | 30  | 50    |
|              | Self Study / On-line Course Internship (Optional) | 18UHISS2  | Introduction to Cosmetology  |           | 2           |            | 50  | 50    |
|              | NCC,NSS &SPORTS                                   |           |  |           | 1           |            |     |       |
|              | Extension Activities CDP                          |           |  |           | +1          |            |     |       |
| <b>Total</b> |   |           |  | <b>30</b> | <b>27+3</b> |            |     |       |

**Semester V**

| Part         | Components                                | Sub. Code | Title of the Paper                       | Hrs/<br>Week | Credits   | Max.Marks |     |       |
|--------------|---|-----------|--|--------------|-----------|-----------|-----|-------|
|              |   |           |  |              |           | CIA       | ESE | Total |
| III          | Core VII<br>(Common Core)                 | 18ULCC51  | Women Empowerment in India               | 6            | 4         | 40        | 60  | 100   |
|              | Core VIII                                 | 18UHIC52  | History of India from 1857 to 1947       | 6            | 4         | 40        | 60  | 100   |
|              | Core IX                                   | 18UHIC53  | History of Europe 1453 to 1783 A.D       | 6            | 4         | 40        | 60  | 100   |
|              | Core Integral I                           | 18UHII51  | History of Thoothukudi                   | 5            | 4         | 40        | 60  | 100   |
|              | Core Integral II                          | 18UHII52  | Constitution of India                    | 5            | 4         | 40        | 60  | 100   |
| IV           | Common Skill Based Course                 | 18UCSB51  | Computers in digital era and Soft Skills | 2            | 2         | 20        | 30  | 50    |
|              | Self Study or On-line Course (Compulsory) | 18UHIS3   | Beach Tourism                            | --           | 2         |           | 50  | 50    |
| <b>Total</b> |   |           |  | <b>30</b>    | <b>24</b> |           |     |       |

**Semester VI**

| Part         | Components                 | Sub. Code             | Title of the Paper                         | Hrs/<br>Week | Credits        | Max.Marks |     |       |
|--------------|----------------------------|-----------------------|--|--------------|----------------|-----------|-----|-------|
|              |                            |                       |  |              |                | CIA       | ESE | Total |
| III          | Core X                     | 18UHIC61              | History of Tamil Nadu from 1336-2000 AD    | 6            | 4              | 40        | 60  | 100   |
|              | Core XI                    | 18UHIC62              | History of Europe from 1789 – 1945 AD      | 6            | 4              | 40        | 60  | 100   |
|              | Core XII                   | 18UHIC63              | International Relations from 1945 – 2000AD | 6            | 4              | 40        | 60  | 100   |
|              | Core Integral III          | 18UHII61              | Historiography                             | 5            | 4              | 40        | 60  | 100   |
| IV           | Core Integral IV / Project | 18UHII62/<br>18UHIP61 | Project                                    | 7            | 4              | 40        | 60  | 100   |
| <b>Total</b> |                            |                       |  | <b>30</b>    | <b>22</b>      |           |     |       |
| <b>Total</b> |                            |                       |  | <b>180</b>   | <b>145 + 5</b> |           |     |       |

**Department of History**  
**Course Structure (w.e.f. 2021)**  
**Semester –I**

| Part         | Components                        | Course Code | Course Title   | Hrs/<br>Week | Credits   | Max.Marks |     |       |
|--------------|-----------------------------------|-------------|--|--------------|-----------|-----------|-----|-------|
|              |                                   |             |  |              |           | CIA       | ESE | Total |
| I            | Tamil                             | 21ULTA11    | பொதுத்தமிழ்<br>தாள் - 1 இக்கால<br>இலக்கியம்<br>(செய்யுள், இலக்கணம்,<br>இலக்கிய வரலாறு,<br>உரைநடை, சிறுகதை) | 6            | 3         | 40        | 60  | 100   |
|              | French                            | 21ULFA11    | Introductory French Course   |              |           |           |     |       |
| II           | General English                   | 21UGEN11    | Poetry, Prose, Extensive<br>Reading and Communicative<br>English-I   | 6            | 3         | 40        | 60  | 100   |
| III          | Core I                            | 21UHIC11    | History of India upto<br>647 C.E   | 5            | 4         | 40        | 60  | 100   |
|              | Core II                           | 21UHIC12    | Religions in India   | 5            | 4         | 40        | 60  | 100   |
|              | Allied I                          | 21UHIA11    | General Economics I  | 4            | 4         | 40        | 60  | 100   |
| IV           | Skill Enhancement<br>Course – I   | 21UHIPE1    | Professional English for<br>History  | 2            | 2         | 20        | 30  | 50    |
|              | Ability Enhancement<br>Course - I | 21UAVE11    | Value Education  | 2            | 2         | 20        | 30  | 50    |
| <b>Total</b> |                                   |             |  | <b>30</b>    | <b>22</b> |           |     |       |



| SEMESTER - I                                |              |                    |             |
|---|--------------|--------------------|-------------|
| Ability Enhancement Course -Value Education |              |                    |             |
| Code : 21UAVE11                             | Hrs/Week : 2 | Hrs / Semester: 30 | Credits : 2 |

#### **Unit I: Introduction to Value Education**

Concept of Values -Types of Values- Approaches to values - Benefits of Value Education-Characteristics of Values

#### **Unit II: Human Values**

Human Values -Sources of Human Values - Love -Compassion - Gratitude - Courage - Optimism - Forgiveness- the need and urgency to reinforce Human Values

#### **Unit III: Social Values**

Role of family and society in teaching values - Role of educational institutions in inculcating values- Three general functions of education for society-Self-Reflection- Our society's needs - Social Responsibilities of a student

#### **Unit IV: Spiritual Values**

Spiritual Values - Spiritual Development -Moral Development - Importance of Spiritual Values - Cultivation of Spiritual Values -Five most common spiritual values -Spiritual Resources

#### **Unit V: Values for Life Enrichment**

Goal Setting - Building relationship - Friendship - Love relationship - Family relationship - Professional relationship Interpersonal Relationship -Essential Life Skills that Help in Students Future Development-Life Enrichment Skills Domain

#### **Books for Reference:**

1. Sneha M. & K. Pushpanadham Joshi. *Value Based Leadership in Education Perspective and Approaches*, Anmol Publications Pvt. Limited, 2002.
2. Venkataiah.N. *Value Education*, APH Publishing, 1998
3. Pramod KumarM.A *Handbook on Value Education*, Ramakrishna Mission Institute of Culture (RMIC) 2007
4. Jagdosh Chand.*Value Education*. Shipra Publication 2007
5. Indrani Majhi (Shit)Ganesh Das, *Value Education*, Laxmi Publication Pvt. Ltd., 2017
6. Arumugam, N. S. Mohana, Lr.Palkani, *Value Based Education*, Saras Publication 2014

## Semester II

| Part         | Components                          | Course Code | Course Title   | Hrs/<br>Week | Credits   | Max.Marks |     |       |
|--------------|-------------------------------------|-------------|--|--------------|-----------|-----------|-----|-------|
|              |                                     |             |  |              |           | CIA       | ESE | Total |
| I            | Tamil                               | 21ULTA21    | பொதுத்தமிழ்<br>தான் 2 சமய<br>இலக்கியங்களும் நீதி<br>இலக்கியங்களும்<br>(செய்யுள், இலக்கணம்,<br>இலக்கிய வரலாறு,<br>உரைநடை, வாழ்க்கை<br>வரலாறு) | 6            | 3         | 40        | 60  | 100   |
|              | French                              | 21ULFA21    | Intermediate French Course   |              |           |           |     |       |
| II           | General English                     | 21UGEN21    | Poetry, Prose, Extensive<br>Reading and Communicative<br>English –II   | 6            | 3         | 40        | 60  | 100   |
| III          | Core III                            | 21UHIC21    | History of India<br>from 647 C.E to 1526 C.E   | 5            | 4         | 40        | 60  | 100   |
|              | Core IV                             | 21UHIC22    | Monuments in India   | 5            | 4         | 40        | 60  | 100   |
|              | Allied II                           | 21UHIA21    | General Economics II   | 4            | 4         | 40        | 60  | 100   |
| IV           | Skill<br>Enhancement<br>Course - II | 21UHIPE2    | Professional English for<br>History  | 2            | 2         | 20        | 30  | 50    |
|              | Ability Enhancement<br>Course - II  | 21UAEV21    | Environmental Studies  | 2            | 2         | 20        | 30  | 50    |
| <b>Total</b> |                                     |             |  | <b>30</b>    | <b>22</b> |           |     |       |

| Semester – II          |               |            |             |
|------------------------|---------------|------------|-------------|
| Environmental Studies  |               |            |             |
| Course Code : 21UAEV21 | Hrs/ Week : 2 | Hrs/Sem:30 | Credits : 2 |

### Course Outcomes:

**Upon completion of this course, the students will be able to**

- 1 Recognize the biotic and abiotic components of ecosystem and how they function.
- 2 Use natural resources more efficiently and know more sustainable ways of living.
3. Acquire an attitude of concern for the environment.
4. Participate in improvement and protection of environment.
5. Manage unpredictable disasters.
- 6 Create awareness about environmental issues to the public.

### Unit I Environment and Ecosystem

Aim and need for Environmental Awareness - Components of Environment Ecosystem - Components of Ecosystem: Abiotic and biotic factors ( Producer, Consumer and Decomposer) – Food Chain, Tropic Levels - Food Web, Energy flow and Ecological pyramids

### Unit II Natural Resources:

Renewable and non-renewable resources – Water Resources: Uses and Conservation of Water – Rain Water Harvesting – Forest Resources: Importance of Forests - Major and Minor forest produces - Conservation of Forest Energy Resources: Solar Fossil Fuel – Wind – Role of individuals in the conservation of natural resources

### Unit III Environmental Pollution

Pollutants – Types of pollution: Air, Water, Noise and Plastic Pollution – Causes, effects and Control measures – Global warming and Climate Change

### Unit IV Human Population and Environment

Effect of human population on environment – Population Explosion problems related to population explosion – Involvement of population in conservation of environment – Measures adopted by the Government to control population growth – Environment and human health

### Unit V Disaster Management

Floods–Drought–Earthquakes– Cyclones – Landslide–Tsunami–Control measures



### Semester III

| Part  | Components  | Course Code | Course Title  | Hrs/<br>Week | Credits | Max.Marks |     |       |
|-------|---|-------------|---|--------------|---------|-----------|-----|-------|
|       |   |             |   |              |         | CIA       | ESE | Total |
| I     | Tamil   | 21ULTA31    | பொதுத்தமிழ்<br>தாள் 3 : காப்பியங்களும்<br>சிறுநூல்களும் (செய்யுள்,<br>இலக்கணம், இலக்கிய<br>வரலாறு, உரைநடை, புதினம்) | 6            | 4       | 40        | 60  | 100   |
|       | French  | 21ULFA31    | Advanced French Language  |              |         |           |     |       |
| II    | General English                                     | 21UGEN31    | Poetry, Prose, Extensive<br>Reading and Communicative<br>English-III  | 6            | 4       | 40        | 60  | 100   |
| III   | Core V  | 21UHIC31    | History of India from 1526 C.E<br>– 1707 C.E  | 6            | 6       | 40        | 60  | 100   |
|       | Allied III  | 21UHIA31    | Indus Valley Civilisation   | 4            | 4       | 40        | 60  | 100   |
|       | Core SB   | 21UHS31     | Archives and Museums  | 4            | 4       | 40        | 60  | 100   |
|       | NME I   | 21UHN31     | Freedom Movement in India   | 2            | 2       | 20        | 30  | 50    |
| IV    | Ability<br>Enhancement<br>Course III                | 21UAWS31    | Women's Synergy   | 2            | 2       | 20        | 30  | 50    |
|       | Self Study/<br>MOOC /<br>Internship<br>(Compulsory) | 21UHIS31    | Development of Tourism<br>Department in India with<br>special reference to Tamil Nadu                               |              | 2       |           | 50  | 50    |
| Total |   |             |   | 30           | 28      |           |     |       |

| Semester – III  |               |            |             |
|-----------------|---------------|------------|-------------|
| Women's Synergy |               |            |             |
| Code : 21UAWS31 | Hrs/ Week : 2 | Hrs/Sem:30 | Credits : 2 |

### Unit I - Physical Health

Woman's Structural Organisation – Levels of organisation – Body image - Reproductive health – Hormonal Cycle and its Psycho-somatic implications – Child birth – lactation – Nutritional status of women.

### Unit II – Psychological Health

Examining factors determining psychological conditions of women – Depression, anxiety, stress, hysteria – Socio – cultural and familial conditioning of women's minds – Self Image, Discrimination against women.

### Unit III – Women and Legal Awareness

Women specific – centered legislations – legal issues – laws to prevent gender based violence National / State Pro-women schemes – educational and Employment schemes. Laws for protection of Women – Women's rights to property – Women's Rights in the Indian Constitution – Maternity benefit act.

### Unit IV – Women and Finance

Manager of domestic finance – Budgeting basics – Create a family budget - Set financial goals – Plan for financial emergencies – Budget for travel – Saving strategies – Investment options

### Unit V – Women's Empowerment in Various Domain

Introduction - Women created history in sports and music – P. T. Usha, M. S. Subbulakshmi - Women who crossed hurdles in Social Service – Mother Theresa, Muthulakshmi Reddy, Medha Patkar - Role of Women in Indian independence movement and Politics – Indira Gandhi, Aruna Asaf Ali.

*Lewis Rose*

**Principal**

**St. Mary's College (Autonomous)  
Thoothukudi-628 001.**