

SYLLABUS

ENVIRONMENTAL STUDIES

Examination 2024-25

SEMESTER III-IV

B.A./ B.Sc. (Biotech., Food Sci., Comp. Sci., Eco., FD., IT., Med., Non Med.)/B.Sc. (Hons.-Physics, Chemistry, Maths)/B.B.A.B.C.A./B.Com./B.Com. (Hons.)BJMC/BA Social Sciences/BA (Hons.) Punjabi, BA (Hons.) English, B.Voc (Food Processing, Theatre and Stage Craft, Software Development, Textile Design & Apparel Tech)

B.A./B.Sc. (Biotech., Food Sci., Comp. Sci., Eco., FD., IT., Med., Non Med.)/B.Sc. (Hons.- Physics, Chemistry, Maths)/B.B.A./B.C.A./B.Com./B.Com. (Hons.)/BJMC/BA Social Sciences/BA (Hons.) Punjabi, BA (Hons.) English, B.Voc (Food Processing, Theatre and Stage Craft, Software Development, Textile Design & Apparel Tech)

SEMESTER-III

Course code: ESL-221

Course Title: ENVIRONMENTAL STUDIES-I (COMPULSORY)

Credit Hours (Per Week): 2

Maximum Marks : 50Marks

Instructions for Paper Setters: The question paper will consist of three sections. Candidate will be required to attempt all the sections. Each unit of the syllabus should be given equal weightage of marks. Paper to be set in English, Punjabi and Hindi

Section-A: (16 Marks): It will consist of five short answer type questions. Candidates will be required to attempt four questions, each question carrying four marks. Answer to any of the questions should not exceed two pages.

Section-B: (24 Marks): It will consist of five questions. Candidates will be required to attempt four questions, each question carrying six marks. Answer to any of the questions should not exceed four pages.

Section-C: (10 Marks): It will consist of two questions. Candidate will be required to attempt one question (carrying ten marks) only. Answer to the question should not exceed 5 pages.

Course Objectives:

CO-1	The main goal of Environmental studies is to create the environmental awareness to create a safe, green and sustainable environment.
CO-2	To make students aware about the importance of ecosystem, types of ecosystem, energy flow in an ecosystem, ecological succession, food chain and food web.
CO-3	To make students aware of water conservation, global warming, consumerism and waste products and also about the environmental protection acts.
CO-4	Role of National Service Scheme (NSS). Health and hygiene.

Unit-I

The Multidisciplinary Nature of Environmental Studies: Definition, components, scope and importance of environment/environmental studies, Need for public awareness.

Natural Resources: Definition, types, use, overexploitation, benefits, case studies (if any) and associated problems of following natural resources: Forest Resources, Water Resources, Mineral Resources, Food Resources, Energy Resources, Land Resources *etc.*

Role of an individual in conservation of natural resources. Equitable use of resources for sustainable lifestyles.

Unit-II

Ecosystem: General introduction, types (Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems *viz.* ponds, streams, lakes, rivers, oceans, estuaries), Structure and functions of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem, Ecological succession, Food chains, food webs and ecological pyramids.

Unit-III

Social Issues and Environment: Sustainable development, Urban problems related to energy, Water conservation, rain water harvesting, Resettlement and rehabilitation of people: its problems and concerns. Case studies, Environmental ethics: Issues and possible solutions. Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and its cause. Case studies. Wasteland reclamation.

Environmental Protection Act: Air (prevention and Control of Pollution) Act. Water (prevention and Control of Pollution) Act. Wildlife Protection Act, Forest Conservation Act. Issues involved in enforcement of environmental legislation. Public awareness

Unit-IV

National Service Scheme

Introduction and Basic Concepts of NSS: History, philosophy, aims & objectives of NSS; Emblem, flag, motto, song, badge *etc.*; Organizational structure, roles and responsibilities of various NSS functionaries.

Health, Hygiene & Sanitation: Definition, needs and scope of health education; Food and Nutrition; Safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan); National Health Programme; Reproductive health.

Suggested Books:

1. Agarwal, K. C. 2001. Environmental Biology, Nidhi Publications Ltd. Bikaner.
2. Bharucha, E. 2013. Textbook of Environmental Studies, Universities Press, Hyderabad.
3. Basu, M., Xavier, S. 2016. Fundamentals of Environmental Studies, Cambridge University Press, India
3. Down to Earth, Centre for Science and Environment, New Delhi.
4. Jadhav, H. and Bhosale, V. M. 1995. Environmental Protection and Laws. Himalaya Pub.
5. Joseph, K. and Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pvt. Ltd., Delhi.
6. Kaushik, A. and Kaushik, C. P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
7. Mahapatra, R., Jeevan, S.S. and Das, S. 2017. Environment Reader for Universities, Centre for Science and Environment, New Delhi.
8. Miller, T. G. Jr. 2000. Environmental Science, Wadsworth Publishing Co.
9. Raven, P.H., Hassenzahl, D.M. and Berg, L.R. 2012. Environment. 8th edition. John Wiley & Sons.
10. Sharma, P. D. 2005. Ecology and Environment, Rastogi Publications, Meerut.
11. Booklet on Safe Driving. Sukhmani Society (Suvidha Centre), District Court Complex, Amritsar
12. Kanta, S., 2012. Essentials of Environmental Studies, ABS Publications, Jalandhar.
13. Saroj A., Kaur R., Walia H., Kaur T, 2021. Environmental Studies - A Holistic Approach, KLS Publishers.

Suggested Websites:

1. <https://nss.gov.in>
2. <https://moef.gov.in>
3. <http://punenvis.nic.in>
4. <https://www.unep.org>

Course Outcomes:

CO-1	To learn about the sustainable environment.
CO-2	To gain the knowledge ecosystem and its functioning.
CO-3	To know about the water conservation programs like rain water harvesting and water shedding and to gain knowledge of environmental (air, water and pollution) protections acts.
CO-4	To know about the role and importance of NSS– a volunteer organization, in making up a better environment and to maintain better health and hygiene.

B.A./B.Sc. (Biotech., Food Sci., Comp. Sci., Eco., FD., IT., Med., Non Med.)/B.Sc. (Hons.- Physics, Chemistry, Maths)/B.B.A./B.C.A./B.Com./B.Com. (Hons.)/BJMC/BA Social Sciences/BA (Hons.) Punjabi, BA (Hons.) English, B.Voc (Food Processing, Theatre and Stage Craft, Software Development, Textile Design & Apparel Tech)

SEMESTER-IV

Course Code: ESL-222

Course Title: ENVIRONMENTAL STUDIES-II (COMPULSORY)

Credit Hours (Per Week): 2

Maximum Marks : 50Marks

Instructions for Paper Setters: The question paper will consist of three sections. Candidate will be required to attempt all the sections. Each unit of the syllabus should be given equal weightage of marks. Paper to be set in English, Punjabi and Hindi

Section-A: (16 Marks): It will consist of five short answer type questions. Candidates will be required to attempt four questions, each question carrying four marks. Answer to any of the questions should not exceed two pages.

Section-B: (24 Marks): It will consist of five questions. Candidates will be required to attempt four questions, each question carrying six marks. Answer to any of the questions should not exceed four pages.

Section-C: (10 Marks): It will consist of two questions. Candidate will be required to attempt one question (carrying ten marks) only. Answer to the question should not exceed 5 pages.

Course Objectives:

CO-1	To study the concept of Biodiversity – role, importance, values and its conservation. Hot spots and threats to biodiversity.
CO-2	To create awareness regarding environmental pollution, its causes and effects and preventive measure to control the different types of pollution.
CO-3	To make students aware of growing human population – causes and concern. Family welfare programs. Road safety (Traffic) rules.
CO-4	To know about entrepreneurship development and civil/self defense.

Unit-I

Biodiversity and its Conservation:

- Definition: Genetic, species and ecosystem diversity.
- Biogeographical classification of India.
- Value of Biodiversity: Consumptive use; productive use, social, ethical, aesthetic and option values.
- Biodiversity of global, National and local levels.
- India as mega-diversity nation.
- Hot-spots of biodiversity.
- Threats to Biodiversity: Habitat loss, poaching of wild life, man wildlife conflicts. Threatened and endemic species of India.
- Endangered species, vulnerable species, and rare species.

- Conservation of Biodiversity: In situ and Ex-situ conservation of biodiversity. National Parks, Wild life sanctuaries, Biosphere reserve, Project Tiger, Project Elephant.

Unit-II

Environmental Pollution:

Environmental Pollution: Concepts and Types

- Definition, causes, effects and control measures of:
 - a) Air Pollution
 - b) Water Pollution
 - c) Soil Pollution
 - d) Marine Pollution
 - e) Noise Pollution
 - f) Thermal Pollution
 - g) Nuclear Hazards
 - h) Electronic Waste
- Concepts of hazards waste & human health risks.
- Solid Waste Management: Causes, effects and control measures of municipal, biomedical and e-waste
- Role of an individual in prevention of pollution.
- Pollution case studies.
- Disaster Management: Floods, Earthquake, Cyclone and Landslides.

Unit-III

Human Population and the Environment

- Human population growth: impacts on environment.
- Population explosion-Family welfare programme.
- Environment and human health: Concept of health and disease, common communicable and non communicable diseases, public awareness
- Human rights.
- Value education.
- Women and child welfare.
- Role of information technology in environment and human health.
- Environment movements in India: Chipko movement, Silent valley movement and other case studies.
- Road Safety Rules & Regulations: Use of Safety Devices while Driving, Do's and Don'ts while Driving, Role of Citizens or Public Participation, Responsibilities of Public under Motor Vehicle Act, 1988, General Traffic Signs.
- Accident & First Aid: First Aid to Road Accident Victims, Calling Patrolling Police & Ambulance.

Unit-IV

National Service Scheme:

- **Entrepreneurship Development:** Definition & Meaning; Qualities of good entrepreneur; Steps/ ways in opening an enterprise; Role of financial and support service Institutions.

- **Civil/Self Defense:** Civil defense services, aims and objectives of civil defense; Needs for self-defense training.

Field Visits:

- Visit to a local area to document environmental assets–river/forest/grassland /hill/mountain.
- Visit to a local polluted site–Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds.
- Study of simple ecosystems–pond, river, hill slopes etc.
- Contribution of the student to NSS/any other social cause for service of society.
- Visit to Museum/Science City
- Municipal solid waste management and handling.

Note: In this section the students will be required to visit and write on the environment of an area/ecosystem/village industry/disaster/mine/dam/agriculture field/waste management/hospital etc. with its salient features, limitations, their implications and suggestion for improvement.

References/Books:

1. Agarwal, K. C. 2001. Environmental Biology, Nidhi Publications Ltd. Bikaner.
2. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
3. Down to Earth, Centre for Science and Environment, New Delhi.
4. Jadhav, H. &Bhosale, V. M. 1995. Environmental Protection and Laws. Himalaya Pub.
5. Joseph, K. and Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
6. Kaushik, A. & Kaushik, C. P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
7. Miller, T. G. Jr. 2000. Environmental Science, Wadsworth Publishing Co.
8. Sharma, P. D. 2005. Ecology and Environment, Rastogi Publications, Meerut.
9. Booklet on Safe Driving. Sukhmani Society (Suvidha Centre), District Court Complex, Amritsar
10. Asthana, D.K. 2006. Text Book of Environmental Studies, S. Chand Publishing.
11. Kanta, S., 2012. Essentials of Environmental Studies, ABS Publications, Jalandhar.
12. Basu, M., Xavier, S. 2016. Fundamentals of Environmental Studies, Cambridge University Press, India.
13. Mahapatra, R., Jeevan, SS, Das S. 2017. Environment Reader for Universities, Centre for Science and Environment, New Delhi.

Course Outcomes:

CO-1	To know about the meaning of Biodiversity and its role in environment.
CO-2	To know about the causes of different forms of pollution and their control measures.
CO-3	To know about the causes and challenges of growing human population. Women and child welfare programs.
CO-4	To know the development of entrepreneurship and techniques of civil/self defense.

SYLLABUS
BACHELOR OF
PHYSIOTHERAPY
(PART-II) ANNUAL
Examination 2024-25

BACHELOR OF PHYSIOTHERAPY (PART-II)
Course Code: ESL–225
Course Title: Environmental Studies (Compulsory)

Credit Hours (Per Week): 2
Total Hours : 60
Maximum Marks : 100Marks

Instructions for Paper Setters: The question paper will consist of three sections. Candidate will be required to attempt all the sections. Each unit of the syllabus should be given equal weightage of marks. Paper to be set in English, Punjabi and Hindi

Section–A (30 Marks): It will consist of eight short answer type questions. Candidates will be required to attempt six questions, each question carrying five marks. Answer to any of the questions should not exceed two pages.

Section–B (40 Marks): It will consist of six questions. Candidates will be required to attempt four questions, each question carrying ten marks. Answer to any of the questions should not exceed four pages.

Section–C (30 Marks): It will consist of three questions. Candidate will be required to attempt two questions only of fifteen marks each. Answer to the question should not exceed 5 pages.

Course Objectives:

CO-1	The main goal of Environmental studies is to create the environmental awareness to create a safe, green and sustainable environment.
CO-2	To make aware students about the importance of nature and natural resources.
CO-3	To stress upon the usage of alternative and green sources of energy.
CO-4	To create awareness regarding environmental pollution, its causes and effects and preventive measure to control the different types of pollution.
CO-5	To make students aware of Biodiversity – role, importance, values and its conservation.
CO-6	Growing human population – causes and concern
CO-7	Role of National Service Scheme (NSS) – a volunteer organization, in making up a better environment. Road safety (Traffic) rules.

Unit-I

The multidisciplinary nature of environmental studies: Definition, scope & its importance. Need for public awareness.

Natural resources: Natural resources and associated problems.

- Forest resources:** Use of over exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- Water resources:** Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.
- Mineral resources:** Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- Food resources:** World food problems, change caused by agriculture and overgrazing, effect or modern agriculture, fertilizer-pesticide problem, salinity, case studies.

- e) **Energy resources:** Growing of energy needs, renewable and non-renewable energy resources, use of alternate energy sources, case studies.
- f) **Land recourses:** Land as a resource, land degradation, soil erosion and desertification.
- g) Role of an individual in conservation of natural resources, equitable use of resources for sustainable lifestyles.

Ecosystem:

Concept of an ecosystem, Structure and function of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem, Ecological succession, Food chains, food webs and ecological pyramids.

Introduction, types, characteristic features, structure and function of the following ecosystems:

- a. Forest ecosystem
- b. Grassland ecosystem
- c. Desert ecosystem
- d. Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries).

Unit-II

Biodiversity and its Conservation:

Definition: Genetic, species and ecosystem diversity, Biogeographical classification of India.

Value of Biodiversity: Consumptive use; productive use, social, ethical, aesthetic and option values. Biodiversity of global, National and local levels, India as mega-diversity nation "Hot-spots of biodiversity.

Threats to Biodiversity: Habitat loss, poaching of wild life, man wildlife conflicts Endangered and endemic species of India.

Conservation of Biodiversity: *In situ* and *Ex-situ* conservation of biodiversity

Environmental Pollution:

Definition, Causes, effects and control measures of:

- a) Air Pollution
- b) Water Pollution
- c) Soil Pollution
- d) Marine Pollution
- e) Noise Pollution
- f) Thermal Pollution
- g) Nuclear Hazards

Solid Waste Management: Causes, effects and control measures of urban and industrial wastes. Role of an individual in prevention of pollution.

Pollution case studies Disaster Management: Floods, Earthquake, Cyclone and Landslides

Unit-III

Social Issues and Environment:

- From unsustainable to sustainable development
- Urban problems related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies
- Environmental ethics: Issues and possible solutions.

- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act
- Air (prevention and Control of Pollution) Act
- Water (prevention and Control of Pollution) Act
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation
- Public awareness

Human population and the environment

- Population growth, variation among nations
- Population explosion-Family welfare programme
- Environment and human health
- Human rights
- Value education
- HIV/AIDS
- Women and child welfare
- Role of information technology in environment :and human health
- Case studies
- Road Safety Rules & Regulations: Use of Safety Devices while Driving, Do's and Don'ts while Driving, Role of Citizens or Public Participation, Responsibilities of Public under Motor Vehicle Act, 1988, General Traffic Signs
- Accident & First Aid: First Aid to Road Accident Victims, Calling Patrolling Police & Ambulance

Unit-IV

National Service Scheme

- **Introduction and Basic Concepts of NSS:** History, philosophy, aims & objectives of NSS; Emblem, flag, motto, song, badge etc.; Organizational structure, roles and responsibilities of various NSS functionaries.
- **Health, Hygiene & Sanitation:** Definition, needs and scope of health education; Food and Nutrition; Safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan); National Health Programme; Reproductive health.
- **Entrepreneurship Development:** Definition & Meaning; Qualities of good entrepreneur; Steps/ ways in opening an enterprise; Role of financial and support service Institutions.
- **Civil/Self Defense:** Civil defense services, aims and objectives of civil defense; Needs for self-defense training.

Field Visits:

- Visit to a local area to document environmental assets–river / forest / grassland / hill / mountain.
- Visit to a local polluted site–Urban / Rural / Industrial / Agricultural.
- Study of common plants, insects, birds.
- Study of simple ecosystems–pond, river, hill slopes, etc.
- Contribution of the student to NSS/any other social cause for service of society.

Note: In this section the students will be required to visit and write on the environment of an area/ ecosystem/village industry/disaster/mine/dam/agriculture field/waste management/hospital etc. with its salient features, limitations, their implications and suggestion for improvement.

References/Books:

1. Agarwal, K. C. 2001. Environmental Biology, Nidhi Publications Ltd. Bikaner.
2. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
3. Down to Earth, Centre for Science and Environment, New Delhi.
4. Jadhav, H. &Bhosale, V. M. 1995. Environmental Protection and Laws. Himalaya Pub.
5. Joseph, K. and Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
7. Kaushik, A. &Kaushik, C. P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
9. Miller, T. G. Jr. 2000. Environmental Science, Wadsworth Publishing Co.
10. Sharma, P. D. 2005. Ecology and Environment, Rastogi Publications, Meerut.
11. Booklet on Safe Driving. Sukhmani Society (Suvidha Centre), District Court Complex, Amritsar
12. Kanta, S., 2012. Essentials of Environmental Studies, ABS Publications, Jalandhar.

Course Outcomes:

CO-1	To learn about the sustainable environment.
CO-2	To gain the knowledge about the judicious use of natural resources for a green environment.
CO-3	To know about the causes of different forms of pollution and their control measures.
CO-4	To know about the importance of green programs like <i>vanamahotasava</i> to promote afforestation.
CO-5	To know about the meaning of Biodiversity and its role in environment.
CO-6	To know the family (welfare) planning programs, role of NSS and road safety rules.