

CourseCode:C2SVAC128P  
60 Hrs. (4 Hrs./Week)  
Credit:2

ExternalMarks:35

Internal Mark:15  
Total Mark: 50

**Course Objectives:**

- To understand the principle and practice of cleanliness, sanitation ,hygiene, and environmental well being.
- To develop awareness of environmental hazard ,health risk and sustainable management practice .
- To encourage behavioural change through field activities , observation and community engagement.

**Course content:**

Student will take field visits to identify local urban/village environmental issues, collect data and Prepare a brief report activities will be carried out in consultation with the office of municipal Commissioner/local bodies/district administration/NGOs engaged in the similar field/NSS units/health institutions.

Suggestive activity area(Choose any two):

1. Cleanliness and Hygiene

- Importance of cleanliness in daily life
- Practical tips for maintaining personal and community hygiene
- First aid basics, accident prevention, and role of behavioural change

2.Environmental Management

- Solid waste disposal systems
- Soil, air, and water management practices
- Sanitation and sewage treatment techniques

3.Waste Management & Sustainability

- Concept of 3R( Reduce, Reuse, Recycle)
- Role of sustainability in waster education
- Practical demonstration of waste segregation and composting

4.Environmental Audit & Impact Assessment

- Environmental risk assessment
- Pollution control and management strategies
- Impact of environmental issues on human health

5. Health and Lifestyle Education

- Importance of food, nutrition, and hygiene for a healthy lifestyle
- Role of Yoga in promoting holistic health and well-being

**Note:**

The internal marks will consist of evaluation through attendance, participation in activities, etc. The external marks will consist of evaluation through activity report submission, presentation, etc.