

The syllabus

Course I

Introduction to Human Rights and Duties

Credit: 1

- I) **Basic Concept**
 - a) Human Values- Dignity , Liberty, Equality , Justice, Unity in Diversity, Ethics and Morals
 - b) Meaning and significance of Human Rights Education

- II) **Perspectives of Rights and Duties**
 - a) Rights: Inherent-Inalienable-Universal- Individual and Groups
 - b) Nature and concept of Duties
 - c) Interrelationship of Rights and Duties

- III) **Introduction to Terminology of Various Legal Instruments**
 - a) Meaning of Legal Instrument- Binding Nature
 - b) Types of Instruments: Covenant-Charter-Declaration-Treaty-Convention-Protocol- Executive Orders and Statutes

- IV) **United Nations And Human Rights**
 - a) Brief History of Human Rights- International and National Perspectives
 - b) Provision of the charters of United Nations
 - c) Universal Declaration of Human Rights- Significance-Preamble
 - d) Civil and Political Rights-(Art. 1-21)
 - e) Economic, Social and Cultural Rights-(Art.22-28)
 - f) Duties and Limitations-(Art. 29)
 - g) Final Provision (Art. 30)



Shalini Sanyal

Course Coordinator

Course II

Human rights of vulnerable and disadvantaged groups

Credit: 1

I) General Introduction

- a) Meaning and Concept of Vulnerable and Disadvantaged
- b) Groups, Customary, Socio-Economic and Cultural Problems of
- c) Vulnerable and Disadvantaged Groups

II) Social status of women and children in International and national perspective

- a) Human Rights and Women's Rights –International and National Standards
- b) Human Rights of Children-International and National Standards

III) Status of Social and Economically Disadvantaged people

- a) Status of Indigenous People and the Role of the UN
- b) Status of SC/ST and Other Indigenous People in the Indian Scenario
- c) Human Rights of Aged and Disabled
- d) The Minorities and Human Rights

IV) Human rights of vulnerable groups

- a) Stateless Persons
- b) Sex Workers
- c) Migrant Workers
- d) HIV/AIDS Victims



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Course III

Human Rights and Duties in India: Law, Policy, Society and Enforcement

Mechanism

Credit: 1

- I. Human Rights in Indian Context**
 - a) Indian Bill of Rights And Sarvodaya
 - b) Preamble- Fundamental Rights- Directive Principles-Fundamental Duties

- II. Human Rights- Enforcement Mechanism**
 - a) Human Rights Act, 1993
 - b) Judicial Organs- Supreme Court (Art 32) And High Courts(Art 226)
 - c) Human Rights Commission- National and State of Maharashtra
 - d) Commission of Women, children , Minority, SC/ST
 - e) Survey of International Mechanism

- III. Human Rights Violations and Indian Polity**
 - a) Inequalities in society-population-illiteracy-poverty-caste-inaccessibility of legal redress
 - b) Abuse of Executive Power-Corruption-Nepotism and favoritism
 - c) Human Rights and Good Governance
 - d)

- IV. Role of Advocacy Groups**
 - a) Professional Bodies: Press, Media, Role of Lawyers-Legal Aid
 - b) Educational Institutions
 - c) Role of Corporate Sector
 - d) NGO's



Shalini
Course Coordinator

Yoga Syllabus taught for PG Credit Course (SPPU)

Inbox

swati kharote <kharoteswati28@gmail.com>

Tue, Aug 20, 12:56 PM
(3 days ago)

to me

Respected Madam,

Here is the syllabus that I taught.

- ✓ 1. What is Yoga? Its History?
- ✓ 2. Ashtang Yog (Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyan, Samadhi)
- ✓ 3. Suryanamaskar (History, Benefit, Method, Beej-Mantra)
4. Different Asans (History, Advantages, Disadvantages, Different Stages, Methods, Breathing Pattern)
- ✓ 5. Difference between Physical fitness and Asan
6. Pranayam (Deep breathing, Anulom- vilom, Bhramari)
7. Yognidra
8. Meditation
9. Omkar and Prarthana (Benefits)

Thank you.

Regards,
Swati Kharote

Shalini Eyer

Course Coordinator

