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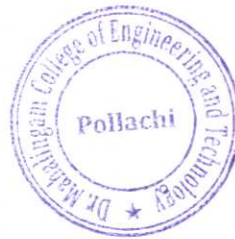
TO WHOMSOEVER IT MAY CONCERN

This is to certify that the Institution has integrated crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability into the Curriculum offered by the institution from 2017-18 to 2021-22 pertaining to the Metric number 1.3.1.*

We hereby enclosed the sample document for the Professional Ethics, Gender, Human Values, Environment and Sustainability into the curriculum offered by the Department of Mechanical Engineering for your kind reference.



Steering Committee Coordinator



PRINCIPAL
PRINCIPAL

Dr. Mahalingam College of
Engineering and Technology
Pollachi - 642 003.

Programme: Mechanical Engineering

19PSHG6001	Wellness for Students*	0	0	2	1	100	All
19CHMG6201	Environmental Sciences	1	0	0	-	-	All
19pshg6001	Wellness For Students	1	0	0	-	-	All
19PSHG6002	Universal Human Values 2: Understanding Harmony	2	1	0	3	100	All
19PSHG6501	Employability Skills 1 : Teamness and Interpersonal Skills	0	0	2	1	100	All
19PSHG6601	Employability Skills 2 : Campus to Corporate	0	0	2	1	100	All

Course Code: 19PSHG3001	Course Title: WELLNESS FOR STUDENTS (Common to all B.E/B.Tech Programmes)		
Course Category: Humanities		Course Level: Introductory	
L:T:P (Hours/Week) 0: 0: 2	Credits:1	Total Contact Hours:30	Max. Marks:100

Pre-requisites:

- Nil

Course Objectives:

The course is intended to:

1. Articulate the importance of wellness for success in life.
2. Understand the dimensions of wellbeing and relevant practices
3. Guide in adopting such practices to improve wellness
4. Reflect the impact of changes sensed on personal and social effectiveness

UNIT I Wellness - Importance And Dimensions

Values and aspirations – goals – SMART Goals – means for achieving goals – job Vs career – success in life – attributes of successful persons. Maslow's Hierarchy of needs motivation - Concept of wellness – impact of absence of wellness - Wellness as important component to achieve success.

Wellbeing as per WHO - Dimensions of Wellbeing: Physical, Mental, Social, Spiritual – indicators and assessment methods – Guna – causes and impact - multiple dimensions of human structure (physical, astral, causal bodies) – human-panchabootha relationship.

UNIT II Practices for Physical Wellness through Yoga

Simplified Physical Exercises: Hand, Leg, Neuromuscular breathing, eye exercises, kapalabathy, makarasanam 1 & 2, body massage, 14-points acupressure – Suryanamaskar - relaxation. Simple asanas.

UNIT III Practices for Physical Wellness through Exercises

Fitness as a subset of Wellness – health related physical fitness - skill related physical fitness. Exercises related ailment and injuries - safety and precautions - first aid.

Fitness development: Muscular strength – exercises (calisthenics): pull-up, sit-up, push-up and weight training; Explosive power – exercises: vertical jump, long jump; Cardio respiratory endurance– exercises: walking, jogging, treadmill, stair climbing, bicycling, skipping; Flexibility

– exercises: stretching.

Speed, agility, balance and coordination – exercises: sprint, cone drill, ladder drill, hurdle drill, ball throw - mental agility exercises.

UNIT IV Practices for Mental Wellness

Meditation: Mind and its functions - mind wave frequency - Agna, Thuriyam and Shanthi meditation – introspection: analysis of thoughts, moralization of desire, neutralization of anger and eradication of worries - simple mindfulness exercises.

UNIT V Practices for Social and Spiritual Wellness

Kayakalpa yoga - youthfulness and life force - cultural education – greatness of guru – universal compassion – fivefold culture. Greatness of friendship and social welfare – individual, family and world peace – blessings and benefits.

Food & sleep for wellness: balanced diet - good food habits for better health (anatomic therapy) – hazards of junk food - food and the gunas.

Course Outcomes	Cognitive Level
At the end of this course, students will be able to:	
CO1: Explain the concept of wellness and its importance to be successful in career and life	Understand
CO2: Explain the dimensions of wellness and practices that can promote wellness	Understand
CO3: Demonstrate the practices that can promote wellness	Understand
CO4: Sense and improve the wellness periodically and its impact on personal effectiveness	Understand
CO5: Maintain harmony with self, family, peers, society and nature	Understand

Text Book(s):

T1. Reading material and workbook prepared by PS team of the college.

Reference Book(s):

R1. Vethathiri Maharishi Institute for Spiritual and Intuition Education, Aliyar, "Value education for harmonious life (Manavalakalai Yoga)", Vethathiri Publications, Erode, 1st Ed. 2010.

R2. Dr. R. Nagarathna, Dr. H. R. Nagendra, "Integrated approach of yoga therapy for positive health", Swami Vivekananda Yoga Prakashana, Bangalore, 2008.

R3. Tony Buzan, Harper Collins, The Power of Physical Intelligence (English).

Course offering:

Orientation programme (3 days)	CO1 and CO2
Student practice (weekly review classes)	CO3
Student journal writing (interim reviews)	CO4 and CO5

Evaluation:

Continuous assessment: 75 marks

Yoga:

Physical Exercises, KayaKalpa = 15 marks

Meditation = 15 marks

Assessment of student's workbook = 10 marks

Total = 40 marks

Sports:

Physical Exercises, KayaKalpa = 20 marks

Assessment of student's workbook = 15 marks

Total = 35 marks

Course Code: 19PSHG6002	Course Title: UNIVERSAL HUMAN VALUES 2 :UNDERSTANDING HARMONY		
	(Common to all B.E/B.Tech Programmes)		
Course Category: Humanities		Course Level: Practice	
L:T:P (Hours/Week) 2: 1: 0	Credits:3	Total Contact Hours:45	Max. Marks:100

Pre-requisites

- 19SHMG6101- Induction Program (UHV1)

Course Objectives

The course is intended to:

1. Development of a holistic perspective based on self-exploration about themselves (human being), family, society and nature/existence.
2. Strengthening of self-reflection
3. Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence
4. Development of commitment and courage to act

Unit I Introduction to Value Education

6+3

Need for the Value Education;. Self -exploration as the process for value education ; Continuous Happiness and Prosperity: A look at basic Human Aspirations; Right understanding: Relationship and Physical Facilities ; Happiness and Prosperity: current scenario ; Method to fulfill the Basic human aspirations

Unit II Harmony in Human Being

6+3

Human being as a co-existence of self ('I') and the material 'Body'; needs of Self ('I') and 'Body'; The Body as an instrument of 'I' ; Harmony in the self('I'); Harmony of the self('I') with body ;Sanyam and Swasthya; correct appraisal of Physical needs, meaning of Prosperity in detail. Programs to ensure Sanyam and Swasthya.

Unit III Harmony in the Family and Society

6+3

Harmony in the Family the basic unit of human interaction; Values in human to human relationship; Trust as the foundational values of relationship; Respect as the right evaluation ;Understanding harmony in the society (society being an extension of family); Vision for the universal human order

Unit IV Harmony in the Nature

6+3

Understanding the harmony in the Nature Interconnectedness, self-regulation and mutual fulfillment among the four orders of nature; Existence as Co-existence at all levels; Holistic perception of harmony in existence.

Natural acceptance of human values ;Definitiveness of Ethical Human Conduct; Basic for Humanistic Education, Humanistic Constitution and Humanistic Universal Order; Competence in professional ethics ;Case study: holistic technologies, management models and production systems ;Strategy for transition towards value based life and profession

Course Outcomes	Affective Level
At the end of this course, students will be able to:	
CO1.Reflect on values, aspiration, relationships and hence identify strengths and weaknesses.	Responding
CO2.Appraise physical, mental and social well being of self and practice techniques to promote well being.	Responding
CO3.Value human relationships in family and society and maintain harmonious relationships.	Valuing
CO4.Respect nature and its existence for survival and sustainable of all life forms and hence practice conservation of nature	Valuing
CO5.Appreciate ethical behaviour as a result of value system in personal and professional situations	Receiving

Text Book(s):

T1. Human Values and Professional Ethics by R R Gaur, R Sangal, G P Bagaria, Excel Books, New Delhi, 2010.

Reference Book(s):

R1.Jeevan Vidya: Ek Parichaya, A Nagaraj, Jeevan Vidya Prakashan, Amarkantak, 1999.

R2.Human Values, A.N. Tripathi, New Age Intl. Publishers, New Delhi, 2004.

R3. The story of stuff, Annie Leonard, Free Press, New York 2010.

Web References:

- <https://aktu.ac.in/hvpe/ResourceVideo.aspx>
- <http://hvpenotes.blogspot.com/>
- <https://nptel.ac.in/courses/109/104/109104068/>

Course Code: 19PSHG6501	Course Title: EMPLOYABILITY SKILLS 1 : TEAMNESS AND INTERPERSONAL SKILLS (Common to all B.E/B.Tech Programmes)		
Course Category: Humanities	Course Level: Practice		
L:T:P: 0: 0: 2	Credits:1	Total Contact Hours: 30	Max Marks:100

Pre-requisites

➤ Nil

Course Objectives

The course is intended to

1. Enrich effective communicative attributes as part of the skills and Facilitate presentation and public speaking skills .
2. Handle negativities and explore the true self.
3. Inculcate interpersonal skills and to groom as a professional.
4. Educate the importance of Nonverbal skill set to attain perfection.
5. Provide teamness and its ethics to facilitate corporate working.

UNIT I EFFECTIVE COMMUNICATION & PRESENTATION SKILLS

6

Barriers of Communication – Fear of English – Handling Social Factors – Handling Psychological Factors – Handling Practical Problems – Do's & Don'ts– Effective Presentation – Presentation – Importance of Presentation – Slide orientation – Introduction in a presentation – Styles of a slide – Slide Templates – Font, color, Background – Graph Diagrammatic representation – Delivery of presentation – Body Language & Gestures – Verbal Attributes – Communication – Handling stammers and breaks – Handling fear of stage – Maintaining Confidence – Content delivery methods – Do's and Don'ts in a presentation– Tips to handle it– Effective Conclusion.

UNIT II : POSITIVE ATTITUDE & HANDLING REJECTIONS

6

A,B,C's of Attitude – Influencing Factors – Individual Factors – Character Comparison – Strategies to Handle ourselves– Benefits of Positive Attitude – Do's& Don'ts – Handling Rejections– Identifying Negativities – How to handle it ??– Necessary changes – To do List – Creating One's self – Self Qualifiers.

UNIT III INTERPERSONAL SKILLS

6

Life skills – Core IP Skills – Importance of IP Skills – Tips to improve IP Skills– Necessity of IP Skills.

UNIT IV BODY LANGUAGE, DRESSING & GROOMING

6

Unconscious Physical moments – Metrics of Body Language – Good Posture – Head Motion – Facial Expression – Eye contact – Gestures – Dressing – Grooming & Outlook – Necessity of good Body Language.

UNIT V TEAM ETHICS

6

Team Ethics – Necessity of Team Work – Teams Everywhere – Benefits of team culture – Reason for team failure – Conflicts – Handling Conflicts – Being a team player – Work difference from college.

Course Outcomes	Cognitive Level
At the end of this course, students will be able to:	
CO1: Enriches effective communicative attributes as part of their skills and Facilitates with Presentation & Public speaking skills.	Apply
CO2: Be aware of negativities and handle them to explore the true self.	Apply
CO3: Enables them with necessity of Interpersonal skills to groom as a professional.	Apply
CO4: Educates them about importance of Nonverbal skill set to attain perfection.	Understand
CO5: Provides them with teamness and its ethics as it is the core of corporate working.	Apply

Text Books

T1. John C Maxwell, " The 17 Indisputable Laws of Teamwork: Embrace Them and Empower Your Team", Harper Collins Leadership Publishers, 2013.

Reference Books

R1. Patrick Lencioni, "The Five Dysfunctions of a Team: A Leadership Fable" Jossey Bass Publishers, 2006.

R2. Malcolm Gladwell, "Talking to Strangers: What We Should Know about the People We Don't Know" Penguin Publishers, 2019.

R3. Harvey Segler, " Body Language: Discovering & Understanding the Psychological secrets behind reading & Benefiting from Body Language" Kindle Edition, 2016.

Definition of Interview– Types of Interview – Prior interview– Know the Company – Employer’s perspective in interview– Non Verbal etiquette– Dressing – Verbal Communication in Interview– Facing Rejection in Interview– Do’s & Don’ts in an Interview– Common Interview Questions – Handling Stress Questions – Handling Telephonic Interviews.

UNIT V LEADERSHIP SKILLS& TIME MANAGEMENT

6

Leadership – Leadership Traits – Leadership styles – Types of Leaders – Qualities of a leader – Developing Perspectives

Time Management – Necessity of Time Management – Types of time – Estimation of time – Process of Time management – Efficient utilization of Time – Time wasting culprits – Tips to manage time – Goal setting in Time Management

Course Outcomes	Cognitive Level
At the end of this course, students will be able to:	
CO1:Enables them to understand the emotions and necessity to handle it to evolve as an effective social animal.	Understand
CO2:Effective resumes to project the positives to be employable.	Understand
CO3:Facilitates for a collaborative work environment and to engage in healthy agreements for building person’s professional facet.	Understand
CO4:Enlightens the growth attribute to outperform, initiate and grow in professional arena.	Understand
CO5:Practices effective handling of time and discarding the unprofessional habits.	Understand

Text Book(s):

T1.Thea Kelley, "Get That Job! The Quick and Complete Guide to a Winning Interview " Plover crest Press, 2017.

Reference Book(s):

- R1. Daniel Goleman, " Emotional Intelligence Reader’s Guide", BANTAM PUBLISHERS, 1997.
- R2. Daniel Goleman, Richard Boyatzis & Annie McKee, " Primal Leadership: Unleashing the Power of Emotional Intelligence" Harvard Business Review Press; Anniversary edition, 2013.
- R3. Stephen R Covey, " The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change" Simon & Schuster; Anniversary edition, 2013.

iii) Poster making event.

(b) Actual Activities:

i) Plantation.

ii) Cleanliness drive.

iii) Drive for segregation of waste.

iv) To know about the different varieties of plants.

v) Shutting down the fans and ACs of the campus for an hour or so.

Course Outcomes	Cognitive Level
At the end of this course, students will be able to:	
CO1: Create awareness for conservation and equitable use of natural resources.	Understand
CO2: Explain the measures of prevention of pollution and disaster management.	Understand
CO3: State the importance of environmental legislation in India.	Understand
CO4: Expose the general environmental issues relevant to human health.	Understand
CO5: Explain the innovative measures for day to day environmental issues.	Understand

TEXTBOOKS:

T1. Benny Joseph, "Environmental Studies", Tata McGraw Hill, New Delhi, 2006.

T2. Mackenzie Davis and Susan Masten, "Principles of Environmental Engineering and science", Mc-Graw Hill, 3rd edition, 2014.

REFERENCES:

R1. Trivedi R.K. "Handbook of Environmental Laws, Rules, Guidelines, Compliances and Standards", Vol. I and II, Enviro Media.

R2. Cunningham, W.P.Cooper., T.H. Gorhani, "Environmental Encyclopedia", Jaico Publishing House, Mumbai, 2001.

Dr Mahalingam College of Engineering and Technology, Pollachi

Details of Gender Equality

A forum for women “YuvaSakthi”, functions in the institution since 2004 and this forum celebrates International Women’s Day on 8th March every year. On this occasion, best performing women in the society in various fields are identified as awardees every year and bestowed with YuvaSakthi award and honored. This year International Women’s Day was celebrated on 7th March 2020 and Tmt. M. Revathi, Founder, *Inspire* was honored with YuvaSakthi award for her outstanding contributions in the field of organic farming. In her acceptance speech, the awardee spoke about the importance of birds and organic farming in sustaining the environment. As many as 2365 participants including approximately 1176 male participants were present during the celebration.

Also, best outgoing female students are selected and awarded with YuvaSakthi Award and Meritorious certificate. In commemoration of the 10th year of the functioning of YuvaSakthi Forum, YuvaSakthi Endowment was formed in the year 2014 and YuvaSakthi scholarships are distributed to the female students on merit cum means basis every year. In continuation, this year, awards and Scholarships for a total amount of **Rs. 3,10,000/-** are given to students from the YuvaSakthi Endowment. The details of the **Scholarship based on merit –cum- means basis and All Round Performer** are listed below:

Name of the Institution	Year of study	No. of students selected	Details of scholarship/award given per student	Total amount
Scholarship				
MCET	First	2	Rs. 25,000/-	Rs. 50,000/-
	Second	2	Rs. 25,000/-	Rs. 50,000/-
	Third	2	Rs. 25,000/-	Rs. 50,000/-
NPT	First	2	Rs. 15,000/-	Rs. 30,000/-
	Second	2	Rs. 15,000/-	Rs. 30,000/-
NIA Schools	HSC-I Year	3	Rs. 10,000/-	Rs. 30,000/-
All Round Performer				
MCET	Final	1	Rs. 25,000/- worth gold coin	Rs. 25,000/-
NPT	Final	1	Rs. 15,000/- worth gold coin	Rs. 15,000/-
NIA Schools- Mariammal	HSC-II Year	1	Rs. 10,000/-	Rs. 10,000/-
NIA Schools- Rukmaniammal	HSC-II Year	1	Rs. 10,000/-	Rs. 10,000/-
NIA Schools-- Palanigounder	HSC-II Year	1	Rs. 10,000/-	Rs. 10,000/-
			Total	Rs. 3,10,000/-

Various competitions were organized for female students and faculty members and prizes were distributed. It was quite interesting to watch our female students showcasing their talents through cultural programme and yoga performance.

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NIA Schools-- Palanigounder	HSC-II Year	1	Rs. 10,000/-	Rs. 10,000/-
			Total	Rs. 3,10,000/-

Gender equality in clubs

Gender equality in clubs as follows

Description	Office bearers		
	Total	Girls	Boys
NCC	09	03	06
Muthamizh Mandram	29	18	11
YRC/RRC	11	08	03
Environmental Club	33	13	20
Readers Park	14	05	09
Science, Mathematics and Technology Club	08	02	06
Rostrum Club	12	07	05
Fine Arts Club	07	02	04
Gender Champion Club	03	01	02
NSS	10	05	05
Quiz club	09	06	03
Photography Club	10	05	05