

Dr. B. R. Ambedkar University, Agra (Formerly: Agra University, AGRA)

Date: 29-04-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE), Master in Physical Education & Sports Sciences (MPES) and B A in Yoga (BAY) held on 29-04-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

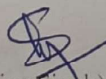
The Following members were present in meeting –


1. Prof. U.C. Sharma (Dean Arts)
2. Dr. Akhilesh Chand Saxena (Convenor)
3. Dr. Dhanajay Singh, Assistant Professor R.B. S. College, Agra (Subject Expert)
4. Dr. Sheeldhar Dubey, Associate Professor, PDDU College, Lucknow (Subject Expert)
5. Dr. S. N. Singh, Associate Professor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ramji Mishra, Assistant Professor, Patanjali University (Subject Expert)

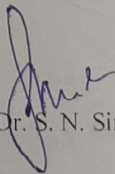
MINUTES

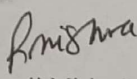
1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
 - a. Theory - Introduction of Yoga
 - b. Theory - Patanjali Yogsutra
 - c. Theory - Mental Health
 - d. Theory - Anatomy & Physiology
 - e. Practical – Yogic Practices
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed by some little changes (Enclosure - 2). The details of theory subjects and practical of this course are given in encloser.
4. The syllabus as per Three Year Course having six semester on the basis of CBCS for B A in Yoga, ~~BA in Yoga~~ (MAY) (BAY) thoroughly studied by the committee and passed with appreciation (Enclosure - 3). The details of theory subjects and practical of this course are given in encloser.
5. The committee also submitted the list of examiners for the above three courses.
6. The meeting ends with the vote of thanks.

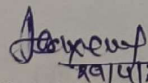
Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)

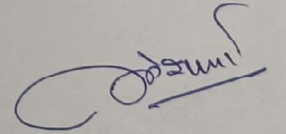

(Dr. Dhanajay Singh)

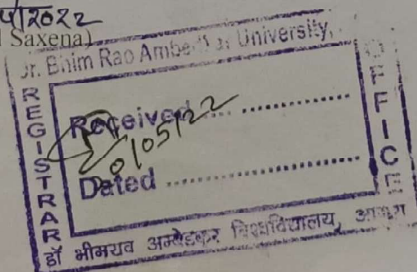

(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


(Prof. U.C. Sharma)



etc

B.A.Y.

Choice Based Credit System (CBCS Pattern)

Course Curriculum (Syllabus)

(Onwards 2022-2023)

Ordinance, Regulations and Syllabus for B.A.Y. (CBCS)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced

today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint

and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of **Holistic Living** and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training

the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

1. Title of the Programme

The programme shall be called "**Bachelor of Arts in Yoga**" (B.A. Yoga) To make the people aware of the therapeutic and preventive value of Yoga.

I. To bring peace and harmony in the society at large by introducing the Yogic way of life.

II. To create therapists of high caliber to make the society free from stress and lifestyle related diseases.

2. **For the B.A.Y. Degree :** The candidates shall have subsequently undergone the prescribed course of study in the university department or a college affiliated to his University for a period of not less than two academic years, passed the examinations prescribed and fulfilled such conditions as have been prescribed there for B.A. Yoga

3. Duration:

The B.A. Yoga program shall be of duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the program requirements within a maximum of five years from the date of admission.

4. The CBCS System:

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All Programs shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the need of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Courses of Program:

The B.A. Yoga Program consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the Program and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.A. Yoga Program.

6. Semesters:

An academic year is divided in to two semesters, each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days excluding examination days. The odd semester may be scheduled from June/July to December/January and even semester from December/January to June/July. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working Day:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Credits:

The term 'Credit' refers to a unity by which the program is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/ two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course. Usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a M.P.E.S. Program is 90 credits and for each semester 20 credits.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December/January: for second semester in the month of May/June. A Candidate who does not pass the examination in any Subjects shall be permitted to appear in such failed subjects in the subsequent examinations to be held in November/December or May/June.
- ii. A candidate should get enrolled/registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condition limit/rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of the semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she have successfully kept the term in first semester.

10. Conditions:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condition in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condition in prescribed form with the

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prescribed fee along with the Medical Certificate. Student who participate in sports competition affiliated by IOA shall apply be considered in examination with the permission of head of the department. Students who have below 50% of attendance are not eligible to appear for the examination.

1. Duration

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

2. Eligibility

The candidate should have completed 12th Standard, H.S.C...or Its Equivalent **OR** 10+ two years Govt. recognized full time course **OR** 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,

Name of the Course	B.A. Yoga (B.A.Y.)
Name of the Faculty	Faculty of Arts
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
Eligibility	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,

Year	Internal		Theory		Practical		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	250	90	600	216	150	54	1000	360	40	-
Sem III & IV	250	90	600	216	150	54	1000	360	40	-
Sem V & VI	250	90	600	216	150	54	1000	360	40	-
Final Total	750	270	1800	648	450	162	3000	1080	120	-

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Name of the Course	4.5 - B.A. Yoga
Name of the Faculty	Faculty of Arts
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
Eligibility	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,

Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Practical C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Semester I										
BAY1-I-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	25	09	75	27	-	-	100	36	4
BAY1-I-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञान	25	09	75	27	-	-	100	36	4
BAY1-I-03	Schools of Yoga. योगसंप्रदाय	25	09	75	27	-	-	100	36	4
BAY1-I-04	Yoga Practical योगप्रतिबन्धिका	25	09	-	-	75	27	100	36	4
BAY1-I-05	Educational Principles & Practices of Yoga. योगाध्यापनपद्धतय	25	09	75	27	-	-	100	36	4
Semester I-Total Marks		125	45	300	108	75	27	500	180	20
Semester II										
BAY1-II-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	25	09	75	27	-	-	100	36	4
BAY1-II-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञान	25	09	75	27	-	-	100	36	4
BAY1-II-03	Schools of Yoga. योगसंप्रदाय	25	09	75	27	-	-	100	36	4
BAY1-II-04	Yoga Practical योगप्रतिबन्धिका	25	09	-	-	75	27	100	36	4
BAY1-II-05	Educational Principles & Practices of Yoga. योगाध्यापनपद्धतय	25	09	75	27	-	-	100	36	4
Semester II-Total Marks		125	45	300	108	75	27	500	180	20

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Semester III

BAY2-III-01	Sanskrit lašc' rñkk'kk& II	25	09	75	27	-	-	100	36	4
BAY2-III-02	Philosophy of Yogashastra ;ksxršokkue-	25	09	75	27	-	-	100	36	4
BAY2-III-03	Yoga Therapy ;ksksipkj&i) fri	25	09	75	27	-	-	100	36	4
BAY2-III-04	Yoga Practical ;ksxizkç;f&kde-	25	09	-	-	75	27	100	36	4
BAY2-III-05	Anatomy and Physiology *kjñjppuk& dk;Zkkš=ke	25	09	75	27	-	-	100	36	4
Semester III-Total Marks		125	45	300	108	75	27	500	180	20

Semester IV

BAY2-IV-01	Sanskrit lašc' rñkk'kk& II	25	09	75	27	-	-	100	36	4
BAY2-IV-02	Philosophy of yogashastra ;ksxrRoKkue-	25	09	75	27	-	-	100	36	4
BAY2-IV-03	Yoga Therapy ;ksksipkj&i) fri	25	09	75	27	-	-	100	36	4
BAY2-IV-04	Yoga Practical ;ksxizkç;f&kde-	25	09	-	-	75	27	100	36	4

Elective Papers (Any one of the following can be opted)

BAY2-IV-05 Elective - I	Anatomy and Physiology *kjñjppuk& dk;Zkkš=ke (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY2-IV-05 Elective - II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - V	Education	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - VI	<i>Astham yoga</i>	25	09	75	27	-	-	100	36	04
Semester IV-Total Marks		125	45	300	108	75	27	500	180	20

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Semester VI

BAY3-VI-01	Sanskrit III lašc' rñkk'kk& III	25	09	75	27	-	-	100	36	4
BAY3-VI-02	Philosophy of Yogashastra ; ksršokkue- & I	25	09	75	27	-	-	100	36	4
BAY3-VI-03	Applied Yoga; ksziz; kskd	25	09	75	27	-	-	100	36	4
BAY3-VI-04	Yoga Practical ; kszizk; f[kde-	25	09	-	-	75	27	100	36	4

Elective Papers (Any one of the following can be opted)

BAY3-VI-05/ Elective - I	Yoga and Positive Health ; ksrFkk vuqdwy&šokšF; e (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-VI-05/ Elective - II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - V	Education	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - VI	<i>Bali Arham yoga</i>	25	09	75	27	-	-	100	36	04
Semester VI-Total Marks		125	45	300	108	75	27	500	180	20
Total Marks		750	270	1800	648	450	162	3000	1080	120

Year	Internal		Theory		Practical		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	250	90	600	216	150	54	1000	360	40	
Sem III & IV	250	90	600	216	150	54	1000	360	40	
Sem V & VI	250	90	600	216	150	54	1000	360	40	
Final Total	750	270	1800	648	450	162	3000	1080	120	

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Semester V

BAY3-V-01	Sanskrit III lašd' rñkk'kk& III	25	14	75 60	21 27	-	-	100	35	4
BAY3-V-02	Philosophy of Yogashastra ;ksrŠokkue-& I	25	09	75 60	21 27	-	-	100	35	4
BAY3-V-03	Applied Yoga;ksrŠ;ksd	25	09	75 60	21 27	-	-	100	35	4
BAY3-V-04	Yoga Practical ;ksrŠ;ksd	25	09	-	-	60	21	100	35	4
Elective Papers (Any one of the following can be opted)										
BAY3-V-05/ Elective – I	Yoga and Positive Health ;ksrŠrFkk vuqdwyašokšF; e (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-V-05/ Elective – II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – V	Education	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – VI	Reli Arham Yoga	25	09	75	27	-	-	100	36	04
Semester V-Total Marks		125	45	300	108	75	27	500	180	20

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Eligibility :-	B.A. (YOGA) H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course
Age :-	With working knowledge of Hindi/English 17 to 60 Years (Physically fit)
Note :-	The students should produce Medical Fitness Certificate at the time of admission.
Medium :-	Hindi, English
Duration :-	Three academic Years (June to March every year) six semesters
Numbers of COURSEs	: - 5+ Practical COURSE each semester
Total Marks :-	3000

NOTE: Elective Paper - Paper V in Sem - IV, Sem - V & Sem - VI is elective paper. The Student can opt any one from the subjects offered as paper V.

SEMESTER I

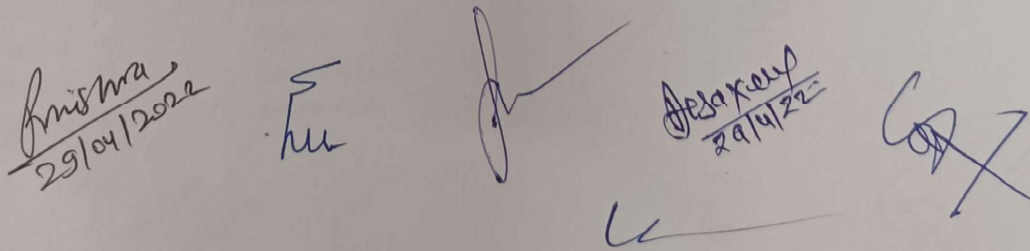
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|--|-------------------------------|
| 1. COURSE I - Sanskrit (Foundation.) I | संस्कृतभाषा- ८ |
| 2. COURSE II -History and Philosophy of Yoga I | योगशास्त्रतिहास- तद्विज्ञानम् |
| 3. COURSE III -Schools of Yoga I | योग-संप्रदायः |
| 4. COURSE IV- Yoga Practical I | योगप्रायोगिकम् |
| 5. COURSE V -Educational Principles& Practices of Yoga I | योगाध्यापनपद्धतयः |

SEMESTER II

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|---|-------------------------------|
| 1. COURSE I - Sanskrit (Foundation.) II | संस्कृतभाषा- ८ |
| 2. COURSE II -History and Philosophy of Yoga II | योगशास्त्रतिहास- तद्विज्ञानम् |
| 3. COURSE III -Schools of Yoga II | योग-संप्रदायः |
| 4. COURSE IV- Yoga Practical II | योगप्रायोगिकम् |
| 5. COURSE V -Educational Principles& Practices of Yoga II | योगाध्यापनपद्धतयः |

SEMESTER III

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|--|-------------------------|
| 1. COURSE I - Sanskrit III | संस्कृतभाषा- II |
| 2. COURSE II -Philosophy of Yogashastra I. | योगतद्विज्ञानम् |
| 3. COURSE III -Yoga Therapy I | योगोपचार-पद्धति |
| 4. COURSE IV- Yoga Practical III | योगप्रायोगिकम् |
| 5. COURSE V -Anatomy and Physiology | शरीररचना-कार्यशास्त्रम् |



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SEMESTER IV

COURSE I - Sanskrit IV

संस्कृत- II

COURSE II -Philosophy of Yogashastra II

योगसंज्ञान- II

COURSE III -Yoga Therapy II

योगपचार- चन्द्रति

COURSE IV- Yoga Practical IV

योगप्रैयक्षिकम्

COURSE V - Elective Papers

Elective - I

Advanced Yoga - Anatomy and Physiology शरीररचना-कार्यशास्त्रम्

Elective - II

Yoga (For Non Yoga Students) -I

Elective - III

Social Sciences

Elective - IV

Jyotisha

Elective - V

Education

Elective - VI

Arham Yoga

SEMESTER V

1. COURSE I - Sanskrit V

संस्कृत- III

2. COURSE II -Philosophy of Yogashastra-III

योगसंज्ञान- I

3. COURSE III -Applied Yoga-I

योगप्रयोग

4. COURSE IV- Yoga Practical-V

योगप्रैयक्षिकम्

5. COURSE V - Elective Papers

Elective - I

Advanced Yoga -Yoga and Positive Health योगतथा अनकूल-संवास्थ्यम् II

Elective - II

Yoga (For Non Yoga Students) II

Elective - III

Social Sciences -II

Elective - IV

Jyotisha

Elective - V

Education

Elective - VI

Arham Yoga -I

SEMESTER VI

1. COURSE I - Sanskrit VI

संस्कृत- III

2. COURSE II -Philosophy of Yogashastra-IV

योगसंज्ञान- I

3. COURSE III -Applied Yoga-II

योगप्रयोग

4. COURSE IV- Yoga Practical-VI

योगप्रैयक्षिकम्

5. COURSE V - Elective Papers

Elective - I

Advanced Yoga -Yoga and Positive Health योगतथा अनकूल-संवास्थ्यम् II

Elective - II

Yoga (For Non Yoga Students) II

Elective - III

Social Sciences

Elective - IV

Jyotisha

Elective - V

Education

Elective - VI

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Module-I	Nitishatakam (First five paddhati)	50 Marks
Module-I	Abhyasapustakam	25 Marks

Internal Assessment -

Assignment - 10 Marks

Attendace - 05 Marks

25 marks

Library Work - 05 Marks

Class Interaction - 05 Marks

Reference Books :

नीतिशतकम् - चौखंबा प्रकाशन, वाराणसी

नीतिशतकम् - डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपुर हाउस, इलाहाबाद-211002

नीतिशतकम् - मराठी अनुवाद (सह) प्राचार्य वेदकुमार वेदालंकार, पं. सिध्दश्वर महाराज, विद्याभारती प्रकाशन, लातूर, नीतिशतकम् - मराठी

अनुवाद (सह) डॉ. हेमा राखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक

नीतिशतकम् - विद्याप्रसार केंद्र, सौताबडी, नागपुर

अन्यासपुस्तकम् - डॉ. एच. आर. विश्वास, संस्कृतभारती प्रकाशन, अक्षरम्, गेलुर

Module-I	Definition of Yoga Misconceptions about Yoga History of Yoga Tradition	40 Marks
Module-II	Ashtanga Yoga- Yama(2-29) Niyamas(2-30)-ethical/moral dimension, Asanas(2-31&46),Pranayama(2-49),Pratyahara(2-54),Dharana(3-01),Dhyana(3-02),Samadhi(3-03).	35 Marks

Internal Assessment -

Assignment - 10 Marks

Attendace - 05 Marks

25 marks

Library Work - 05 Marks

Class Interaction - 05 Marks

Reference Books :

1. योगप्रक्रियाये मार्गदर्शन - डॉ. एम. एल. शरोट
2. पातजल योगशास्त्र - डॉ. नाविकरबेळकर
3. योग ईश्वर्य कुजी - श्री. ह. ट. या. प्र. गंडळ, अमरावती
4. भारतीय मानसशास्त्र आणि योगशास्त्र - डॉ. अ. अ. खंडेकर, महाराष्ट्र योग परिषद, अमरावती

श्री. कोल्हटकर, प्रसाद प्रकाशन, पुणे

Module-I	Comparative Study of following Schools of Yoga:	60 Marks
1.	Bhakti Yoga - with reference to Narada Bhakti Sutra	12 Marks
2.	Karma Yoga - with reference to Bhagvad Geeta	12 Marks
3.	Jnana Yoga - with reference to Upanishads	12 Marks
4.	Raja Yoga - with reference to Patanjali Yoga Sutra	12 Marks
5.	Hatha Yoga - with reference to Hatha Yoga Pradipika	12 Marks
Module-II	Integral Yoga of Aurobindo	15 Marks

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Internal Assessment -

- Assignment - 10 Marks
- Attendance - 05 Marks

25 marks

Reference Books :

- योग के सिद्धांत एवं अभ्यास -
- भक्तियोग
- कर्मयोग
- ज्ञानयोग
- योग, डॉ. वरुण कुंजी
-

- डा. कालिदास जोशी, डॉ. गणेश शंकर शर्मा, योग विद्यापीठ, वाराणसी (मद्र)
- डॉ. श्री विवेकानंद, रामकृष्ण मठ, इटाली, नागपुर
- रामकृष्ण मठ, इटाली, नागपुर
- रामकृष्ण मठ, इटाली, नागपुर
- श्री अरुण खंडेकर, अमरावती

Library Work - 05 Marks
Class Interaction - 05 Marks

COURSE - IV

Practicals - 50 Marks

YOGA PRACTICALS

Viva - 25 Marks

100 MARKS

Internal Assessment

- Assignment - 10 Marks
- Attendance - 05 Marks

25 marks

Library Work - 05 Marks
Class Interaction - 05 Marks

The following practices will be taught:-

1. Sukshma Vyayama -

1. Kapola Shakti Vikasaka
3. Greeva Shakti Vikasaka
5. Manibandha Shakti Vikasaka
7. Vakshasthala- Shakti Vikasaka

2. Karna Shakti Vardhaka
4. Karatala Shakti Vikasaka
6. Purna Bhujja Shakti Vikasaka
8. Jangha-shakti vikasaka

2. Loosening Exercises -

1. Twisting
3. Forward-backward bending

2. Side Bending
4. Twisting and bending

3. Breathing Exercises -

1. Hands in and out breathing
3. Rabbit-breathing
5. Shashankasana-shwasana

2. Tadasan-shavasana
4. Shwan-shwasana

4. Asanas (Cultural Asanas)

A. Standing:-

1. Ardha-katichakrasana
3. Ardha-chakrasana
5. Parivrutta-Trikonasana

2. Padahastasana
4. Trikonasana

B. Sitting-Position:-

1. Paschimottanasana
3. Vakrasana
5. Shashankasana

2. Ushtrassana
4. Ardhamatsyendrasana
6. Suptavajrasana

C. Relaxative Asanas :-

1. Shavasana

2. Makarasana

D. Meditative Asanas :-

1. Padmasana
4. Siddhasana

2. Vajrasana
3. Swastikasana
5. Sukhasana

Reference Books

1. Encyclopaedia of Yoga (No. 410)
2. Introduction to the Yoga Philosophy

Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
S.C. Vasu

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3. Yoga explained
(No. 435)

Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

4. Yoga Philosophy in relation to other
Systems of Indian Thought
(No. 447)

Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

COURSE - V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA

100 MARKS

योगशास्त्रपत्रिका

1. Lesson Planning and Class Management
Handling of Classes, direction, guidance, suggestions, counselling 40 Marks
2. Method of introducing and correcting Yoga Practices 35 Marks

Internal Assessment -

- Assignment - 10 Marks 25 marks
Attendance - 05 Marks
- Reference Book; Library Work - 05 Marks
Class Interaction - 05 Marks

1. Teaching Methods in Yoga

Dr. M.L. Gharote & Dr. S.K. Ganguli,
Kaivalyadham, Lonavala.

SEMESTER II

COURSE - I

SANSKRIT (FOUNDATION)-I

संस्कृतभाषा- I

100 MARKS

Module-I

Nitishatakam (Next five paddhati)

(सुजन-पद्धती, परंपकार-पद्धती, सं-पद्धती, देव-पद्धती, कर्म-पद्धती)

50 Marks

Module-II

Aparikshitakaragam

25 Marks

Internal Assessment

Assignment - 10 Marks

Attendance - 05 Marks

25 marks

Library Work - 05 Marks

Class Interaction - 05 Marks

Reference Books :

नीतिशतकम् - चौखंबा प्रकाशन, वाराणसी

नीतिशतकम् - डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपुर हाउस, इलाहाबाद-211002

नीतिशतकम् - (मराठी अनुवादासह) प्राचार्य वेदकुमार बेदालंकार, पं. सिध्दश्वर महाराज, विद्याभारती प्रकाशन, लातूर नीतिशतकम् - (मराठी अनुवादासह) डॉ. हेमा गांखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, समटेक

नीतिशतकम् - विद्याप्रसार केंद्र, साताबडी, नागपूर

अपरीक्षितकारकम् - चौखंबा प्रकाशन, वाराणसी

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Module-I Yoga as a Darshana, its place and status among other Darshanas
Patanjali as a 'Sutrakara'
Patanjali's time
Nature and structure of Patanjali Yoga.

25 Marks

Module-II Samkhya metaphysics as the basis of Yoga Sutras.
Nirishwara Samkhya and its Dualism, Concept of
Ishwara in Yoga Sutras.
Pranava and its Significance
Cittavrttis and Cittavikshepas, Citta prasadana.

50 Marks

Internal Assessment

Assignment - 10 Marks,
Attendance - 05 Marks,

25 marks

Reference Books :

1. योगप्रक्रियावे मागंदे शांति
2. पातञ्जल योगसूत्र
3. योग ईश्वरार्थ कुजी
4. भारतीय मानसशास्त्र आणि योगशास्त्र-

- डॉ. एम. एल. धरोट
- डॉ. नाविकरबेळकर
- डॉ. अ. अ. खंडेकर, इ. इ. महाराष्ट्र योग परिषद, अमरावती
- श्री. कोल्हटकर, प्रस्ताव प्रकाशन, पुणे

Library Work - 05 Marks
Class Interaction - 05 Marks

COURSE - III

SCHOOLS OF YOGA

100 MARKS

Module-I Other Schools of Yoga

Prana-samyama Yoga,
Kundalini Yoga, Mantra
Yoga,
Laya Yoga,
Shaktipata Yoga.

40 Marks

Module-II

Study of different meditation techniques with reference to their Metaphysical foundations.
Patanjala Yoga Meditation
Zen Meditation
Dynamic Meditation
Vipassana
Bhavatitadhyana
Prekshadhyan

35 Marks

Internal Assessment

Assignment - 10 Marks
Attendance - 05 Marks

25 marks

Library Work - 05 Marks
Class Interaction - 05 Marks

Reference Books :

1. लवहं जमबीदपुनमे .. कृष्ण लक्ष्मण लीतवजमए स्वदंअंसं
2. योगा के सिद्धांत एवं अभ्यास - डॉ. कालिदास जोशी, डॉ. गणेश शंकर सागर विद्यापीठ, सागर (म.प्र.)
3. भक्तियाग - रामकृष्ण मठ, धराली, नागपूर
4. कमयाग ईश्वरी विवकानंद - रामकृष्ण मठ, धराली, नागपूर
5. ज्ञानयाग - रामकृष्ण मठ, धराली, नागपूर
6. योग, ईश्वरार्थ कुजी - पंडीत हरीकृष्ण शास्त्री दातार कितली सांख्य प्रकाशन
करंट बुक एजन्सरी, वाराणसी - 5

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Practicals

50 Marks

Viva

25 Marks

Internal Assessment

25 marks

Assignment - 10 Marks

Attendance - 05 Marks

Library Work - 05 Marks

Class Interaction - 05 Marks

The following practices will be taught:-

1. Suryanamaskara -

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)

A. Prone on position:-

- | | | |
|-----------------|--------------------|-----------------|
| 1. Bhujangasana | 2. Ardhsalabhasana | 3. Shalabhasana |
| 4. Dhanurasana | | |

B. Supine position :-

- | | | |
|-----------------|-----------------|---------------|
| 1. Viparitarani | 2. Sarvangasana | 3. Matsyasana |
| 4. Halasana | | |
| 5. Shirshasana | | |

3. PRANAYAMA :-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing : | 2. Suryabhedan Pranyam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhastrika Pranayama |

4. KRIYAS :-

- | | | |
|----------------|--------------|--------------|
| 1. Kapalabhati | 2. Jalaneti | 3. Sutraneli |
| 4. Vamandhuti | 5. Dandaneti | 6. Trataka |

5. MEDITATION :- (Different techniques such as)

1. Omkar Japa
2. Sakshibhava
3. Breath- Awareness

Reference Books

- | | |
|---|--|
| 1. Encyclopaedia of Yoga (No. 410) | - Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi |
| 2. Introduction to the Yoga Philosophy | - S.C. Vasu
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi |
| 3. Yoga explained
(No. 435) | - Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi |
| 4. Yoga Philosophy in relation to other
Systems of Indian Thought
(No. 447) | - S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |

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COURSE - V

EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA

100 MARKS

योगाभ्यासपद्धतयः

Module-I

Age

Method of teaching Yoga to different age groups (Men and Women)

40 Marks

Module-II

Classification and importance of Methods, Teaching aids

35 Marks

Internal Assessment

Assignment – 10 Marks

Attendance – 05 Marks

25 marks

Reference Book;

1.

Teaching Methods in Yoga

Library Work – 05 Marks

Class Interaction – 05 Marks

Dr. M.L. Gharote & Dr. S.K. Ganguli, Kaivalyadharm, Lonavala.

SEMESTER – III

COURSE - I

SANSKRIT - II संस्कृतभाषा - II

100 MARKS

Module-I

Kathopanishad (Valli I&II)

Module-II

Bhagavadgita (Ch-12)

50 Marks

25 Marks

Internal Assessment

Assignment – 10 Marks

Attendance – 05 Marks

25 marks

Library Work – 05 Marks

Class Interaction – 05 Marks

Reference Books :

भगवद्गीता – गीताप्रस्थान, गारखपुर

श्रीमद्भगवद्गीता – टीयाख्याता, प. श्रीवृद्धि मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 सप्तम

भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महार्मा फुल रोड, डबीचलौ-421202 कथापनिषद – गीताप्रस्थान, गारखपुर

कथापनिषद – टीयाख्याता, ईवामी प्रखर प्रज्ञानंद संस्कृत संस्थान, बौखबा संस्कृत संस्थान, वाराणसी कथापनिषद –

डॉ. ब्रह्ममित्र अवस्थी, ईवामी के शिवानंद यांग संस्थान, दिल्ली

कथापनिषद – आनंदवन शिव संस्थान, मुंबई

COURSE - II

PHILOSOPHY OF YOGASHASTRA - I

योगतत्त्वज्ञानम्

100Marks

Module-I

Six Systems of Indian Philosophy-
(Three Astika Darshan - Samkhya, Yoga and Poorva Meemaamsaa)

30 Marks

Module-II

Patanjala Yoga Sutras (Samadhi pada first 25 sutra)

15 Marks

Module-III

Hatha Yoga Pradipika (First Chapter)

30 Marks

Internal Assessment

Assignment – 10 Marks

Attendance – 05 Marks

Library Work – 05 Marks

Class Interaction – 05 Marks

Reference Books

1.

Bharatiya tattwajnan

2.

Encyclopaedia of Yoga (No. 410)

Shri.Srinivasa Dikshit, Any Popular Book Stall .

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Dr. Ramkumar Rai



3. Introduction to the Yoga Philosophy
 4. Yoga explained (No. 435)
 5. Yoga Philosophy in relation to other Systems of Indian Thought
 6. Hathayoga Pradipika
 7. Hathayoga Pradipika

Chowkhamba Sanskrit Sansthan P.O.No:
 1008, Varanasi
 S.C. Vasu Chowkhamba Sanskrit Sansthan
 P.O.No: 1008, Varanasi
 Bengal Lancer
 Chowkhamba Sanskrit Sansthan P.O.No:
 1008, Varanasi
 S.N. Dasgupta
 Chowkhamba Sanskrit Sansthan (No. 447)
 P.O.No: 1008, Varanasi
 Kaivalyadham, Lonavla
 Chowkhamba Sanskrit Sansthan P.O.No:
 1008, Varanasi

COURSE - III

YOGA THERAPY - I

Module - I Principles of Yoga Therapy : Meaning, Tools and Principles of Yoga therapy	योगपचार-पद्धति	100 MARKS
Module - II Diseases related to Nervous system and Yoga treatment for them		25 Marks
Module - III Stress and its Management by Yoga		25 Marks
Internal Assessment		25 Marks
Assignment -	10 Marks	25 Marks
Attendance -	05 Marks	25 marks
		Library Work - 05 Marks
		Class Interaction - 05 Marks

Reference Books

1. Physiology and Anatomy of Yogic Practices -
2. Yogic Therapy
3. Structure and function of human body
4. शरीर विज्ञान आर योगाभ्यास हिन्दी -मराठी
5. शारीरिक रोगाच्या निवारणासाठी योग

Dr.M.M. Gore, Lonavala.
 - Kuvalyananda and Dr. Vinekar
 - Dr. Shrikrishna, Kaivalyadham, Lonawala.
 - ई.म.म.गारे, लोनावला
 - कैवल्यधाम, लोनावला, पण

COURSE IV -

YOGA PRACTICAL - III

Practical (Demonstration-50 Marks and Viva-voce- 25 Marks)
Following Practices :- 75 Marks

Asanas:

Pranayama :

Bandhas :

Mudras :

Meditation :

Practice of Yoga-Nidra :

Vrischikasana, Chakrasana, BAYurasana, Matsyendrasana
 Bhastrika
 Jalandhar Banda, Mula Bandha, Uddiyana Bandha
 Pranayama Mudras Mahamudra, Viparita Karani Mudra
 Pranav Sadhana, Nadanu Sadhana, Sakshibhava, Japa D

Internal Assessment

Assignment - 10 Marks,
 Attendance - 05 Marks,

Library Work - 05 Marks
 Class Interaction - 05 Marks

Reference Books :

1. Hatha Yogapradipika (No. 465) - Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001
2. Gheranda Samhita (No.415) - Ajay Kumar Gupta, Choukhamba Sanskrit Series
 Po. Box 1008, Varanasi 221001
 Hathapradipika - Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series
 Po. Box 1008, Varanasi 221001
3. Ghaeranda Samhita - Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series
 Po. Box 1008, Varanasi 221001

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INTRODUCTION OF ANATOMY AND PHYSIOLOGY

100 MARKS

शरीररचना-कार्बशास्त्र-परिचय

COURSE - V

Module-I Basic Knowledge of Anatomy and Physiology
(Cells, Tissues, Organs, Systems)

25 Marks

Module-II

- Anatomy and Physiology of following Systems
1. Skeletal system
 2. Muscular system
 3. Respiratory system
 4. Circulatory system
 5. Digestive system

50 Marks

Internal Assessment

Assignment – 10 Marks,
Attendance – 05 Marks,

25 marks

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference books:

- | | | |
|---|----|--|
| 1. Anatomy and Physiology in health and illness | -- | Ross and Wilson |
| 2. पृथकशरीरम् | - | श्री. सनयुक्ता गखले |
| 3. दृष्टान्त शरीरम् | - | पग आठवले |
| 4. शरीर क्रिया | - | पग आठवले |
| 5. Anatomy, Physiology of Yoga practices | -- | Dr. Gore, Kaivalyadham, Lonawala. |
| 6. Structure and function of human body | -- | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 7. Yogic Therapy | -- | Kuvalyananda and Dr. Vinekar |
| 8. शरीर विज्ञान आर योगान्यास हिन्दी -मराठी | - | श्रीममगारे, लोनवला |

SEMESTER IV

COURSE - I

SANSKRIT - II
संस्कृतभाषा - II

100 MARKS

Module-I
Module-II

Bhagavadgita (Ch-2)
Shwetaketu-Aruni Katha (अरण्यक उपनिषद्, षष्ठ अध्याय, पंचम खंड)
Yajnavalkya-Maitryi Samvad (हदारण्यक उपनिषद्, कुरु अध्याय, पंचम ब्राह्मण)

50 marks

15 Marks

Assessment

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Book :

- भगवद्गीता - गीताप्रसन्न, गोरखपुर
श्रीमद्भगवद्गीता - टीयाख्याता, प. श्रीवंशेश्वर मिश्र, सनपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 सनबो
भगवद्गीता - पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महट्टमा फुल रोड, लंबीचली-421202
छान्दांग्यापनिषद् - गीताप्रसन्न, गोरखपुर
छान्दांग्यापनिषद् - सनपादक, पं. गगनधर, पं. महावीर प्रसन्न, चौखंबा विद्यालय, वाराणसी-221001 छान्दांग्यापनिषद् - सनपादक, विज्ञान रंगनाथ
कट्टी, शंकरनारायण अंगी, पूर्णप्रज्ञाविद्यापीठ, बंगलुरु-28 हदारण्यक उपनिषद् - गीताप्रसन्न, गोरखपुर
हदारण्यक उपनिषद् - चौखंबा प्रकाशन, वाराणसी
वैदिक कथा - डा. नदा पुरी, क.का. संस्कृत विश्वविद्यालय प्रकाशन, रामटंक

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COURSE - II

PHILOSOPHY OF YOGASHASTRA

योगशास्त्रविज्ञानम्

100 Marks

Module-I

Six Systems of Indian Philosophy-
(Three Astika Darshan - Nyaya, Vaisheshika and Vedaanta)

25 Marks

Module-II

Patanjala Yoga Sutras
(from sutra 26 to the end of the first paada)
(Samadhipada)

25 Marks

Module-III

Hatha Yoga Pradipika

(Second Chapter)

25 Marks

Internal Assessment

Assignment -

10 Marks,

25 marks

Attendance -

05 Marks,

Library Work -

05 Marks

Class Interaction - 05 Marks

Reference Books

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)

Shri.Srinivasa Dikshit, Any Popular Book Stall

Dr. Ramkumar Rai

Chowkhamba Sanskrit Sansthan

P.O.No: 1008, Varanasi

S.C. Vasu Chowkhamba Sanskrit Sansthan

P.O.No: 1008, Varanasi

Bengal Lancer

Chowkhamba Sanskrit Sansthan

P.O.No: 1008, Varanasi

S.N. Dasgupta

Chowkhamba Sanskrit Sansthan (No. 447) P.O.No:
1008, Varanasi

Kaivalyadham, Lonavla

Chowkhamba Sanskrit Sansthan

COURSE - III

YOGA THERAPY - II

योगोपचार-पद्धतिः

100 MARKS

1) Study of following psychosomatic ailments.

Cardio Vascular ailments (Hyper-tension)

75 Marks

Respiratory ailments (Asthma, Nasal Allergy)

Diabetes, Obesity,

Gastro intestinal disorders,

Arthritis,

Women's problems ,

Migraine, Headaches,

Children Mental Health

Internal Assessment

Assignment -

10 Marks,

25 marks

Attendance -

05 Marks,

Library Work -

05 Marks

Class Interaction - 05 Marks

Reference Books

1. Anatomy & Physiology of Yogic Practices

- Dr.M.M. Gore, Lonavala.

2. Yogic Therapy

- Kuvalyananda and Dr. Vinekar

3. Structure and function of human body

- Dr. Shrikrishna, Kaivalyadham, Lonawala.

4) शरीर विज्ञान आर योगाभ्यास (हिन्दी -मराठी)

- डॉ.म.म.गारे, लोनावला

5. शारीरिक रोगांच्या निवारणासाठी योग

- कैवल्यधाम, लोनावला, पण

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A) Practical (Demonstration and Viva-voce)				75 Marks
B) Kriyas	:	Nauli, Basti, Danda Dhauti, Vastra-Dhauti, Shankha Prkshalana.	25 Marks	
C) Five Lesson Plans			25 Marks	
Course Report (Report of the Yoga Course conducted by the student)			25 Marks	
Internal Assessment				
Assignment –	10 Marks,			25 marks
Attendance –	05 Marks,			
		Library Work –	05 Marks	
		Class Interaction –	05 Marks	

Reference Books :

1. Hatha Yogapradipika (No. 465)	-	Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001
2. Gheranda Samhita (No.415)	-	Ajay Kumar Gupta, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001
3. Hathapradipika	-	Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001

Course V - Elective Papers (any one of the following can be opted)

- i) Advanced Yoga (For Yoga Students)
- ii) Yoga (For Non Yoga Students)
- iii) Social sciences
- iv) Jyotisha
- v) Education
- vi) Arham Yoga

Elective - I**(Advanced Yoga)**

COURSE - V/*

INTRODUCTION OF ANATOMY AND PHYSIOLOGY

100 MARKS

शरीररचना-कार्बशाडनापचिचयः

Module-I Anatomy and Physiology of following systems 35 Marks

1. Excretory system
2. Nervous system
3. Endocrine system
4. Reproductive system

Module-II Shatkarma (Introduction and physiological significance) 20 Marks

Module-III Nadivijnana, Panchaprana, Panchakosha, 20 marks

Internal Assessment

25 marks

Assignment –	10 Marks,
Attendance –	05 Marks,

Library Work –	05 Marks
Class Interaction –	05 Marks

Reference books:

1. Anatomy and Physiology in health and illness	--	Ross and Wilson
2. पृथकशारीरम्	-	डॉ. रमयुक्ता गोखले
3. दृष्टाथे शरीरम्	-	प.ग.आठवले

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 धीलेपवसवहल वल्वहं चतंबजपबमे
 "जतनबजनतम दक निदबजपवद वीनरुंद इवकल
 लवहपब जीमंतचल
 शरीर विज्ञान आर योगन्यास (हिन्दी -मराठी)

- पग आठवले
- क्तण क्वतमए ज्ञपअंसलकीउए स्वदूसण
- क्तण तीपातपौदए ज्ञपअंसलकीउए स्वदूसण
- ज्ञनअंसलंददक दक क्तण टपदमांत
- इममगरे लनवला

Elective - II

Yoga (For Non Yoga Students) -I

BASIC PRINCIPLES OF YOGA

100 marks
 25 Marks

Course - V
 Unit- I

Yoga defination - Concepts, misconcepts, aims and objectives.
 History & Philosophy of Yoga- Yoga Sutra, including 8 steps of Yoga (Ashtanga Yoga)

Unit- II

Introduction of Asanas, Pranayams, Mudras, Bandhas and Kriyas. 25 Marks

Unit- III

Difference between Yogic and non- yogic exercises.
 Surya- Namaskar. 25 marks

Internal Assessment

Assignment - 10 Marks, Library Work - 05 Marks
 Attendance - 05 Marks, Class Interaction - 05 Marks

Reference Books-

1. खरा पातञ्जल योग पप, देशपांडे
2. योग व आयुर्द राजकुमार जे
1. Anatomy and physiology of Yogic Practice. Makrand Gore
2. Concept of Ayurveda for Perfect Motilal Banarasidas, Jawahar Nagar, New Delhi7
3. The Yoga Sutra of Patanjali H.S. kasture, health and Longevity, Chowkhamba Sanskrit Sansthan, P.O.Box 1008, Varanasi 221001.
4. The philosophy of Patanjali harihar Swamy ,howkhamba Sanskrit Sansthan P.O.Box 1008, Varanasi 221001
5. पान्थिक योगसने सुलभ साधक असने जनार्दन स्वामे योगन्यासी मंडळ, रामनगर, नागपूर 1
- 6- योगदिपिका बीक एन्स अयंगर, योगा इन्स्टिटयूट, पुरा
- 7- सुर्यमस्कार एक परिपूर्ण व्यायम स्वामी योगन्यासी मंडळ, राम नगर, नागपूर
- 8- योगदर्शन (व्यासयोगसंहिता)हिन्दी स्वामी सत्यपती परिबाज्जक, दर्शन महविद्यालय, गुजरात
- 9- आरोग्य सुखसंपदा डॉ अग्रण खोडसकर, कृष्णहरद्वर योग परिषद, हनुमान व्यायाम पसारा मंडळ
- 10- योगस्वास्थ्य कर्जा हिन्दी डॉ अग्रण खोडसकर, कृष्णहरद्वर योग परिषद, हनुमान व्यायाम पसारा मंडळ
- 11- योगसन हिन्दी डॉ अनिल करचंद अमित पकूशन, ब्रह्मोती, नागपूर

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Elective – III

Social Science -I

Course - V

Social Sciences

1. Hitopadesh - Mitralabha
2. Bruhatsamhita -Vrukshayurveda
3. Internal Assessment

100 marks

40 marks

35 marks

25 marks

Elective – IV

Jyotish -5

Course - V

iii) Jyotisha (Hora)

Module-I

Chapter 1,2 & 6

100 marks

Module-II

Chapter 7,10 & 11

25 marks

Module-III

Chapter 13,14,15,16,17 & 18

25 marks

Module-IV

Internal Assessment

25 marks

Text-

Bruhatjataka of Varaha Mihira(RashiPrabheda,grahayoniPrabheda,Arishta, Ayurdaya,Karmajeeva,Rajayoga,Chandra yoga,Dwigrahayoga, RikshaShiladhyay,Chandra Rashi Shiladhyay,Rashishiladhyaya)

25 marks

Elective – V

Education -I

Course - V

Education

100 marks

EDUCATION FOR RURAL DEVELOPMENT**Objectives:****Marks: 75+25=100**

1. To develop an understanding of the present status, issues and prospectus of education pertaining to rural areas.
2. To develop an understanding of the role of education for rural development.
3. To appreciate the contribution of social reformers in education for rural reconstruction.
4. To develop understanding of various national and international schemes, policies and programs of education for rural development.
5. To analyse the role of a teacher in Rural Development.

Unit I- Concept of Rural Development

25

- a) Concept of Rural Area – Definition, characteristics and structure of rural community in India
- b) Concept of Tribal area – Definition, characteristics needs of tribal community in India
- c) Concept of Rural Development – Definition, need and importance, scope of rural development.

Unit II- POLICIES, SCHEMES AND PROGRAMS FOR RURAL DEVELOPMENT

25

I) Policies

- a) Panchayat Raj after 73rd amendment and its importance for rural education and development.
- b) Khadi and village Industries Commission: Objectives, Functions, Programs
- c) Right to education, Education for all

II) Scheme and Programs

- a) Women Empowerment- Self help group ,SEWA.
- b) Health Improvement- Gram Swachata Abhiyan, National Program of Mid day meal, National Rural Health Mission.
- c) Educational Scholarships , Integrated Child Development Services
- d) Rashtriya Sarvashiksha Abhiyan, Strengthening of teacher's training Institutes, Setting up Model schools at Block levels
- e. Role of a teacher in the implementation of above policies and schemes

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Education in Rural Areas- Status and Issues.

- Status of Education in rural areas.
 - Early childhood Education in rural area. Anganwadi, Balwadi
 - Formal education in rural area. Primary education, Secondary education, Higher Education.
 - Non - Formal Education and Adult education.

b. EDUCATIONAL REFORMERS IN RURAL AREAS.

- Mahatma Gandhi, Appasaheb Patwardhan, Tarabai Modak & Anutai Wagh.
- Experiments in Anandwan.

Internal Assessment

1. Seminar and Assignment

Elective – VI

Arham Yoga

Course - V	Arham Yoga	100 marks
1. Arham Dhyana Yoga - Introduction		15
2. The meaning of Yog		15
3. Known Traditions Of the Eight Limbs Of Yoga.		15
4. Culture of Shraman Yog		15
5. Motivation behind Arham yog		15
6. Internal Assessment		25

SEMESTER V

COURSE - I	SANSKRIT - III	संस्कृतभाषा- ३	100 MARKS
Module-I	Meghadut (Purvamegh)		50 Marks
Module-II	Bhagavadgita (Ch-III)		25 Marks

Internal Assessment

Assignment –	10 Marks,	Library Work –	05 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Book :

- महवद्गीता – गीताप्रस्थान, गारखर
 श्रीमद्भगवद्गीता – ट्याख्याता, प. श्रीवशीर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 सप्तमे
 भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जाग, 201, महर्मा फुल रोड, डब्लीवली-421202 मधदत्तम् – एम. आर. काळ,
 मांतीलाल बनारसीदास प्रकाशन, नु दिल्ली
 मधदत्तम् – चौखबा, सार्वभारती प्रकाशन, वाराणसी

COURSE - II	PHILOSOPHY OF YOGASHASTRA-II	योगशास्त्रातहासः तद्विज्ञानम्- २	100 MARKS
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Module-I Three Systems of Indian Philosophy- (Nastika Darshan Charvaka & Baudha) 40 Marks
Module-II Gheranda Samhita 35 Marks

Internal Assessment

Assignment –	10 Marks,	Library Work –	05 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Books

- Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
- Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai

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Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi

1. Introduction to the Yoga Philosophy

S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

4. Yoga explained (No. 435)

Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi

5. Yoga Philosophy in relation to other
Systems of Indian Thought

S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)
P.O.No: 1008, Varanasi

6. Hathayoga Pradipika

Kaivalyadham, Lonavla

7. Hathayoga Pradipika

Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi

COURSE - III

APPLIED YOGA - I

योगप्रयोगः

100 MARKS

A) Planning and conducting at least month long Yoga Courses for Students:

75 Marks

- | | |
|--|------------------------------------|
| a. Health Courses | b. Personality development courses |
| c. Yoga for memory and concentration | d. Yoga for eyesight improvement |
| e. Yogic games | f. Yoga for value based education |
| g. Yoga course for Patients (with the help of doctors only) | |
| h. Yoga therapy for:
Hyper-tension, diabetes, Asthma, Anxiety, neurosis, Head ache, migraine, Acidity and ulcers,
Insomnia, joint pains, women's problems. | |
| i. Discussions with patients, counselling, precautions, motivation. | |

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Books :

- | | | |
|------------------------|---|---|
| 1. Applied Yoga | - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 2. Perspective in Yoga | - | A.K. Sinha, Bharat Manisha, Varanasi. |
| 3. Yoga Dipika | - | B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi |

COURSE IV -

YOGA PRACTICAL - II

100 MARKS

Demonstration (50) & Viva (25) -

75 Marks,

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

following practices will be taught:-

1. Suryanamaskara -

- Should be practised as Physiological, Psychological and Spiritual practice.
- 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)

A. Standing:-

1. Ardha-katichakrasana
3. Ardha-chakrasana
5. Parivrutta-Trikonasana

2. Padahastasana
4. Trikonasana

B. Sitting-Position:-

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1. Paschimottanasana

3. Vakrasana

5. Shashankasana

2. Ushtrassana

4. Ardhamatsyendrasana

6. Suptavajrasana

C. Prone on position:-

1. Bhujangasana

3. Shalabhasana

D. Supine position :-

1. Viparitarani

3. Matsyasana

5. Shirshasana

E. Relaxative Asanas :-

1. Shavasana

F. Meditative Asanas :-

1. Padmasana

2. Ardhsalabhasana

4. Dhanurasana

2. Sarvangasana

4. Halasana

2. Makarasana

2. Vajrasana

4. Siddhasana

3. Swastikasana

5. Sukhasana

BAYurasan, Vrishchikasan, Chakrasa and Matsyendrasan

Course V - Elective Papers (any one of the following can be opted)

i) Advanced Yoga (For Yoga Students)

ii) Yoga (For Non Yoga Students)

iii) Social sciences

iv) Jyotisha

v) Education

vi) Arham Yoga

Elective - I

Advanced Yoga

COURSE - V YOGA AND POSITIVE HEALTH -I 100 MARKS
योग तथा अनुकूल-स्वास्थ्यम्

Module 1. Concept of Holistic Health and WHO 25 Marks
Concept of Adhi, Vyadhi and Panchakosh
Module 2. Basic Theories of Psychology. 25 Marks
(Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology)
Module 3. Oriental and occidental concept of mind, and mental states. 25 Marks

Internal Assessment

Assignment - 10 Marks,
Attendance - 05 Marks,

Library Work - 05 Marks
Class Interaction - 05 Marks

Reference Books:

1. योग 'स' मनश्चिकित्सा - डा बीके बान्द, 76 धारकाठी कॉलनी, इंदौर
2. रोग मनाचा शांति मनाचा - श्रीकृष्ण टेंयवाहारे, घंटाळी कॉलनी, ठाण (पश्चिम)
3. Yoga Practices for Anxiety - Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression Vivekanand Kendra, Bangalore.

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Elective – II

Yoga (For Non Yoga Students) -II

Course - V	ii) Yoga (SWASTHAVRITTA)	100 marks
Unit I	Concept of health & necessity of Swasthavritta Individual health- Daily resume (Dinacharya) Seasonal resume (Rutucharya) The Pillars of Health (Trayopastambha)	25Marks
Unit II	Social health, Environmental health Air, Water, Light Garbage & Swage disposal)Aapaddravya Nivarana) Industrial health & Method o maintaining it Epidemiology or infectious diseases (Selected Five)	25 Marks
Unit III	Primary health Prevention national health Programme Family welfare Programme	25 Marks
Internal Assessment		25 marks
Assignment –	10 Marks,	Library Work – 05 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

Reference Books :

1. आयुर्वेदिक स्वस्थत्त दत्तात्रय जळुकर
2. आरोग्य शास्त्र चतुरस्रने
3. स्वस्थगृत्त विज्ञान रामश्रीसिंह
4. स्वस्थगृत्तम शिवकुमार गाढ
5. चामअमदजपअम – "ववपंसडमकपबपदम श्रण्टण च्ता
6. स्वस्थगृत्त तै रानहे, परांजप
7. प्रारम्भिक योगासने सुलभ साधक आसने जनार्दनस्वामी योगाम्यासी, रामनगर, नागपूर -1
8. योगदिपीका बीके एस अय्यंगर, अय्यंगर योगा इन्स्टिट्यूट, पूणे

Elective – III

Course - V	Social Science II	100 marks
i) Social Sciences		
1. Manusmriti Ch. 7		50 marks
2. KautilyaArthashastra 3.11 - RunadanaPrakaranam KautilyaArthashastra 2.19 - Tulamanpoutavam		25 marks

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Elective - IV

Jyotish II

Course - V	iii) Jyotisha (Kundali Vidnyana)	100 marks
Module - I	Natakala Sadhan ,Dasham lagna Sadhan, Sasandhi Dwadashabhava sadhan	25 marks
Module - II	Madhyamayu Sadhan, Spashtayu Sadhan, Uccha-Neecha- Swagrihadi Ayu Vichar, Chakrardha Haani, Rashmi Sadhan	25 marks
Module - III	Abhijit Dasha, Yogini Dasha. (Mishra Prakaran of B.K. V)	25 marks
Module - IV	Videsh Kundali Sadhan-rekhansha, Akshamsha, Velantar Kranti, Char, Dinman, Deshantar Sadhan.	25 marks
Module - IV	Internal Assessment	25 marks

Text- 1) Bharatiya Kundali Vidnyan- by Meethalal Ojha, Varanasi.
2) Jyotish sobati.

Note: Calculation and examples are covered in Internal Assessment.

Elective - V

Education II

Course - V Education 100 marks

I C T IN EDUCATION

Objectives:

Marks: 75+25=100

1. To develop an understanding of the conceptual bases of Instructional and Communication Technology.
2. To analyze the dynamics of communication in an educational set-up.
3. To develop an understanding of the strategies for designing instruction.
4. To develop an understanding of the concept and application of e-learning.
5. To analyze the use of Information and Communication Technology in open and distance learning.

Unit I- Basics of Information and Communication Technology

25

a. Meaning & Characteristics of Information and Communication Technology

b. Scope of Information and Communication Technology Areas: (Teaching learning Process, Evaluation, Research, Administration)

Unit II - Dynamics of Communication and Designing Instruction

25

- a. Communication: Meaning, process, types and barriers
- b. Transactional Analysis: Concept, Educational implications.
- c. Role of teacher for effective communication.
- d. Instructional Design: Meaning and characteristics
- e. Self-Learning Material (Meaning, principles, guidelines for preparing SLM)
- f. Meaning of Computer Assisted Learning.
- g. Models of Teaching: (Concept Attainment Model, Inquiry Training Model)

Unit III- e- Learning

a) Meaning and characteristics of e-learning

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Meaning and characteristics of Online learning:

Blended learning: Meaning, characteristics, Application(Online and Offline)

Legal and ethical issues in the use of IC T in education.

Plagiarism, Copy right violation, hacking

Open Education Resources: Meaning, types , application in education

M – Learning (Mobile learning): Meaning, characteristics and application software's for education

Internal Assessment

1. Seminar and Assignment

25
15+10

Elective – VI

Arham Yoga II

Course - V Arham Yoga

100 marks

- 1. Arham - Five Steps Process
- 2. Activation
- 3. Relaxation
- 4. Healing
- 5. Awareness

75

6. Internal Marks

- 25 Marks

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COURSE - I

SANSKRIT - III

संस्कृतभाषा - III

100 MARKS

Module-I

Meghadut (Uttaramegh)

Module-II

Viduraniti (Ch-I)

50 Marks

Internal Assessment

25 Marks

Assignment -

10 Marks,

Attendance -

05 Marks,

Library Work -

05 Marks

Class Interaction - 05 Marks

25marks

Reference Book :

मघदतम् - चौखंबा, संस्कृतप्रकाशन, वाराणसी

मघदतम् - एम. आर. काळ, मांतीलाल बनारसीदास प्रकाशन, नु दिल्ली

विदूरनीति - डॉ. गजे शंकर बोसरी, चौखंबा, संस्कृतप्रकाशन, पौ.नं. 1129, वाराणसी-221001 विदूरनीति - मांतीलाल बनारसीदास प्रकाशन, नु दिल्ली

विदूरनीति - गौतमस्य, गोरखपुर, कोलकता

विदूरनीति - संपादक, डॉ. किरण शक्ला, जे पी पब्लिशिंग हाउस, 27/28, शकती नगर, दिल्ली-110007

COURSE - II

PHILOSOPHY OF YOGASHASTRA-I

100 MARKS

योगशास्त्रोपनिषद्: तद्विज्ञानम् - I

Module-I Systems of Indian Philosophy- (Jain Darshan)

Module-II

Hatha Yoga Pradipika

(Chapters-Three, four and five)

40 Marks

35 Marks

Internal Assessment

Assignment -

10 Marks,

Attendance -

05 Marks,

Library Work -

05 Marks

Class Interaction - 05 Marks

25 marks

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi
3. Introduction to the Yoga Philosophy S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
4. Yoga explained (No. 435) Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)
P.O.No: 1008, Varanasi
6. Hathayoga Pradipika Kaivalyadham, Lonavla
7. Hathayoga Pradipika Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi

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COURSE - III

APPLIED YOGA II

योगप्रयोगः

100 MARKS

Application of Yoga Concepts and Practices in Allied Sciences:

75 Marks

- | | |
|----------------------------|----------|
| A) Ayurveda | 15 Marks |
| B) Naturopathy | 15 Marks |
| C) Psychology (Psychiatry) | 15 Marks |
| D) Physical Education | 15 Marks |
| E) Posture | 15 Marks |

25 marks

Internal Assessment

- Assignment – 10 Marks,
Attendance – 05 Marks,

- Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Books :

- | | | |
|------------------------|---|---|
| 1. Applied Yoga | - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 2. Perspective in Yoga | - | A.K. Sinha, Bharat Manisha, Varanasi. |
| 3. Yoga Dipika | - | B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi |

COURSE - IV

YOGA PRACTICAL VI

योगप्रारंभिकम्

100 MARKS

Demonstration (50) & Viva (25) - 75 Marks,

1. Suryanamaskara -

- Should be practised as Physiological, Psychological and Spiritual practice.
- 12 repetitions with the chanting of mantras.

2. Pranayama:-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing | 2. Suryabhedan Pranyam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhasrika Pranayama |

3. KRIYAS :-

- | | |
|----------------|----------------|
| 1. Kapalabhati | 2. Jalaneti |
| 3. Sutraneti | 4. Vamandhauti |
| 5. Dandaneti | 6. Trataka |

4. MEDITATION :- (Different techniques such as)

- Omkar Japa
- Sakshibhava
- Breath- Awareness

5. MUDRA

Internal Assessment:

25 Marks

Internship:

Organizing at least 3 Yoga courses – each of one month duration with minimum 50 participants.
Collecting the required data and submitting a report.

Course V - Elective Papers (any one of the following can be opted)

- Advance Yoga (For Yoga Students)
- Yoga (For Non Yoga Students)
- Social sciences
- Jyotisha
- Education
- Arham Yoga

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Elective - I Advanced
Yoga II

Elective - I
COURSE - V

Advanced Yoga

YOGA AND POSITIVE HEALTH

100 MARKS

योग तथा अनुकूल-ईयाध्ययम

Module 1.	Mental Wellness, Mental disorders (Causes, symptoms and Cure): frustration, depression, conflict, Obsession, anxiety.	40 Marks
Module 2.	Yoga and Mental health. Role of Yoga in curing mental disorders.	35 Marks
Internal Assessment		25 marks
Assignment -	10 Marks,	Library Work - 05 Marks
Attendance -	05 Marks,	Class Interaction - 05 Marks

Reference Books:

1. योग रत्न मनश्चिकित्सा - डा बीकेबान्द, 76 धारकाठी कान्ठनी, इदार.
2. रोग मनाचा शोध मनाचा - श्रीकृष्ण टैवाहारे, घटाली कॅलनी, ठाण (पश्चिम)
3. ल्हं च्वांभजपबमे वित ।दगपमजल - वतपत्तच्छंहतजीदंडए वतपत्तच्छंहमदकर्त ।दक वमचतमेपवद टपअमादंदक जमदकर्तए उंदहसवतमए
4. ल्हं जमबीदपुनमे - वतए डए सए लीतवजम
ळनसउवीत ।वंतजउमदजए ठीदहंतूकपए स्वदअंसण
5. पातञ्जल यांगसूत्रा भाष्य - डाएन् टी. करबेळकर, हनमान टैयायम प्रस्नारक मडळ, अमरावती

Elective - II
Yoga (For Non Yoga Students) III

Course - V SCHOOLS OF YOGA योगसंप्रदाया 100 marks

Module-I Comparative Study of following Schools of Yoga: 75 Marks

1. Bhakti Yoga - with reference to Narada Bhakti Sutra 10 Marks
2. Karma Yoga - with reference to Bhagvad Geeta 10 Marks
3. Jnana Yoga - with reference to Upanishads 10 Marks
4. Raja Yoga - with reference to Patanjali Yoga Sutra 10 Marks
5. Hatha Yoga - with reference to Hatha Yoga Pradipika 10 Marks

Module-II Integral Yoga of Aurobindo 25 Marks

Internal Assessment - 25 marks
Assignment - 10 Marks Library Work - 05 Marks
Attendance - 05 Marks Class Interaction - 05 Marks

Reference Books :

1. योगा क सिन्धुदात एव अभ्यास - डॉ कालिदास जीशी, डांगमेश शंकर सागर विद्यापीठ, सागर (मप्र)
2. भक्तियांग - डॉवापी विवंकानंद, रामकृष्ण मठ, धांली, नागपूर
3. कर्मयांग - रामकृष्ण मठ, धांली, नागपूर
4. ज्ञानयांग - रामकृष्ण मठ, धांली, नागपूर
5. योग, ईवारईथ्य कजा - श्री अरुण खंडेकर, अमरावती

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		Elective - III	
		Social Science	100 marks
Course - V	i) Social Sciences		40 marks
1.	Gramageeta of Dr. Varnekar (First 20 Chapter)		35 marks
2.	Manusmriti (11 Chapter)		25 marks
3.	Internal Assessment		

		Elective - IV	
		Jyotish	100 marks
Course - V	Jyotisha (Shastra Itihas)		25 marks
Module- I	Bharatiya Jyotish-swaroop and Vikas		25 marks
Module -II	Bharatiya Jyotish-Kala Vargikaran-upto Adikala.		25 marks
Module- III	PurvaMadhyakala, UttaraMadhyaKaala, ArvachinaKala		25 marks
Module- IV	Internal Assessment		
Text-	Jyotishshastra Itihasa of Nemichand Shastri		

		Elective - V	
		Education	100 marks
Course - V	Education		

EDUCATIONAL MANAGEMENT

Marks: 75+25=100

Objectives:

1. To develop an understanding of the concept of Administration, Management and Governance.
2. To analyze the various aspects of Institutional Management.
3. To develop an understanding of the concept and significance of Institutional Quality and its Assessment.
4. To analyze the Educational System in India and the world.

25

Unit-I. 1. Concept of Educational Management.

- a) Concept of Administration, Management and Governance.
- b) Educational Management: Meaning/Definition, Principles and Importance
- c) Dimensions and Characteristics of Democratic Institutional Climate

25

Unit- II. Institutional Management.

- a) Institutional Planning: Concept, Process and Advantages
- b) Institutional Discipline: Meaning and ways of ensuring effective,
- c) Scheduling: Academic Calendar and Time Table: Types and Principles of Construction.

25

Unit- III. Quality Management.

- a) Concept of Institutional Quality
- b) Quality Control- Performance Appraisal: Concept, Types and Criteria for Teachers' Performance Appraisal


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Resource Management

- a) Leadership: Styles, Roles, Challenges of Institutional Heads and Teachers.
- b) Stress Management- Concept and Strategies,
- c) Crisis Management: Concept and Strategies in relation to different types of Crisis e.g. Disaster.

Internal Assessment	25
1. Seminar and Assignment	15+10

Elective – VI
Arham Yoga 

Course - V	Arham Yoga	100 marks
1.	8 limbs of Meditation	40
2.	Theoretical Study Of Meditation	35
3.	Internal Assessment	25 Marks

Reference Books

For Education (For Sem – IV)

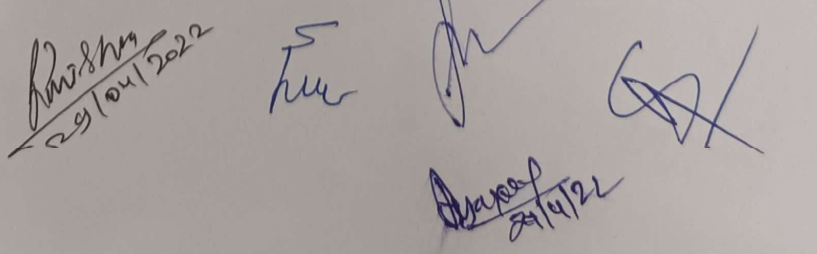
Reference Books:

1. Iyer R., Moral and Political Ideas of Mahatma Gandhi, Oxford, 1975
2. Ramma Reddy G. (Ed.) Patterns of Panchayati Raj in India, Delhi, 1977
3. Mishra S. N., Rural Development and Panchayati Raj, Concept, 1981.
4. Prasad K (ed) Planning & its implementation, New Delhi, IIPA, 1984
5. Purushottam P. W.&Karmatulla M. Development Adminiatration,a Rural perspective, Delhi, kaniska
6. Bajpayi A. Panchayat Raj & Rural Development, SahityaPrakashan, Delhi,1997
7. G. Ram Reddy, Patterns of Panchayati Raj in India, MacMillion ,Delhi1971
8. NKrYadav&AKSingh,RuralRetailininIndia
9. MukundaRural Development and Poverty Eradication in India 2008
10. S C Kalwar, TejramMeenaGrameenNirdhantaUnmoolanAvem
11. S.BVerma,GraminVikas 2010
12. Prof. K. Vijaya Kumar Empowerment of Weaker Sections: Future Planning and Strategies for Rural Development in India

Education (For Sem- V)

Reference Books:

1. Abbot C. (2007) E- inclusion: Learning difficulties and digital technologies retrieved from http://archive.futurelab.org.uk/resources/documents/lit_reviews/learning_Difficulties_rev.pdf
2. Barrows, H.S. (1994), Practice based Learning: Problem based Learning applied to medical Education, Springfield, III: Southern Illinois University School of Medicine.
4. Duch, B., Groh S., Allen D. (2001). *The Power of Problem-based Learning: A Practical "how To" for Teaching Undergraduate Courses in Any Discipline*. Stylus Publishing, LLC.,


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1. Kirk, Gallagher, Anastasiow & Coleman Educating exceptional children (11th ed.) Houghton Mifflin Company
2. Thompson L, Bakken L, Fulk B, Karlan G (2004) 'Using Technology to Improve the Literacy skills of students with disabilities' retrieved from http://www.learningpt.org/pdfs/literacy_disability.pdf
3. Mangal S.K. & Mangal Uma Essentials of educational technology. PHI learning pvt. Ltd. 2010.
4. Mayer, R. F. (2001). *Multimedia learning*. New York: Cambridge University Press. ISBN 0 521 78749 1)
5. Rajsekar, S. Computer education. Neelkamal publication. 2008.
6. Singh P.P. & Sharma S. e-learning new trends and innovations. Deep & deep public. Pvt. Ltd. 2003
7. Vanaja, M & Rajasekhar S. Educational Technology Computer Education. Neelkamal Publication 2006

Websites :

1. en.wikipedia.org
2. <http://www.e-learningconsulting.com>
3. <http://kserver.360training.com/kserver/KSERVER+Whitepaper+Ver1.pdf>
4. <http://www.timelesslearntech.com/blog/5-advantages-of-using-the-learning-management-system-lms>
5. www.m-learning.org/

Education (For Sem – VI)

Reference Books:

1. Theories of Educational Leadership and Management [Paperback], Tony Bush (Author), 2010, Sage Publications Ltd
2. Organizational Learning: Improving Learning, Teaching, and Leading in School Systems [Paperback]. Vivienne Cook (Author), Tanya Fedoruk Cook (Author), 2007, Sage Publications India Pvt. Ltd,
3. Essentials of Management. : An International Perspective [Paperback], Harold Koontz (Author), Heinz Wehrich (Contributor), 2009. Publishers-Tata McGraw Hill Education Pvt. Ltd.
4. Educational Management, Ashima V. Deshmukh, Anuj P. Naik, Publisher: Himalaya Publishing House (2010)
5. Administration and Management of Education (Hardcover), by Dr. S. R. Pandya, Publisher: Himalaya Publishing House Pvt. Ltd. (2001)
6. Educational Management: Redefining Theory, Policy and Practice (Paperback) by Tony Bush (Editor), Les Bell (Editor), Ray Bolam (Editor),
7. Educational Administration Supervision & School Management (Hardcover), by Mohanty, Jagannath. Publisher: Deep & Deep Publications Pvt. Ltd., (2005).
8. A Text Book of Management Information System, by Deepak Singh Publisher: Vision Publications (2009)
9. Recommendations of the National Knowledge Commission, Author: Government of India National Knowledge Commission, Publisher, Academic Foundation, 2010, ISBN 8171887678, 9788171887675.
10. Educational Administration, Supervision And School Management, By J. Mohanty. 2005. NCFERT Publications of India
11. Educational Administration And Management: An Integrated Approach, by S.L. Goel, Aruna Goel
12. Sultana Shaikh, Paalimi Insaran (2012), Deccan traders, Educational publishers. Hyderabad (Urdu)

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Dr. B. R. Ambedkar University, Agra
(Formerly : Agra University, AGRA)



CURRICULUM FOR
MASTERS OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S.) PROGRAMME
TWO YEAR - (FOUR SEMESTERS)

ORDINANCE, REGULATIONS AND SYLLABUS FOR M.P.E.S. (CBCS)

Preamble :

Master of Physical Education and Sport (M.P.E.S.) two years (Four Semesters Choice Based Credit System) program is a professional program meant for preparing teachers of physical education at higher education and professional jobs at university and sports industries.

M.P.E.S. program is designed to integrate the study of subject knowledge, pedagogical knowledge, and the aim of Physical Education and communication of games and sports skills. The program comprises of compulsory and optional theory as well as practical courses and compulsory internship.

A) M.P.E.S.

a. 1. Eligibility

I For Admission

- A) Candidate seeking admission to M.P.E.S. program must satisfy the following conditions.
- B) He/She must be B.P.Ed., B.P.E.S or B.Sc. (Health & Physical Education) from University
- C) He/She must have taken at least 55% marks in B.P.Ed./B.P.E.S/B.Sc (Health & Physical Education) B.A. Physical Education as a Elite Subject Candidate belonging to scheduled cast scheduled tribe would be given concession of 5% marks in the minimum marks required for admission or eligibility criteria of Dr.B.R.Ambedkar University, Agra Admission ordinance.
- D) Admission shall be made on merit on the basis of marks obtained in the entrance test (written test, sports proficiency test, physical fitness test & marks obtained in the qualifying examination) or any other selection process as per the policy of University of Dr.B.R.Ambedkar University, Agra Admission ordinance.
- E) The provision of seats and the relaxation in qualifying marks for SC/ST/OBC and other categories shall be as per the rules of the central government/state government. Whichever is applicable.
- F) Graduation with 45% marks and at least three years of teaching experience (for deputed in service candidates i.e trained physical education teachers/coaches)

II For the M.P.E.S. Degree : The candidates shall have subsequently undergone the prescribed course of study in the university department or a college affiliated to his University for a period of not less than two academic years, passed the examinations prescribed and fulfilled such conditions as have been prescribed there for M.P.E.S.

b.2. Duration :

The M.P.E.S. program shall be of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the program requirements within a maximum of three years from the date of admission.

3. The CBCS System:

All Programs shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the need of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. Course :

The term course usually referred to, as 'papers' is a component of a program. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lecturer/tutorials/ laboratory work/fieldwork/Outreach activity (Educational Tours activities)/ project work/vocational training/viva/seminars/term papers/assignments/ presentations/self-study etc. or a combination of some of these.

5. Courses of Program:

The M.P.E.S. Program consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the Program and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.E.S. Program.

6. Semesters:

An academic year is divided into two semesters, each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days excluding examination days. The odd semester may be scheduled from June/July to December/January and even semester from December/January to June/July. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working Day:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Credits:

The term 'Credit' refers to a unit by which the program is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/ two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course. Usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a M.P.E.S. Program is 90 credits and for each semester 20 credits.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December/January: for second semester in the month of May/June. A Candidate who does not pass the examination in any Subjects shall be permitted to appear in such failed subjects in the subsequent examinations to be held in November/December or May/June.
- ii. A candidate should get enrolled/registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condition limit/rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of the semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she have successfully kept the term in first semester.

10. Conditions:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condition in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condition in prescribed form with the

prescribed fee along with the Medical Certificate. Student who participate in sports competition affiliated by IOA shall apply be considered in examination with the permission of head of the department. Students who have below 50% of attendance are not eligible to appear for the examination.

11. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

M.P.E.S. : Format of Questions Paper For 4 Units

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 1)	15
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 2)	15
3	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 3)	15
4	Write short notes: any two out of four (Form Unit4)	15
5	M.C.Q. Type Questions (10 out of 12 Question) (3 Questions. from each unit)	10
Total		70

12. Evaluation :

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous.

Internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidate at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar/Quiz	5Marks
Assignments	5Marks
Attendance	5Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also for man integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

13. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory course. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 Marks for the practical courses.

14. Award of the M.,P.E.S. Degree:

A candidate shall be eligible for the award of the degree of the M.P.E.S. Only if he/she has earned the minimum required credit.

15. Assessment and Evaluations:

TOTAL MARKING SYSTEM

[SEMESTER	THRORETICAL	PRACTICAL	CREDITS
Semester – 1	400	200	24
Semester – 2	400	200	24
Semester – 3	400	200	24
Semester – 4	400	200	24
Total	1600	800	96

- I. Each course will be assessed on the basis of 100 marks. The marks would be divided between internal and external assessment.
- II. There shall be one end semester external examination for each course in every semester consisting of 70% (70 marks) weight in theory and 75% (75 marks) in practical courses.
- III. Each Theory course shall have internal assessment of 30% weight age on the following
Internal written test - 15% (15 marks) Attendance - 05% (5 marks)
Class participation in assignments- 05% (5 marks) Presentations (Seminars) /quizzes etc. - 05% (5 marks)
Total 30 marks
- IV. Each Practical Course shall have internal assessment of 50% weight age on the following
One Test 15 marks Project 10 marks
Attendance 05 marks
Total 30 marks
- The University examination in Thesis for Semester IV shall consist of the examination of the thesis. One internal examiner shall evaluate the thesis out of maximum of 30 marks and one external examiner who shall evaluate the thesis out of maximum of 70 marks. There shall be a viva-voce at internal and external examination of 70 marks.
- V. Every student will be required to pass the external examination and internal assessment separately in each course.
- VI. The minimum passing standard will be 40% for the external and internal component of each theory course, i.e. 28 marks out of 70 and 12 marks out of 30 .In practical minimum passing standard will be 50%for the external exam and internal assessment for each practical course.

VII. Attendance shall be taken as a component for continuous assessment, although the students should put in minimum of 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examinations of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester, examination is 30: 70 in theory & 25: 50 in practical.

VIII. (A) The grades for each course would be decided on the basis of the percentage of marks obtained in the end-semester external and internal examinations as per the following table:

Percentage	Grade Point	Grade	Description	Classification of final result
85 & above	8.5-10.0	O+	Outstanding	First class with Distinction
70-84.99	7.0-8.49	O	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
48-54.99	4.8-5.49	B	Fair	Second Class
36-47.99	3.6-4.79	C	Average	Pass Class
Below 36	0.0	D	Fail/Dropped	Dropped

IX. The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all six courses of the semester) / total credit of the semester as per example given below:

Course No	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
Course -1	4	65	A	6.5	26
Course -2	4	60	A	6.0	24
Course -3	4	62	A	6.2	24.8
Course -4	4	57	B+	5.7	22.8
Course -5	4	55	B+	5.5	22
Course -6	4	72	O	7.2	28.2
Total	24				147.8

Examples: Conversion of marks into grade points

$$65=60+5=6.0+5x(0.99/9.99)=6.0+5x0.1=6.0+0.5=6.5$$

$$57=55+2=5.5+2x(0.49/4.99)=5.5+2x0.1=5.5+0.2=5.7$$

$$72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

X. SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit
Grade Points = 147.8 /24 =6.16 SGPA Sem. I=

$$6.16 \text{ SGPA Sem. II} = 5.63$$

$$\text{SGPA Sem. III} = 6.01$$

$$\text{SGPA Sem. IV} = 5.50$$

$$\text{Total SGPA} = 23.30$$

$$\text{Cumulative Grade Point Average (CGPA)} = 23.30$$

$$4 = 5.82 \text{ CGPA} = 5.82 \text{ Grade} = \text{B+ Class} = \text{Higher Second Class}$$

$$\text{GPA} \times 10 = \text{Percentage e.g. } 5.82 \times 10 = 58.2 \%$$

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the semesters.

XI. The cumulative grade point average will be calculated as the average of the SGPA of all the four semesters, as shown above.

XII. Forth award of the class, CGPA shall be calculated on the basis of:

(a) Marks of End Semester External Examination And

(b) Total Marks obtained (Marks of End Semester External Examination

+ Marks of Internal Assessment) for each course. The final Class for M.P.E.S. Degree shall be awarded on the basis of lowest CGPA (marks) of (a) & (b) of one to fourth semester examinations.

16. Conferment of the M.P.E.S. Degree:

(i) A candidate shall be eligible for the conferment of the Degree of M.P.E.S. only if he/she has earned the minimum required credits for the program prescribed therefore (i.e. 96 Credits).

17. End Semester Examination:

(i) The University shall conduct the external Examination for the Semester-I, II, III & IV. The internal examination shall be conducted by the concerned Departments.

M.P.E.S. Semester-1

Part A: Theoretical papers

Examination Evaluation

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
cc-101	Research methods in physical education	4	30	70	100
cc-102	Health education	4	30	70	100
cc-103	Information technology in physical education and sports	4	30	70	100
cc-104	Elective course(any one) sports journalism/ sports sociology	4	30	70	100

Part –B Practical course

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
Pc-101	Athletics (running events)	4	30	70	100
Pc -102	Kho kho, football, hockey basketball, badminton kabaddi (anyone out of these) sports theory, skills techniques and officiating	4	30	70	100
	Total	24	180	420	600

M.P.E.S. Semester-IIInd

Part A: Theoretical papers

Examination Evaluation

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
cc-201	Statistics in physical education and sports	4	30	70	100
cc-202	Sports psychology	4	30	70	100
cc-203	Exercise physiology	4	30	70	100
cc-204	Elective course(any one) principal and organization of recreation/ professional preparation and curriculum design	4	30	70	100

Part –B Practical course

Pc-201	Athletics (jumping events)	4	30	70	100
Pc -202	Table tennis handball, cricket, boxing, judo (anyone out of these) sports theory, skills, techniques and officiating	4	30	70	100
	Total	24	180	420	600

M.P.E.S. Semester-IIIrd

Part A: Theoretical papers

Examination Evaluation

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
cc-301	Bio -mechanics	4	30	70	100
cc-302	Sports management	4	30	70	100
cc-303	Test measurement and evaluation in physical education and sports	4	30	70	100
cc-304	Elective course(any one physical fitness and wellness/ gender disability and inclusive sports education	4	30	70	100

Part –B Practical course

Pc-301	Athletics (throwing events)	4	30	70	100
Pc -302	Volleyball, wrestling, lawn tennis ,tae Kwondo (anyone out of these sports theory, skills techniques and officiating	4	30	70	100
	Total	24	180	420	600

M.P.E.S. Semester-IV

Part A: Theoretical papers

Examination Evaluation

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
cc-401	Scientific principal of sports training and coaching	4	30	70	100
cc-402	Sports medicine	4	30	70	100
cc-403	Yogic science and naturopathy	4	30	70	100
cc-404	Elective course(any one philosophical foundation and history of physical education and sports dissertation	4	30	70	100

Part –B Practical course

Pc-401	Lesson plan of specialization	4	30	70	100
Pc-402	Classroom teaching	4	30	70	100
	Total	24	180	420	600

Semester - I
Paper – 1
Research Methods in Physical Education & Sports

Unit 1.

- Meaning, Definition, Nature, Importance and Scope of Research in Physical Education & Sports.

Unit 2.

- Meaning, Definition and Selection of Research Problem.
- Hypothesis and Review of Related literature, Library Techniques.

Unit 3.

- Sampling-Meaning, Definition, Types and importance.
- Sampling-Process and Techniques
- Research Tools-Questionnaire, Interview, Opinion ireetc.

Unit 4.

- Research Methods and Procedure.
- Historical Research-Meaning, Definition and Importance, Primary and Secondary Sources, External and Internal Criticism.
- Descriptive Research-Survey Studies(Meaning, Definition and Importance)
- Case Studies.
- Experimental Research- Meaning, Definition, Need and Experimental Designs and Laboratory Designs.

Unit 5.

- Research Proposal
- Research Report
- Preparation of a Research Report.

References:

1. Author's Guide: "Research Methods Applied to Health Physical Education and Recreation", Washington, D.C., 1991.
2. Best J.W., "Research in Education", Prentice Hall, New Delhi 1982.
3. Clarke H. David, "Research Processes in Physical Education, Recreation and Health", Prentice Hall Inc, Englewood Cliffs, New Jersey, 1985.
4. Kamlesh M.L., "Methodology of Research in Physical Education and Recreation", AHPER, Washington D.C., 1973.

Semester - I
Paper – 2
Health Education

Unit 1.

- Health-Guiding Principles of Health and Health Education.
- Health related fitness.
- Obesity and its Management.

Unit 2.

- Environmental and Professional Hazards and First Aid.
- Public Health and Epidemic Diseases-Symptoms, Treatment and Preventive Measures.
- Communicable Diseases-Symptoms, Treatment and Preventive Measures.

Unit 3.

- School Health Program and Personal Hygiene.

Unit 4.

- Theories and Principles of Recreation
- Recreation programs for various categories of people.

Unit 5.

- Population Education
- Causes for population explosion and its preventive steps.
- National family welfare scheme.
- Nutrition and Dietary manipulation.

References:

1. Greene, W.H., Simon-Morton, B.G.(1984). Introduction to Health Education. NY: Macmillan Publishing Company
2. Anspaugh, D.J., Ezell, G. (1995). Teaching today's health (4th Ed). Boston: Allyn & Bacon Park, K. (2007). Park's textbook of Preventive & social medicine (19th Ed). India: Varanasi das Bhanot Publishers.
3. Y.P. Bedi: Hand Book of Hygiene and Public Health.
4. Ma Curdy and Ma Grace : Muscular Exercise.
5. Peter V.Karpovich: Physiology of Muscular Activity.
6. Anatomy, Physiology, Kinesiology & Health Education : Dr. Ramesh Chand Kanwar

Semester - I

PAPER -3 Information Technology in Physical Education.

Unit 1.

Local Area Network and Internet

A. Networking

- Area and Classification
- Features and characteristics of LAN, Need of Network and its importance.
- LAN Topology-Ring, Star, Bus, Pitcher, Two Pitcher
- LAN, Survey, Work Station, Connection, Cable.

B. Internet

- Meaning, History, Application and Address.
- Introduction of Modem, Web client, Web Server.
- Dial up, Access, Direct Access.
- Introduction of Web browser, Use of Web browser (For Sports and Games)
- Introduction of Search engine, Uses, Objectives and types.
- Meaning and Definition of Firewall and Gateway.

C. Email

- Introduction, How to receive and send, how it works and Address book etc.

Unit 2.

Web Designing

- Introduction.
- Web browser and Programming.
- Program structure, Pair, Tag, Document, Head and Body Tag.
- Leaking Documents, Internal and External Documents.
- Heading Line, Drawing Line.
- Paragraph break- Font Styles (Bold, Italic and Underline)
- Types of Lists-Order and Unordered.

- Graphics, Images, Sound and Video.
- Tools, Header, Dia, Row, use of Caption Tag Width, Border, Working, Spacing, Bg Colour Column and Row. Spy Alignment (Column etc.)
- Form-Introduction, Design, Creation.
- Check box, Control Text box, Drop down, List box, Command and action button.

Unit 3.

- Multimedia and Presentation package.
- Fundamentals and application of multimedia.
- Tools of multimedia(Sports)
- Introduction of graphics, animation and morphing.
- Sound and Music

Unit :4

Presentation package

- Introduction, General Objectives, Tips on effective presentation, Opening, Creative presentation, Creative table, Making chart, Save and close, New slide, Slide change, Creation of black presentation, Changing font size, Working with graphic action button.

Unit 5.

Organizing various sports activities using Microsoft projects.

- Lab work : Introduction to sports software, Introduction to internet, Study of Email, Browsing sports activities on Internet, Preparing Slideshow on power-point, Preparing Slideshow on Multimedia, Teaching Multimedia package, Web Design.

References:

1. Irtegov, D. Operating System Fundamentals. Firewall Media.2004.
2. Milke, M Absolute Beginner's Guide to Computer Basics, Pearson Education Asia2007.
3. NIITBasicsofNetworkingPrentice–HallofIndiaPvt.Ltd,2004
4. Computers Today. Suresh K. Basandra, Galgotia publication, upgradededition-2008
5. Computers in Your Future, Marilyn Meyer & Roberta Baber,2nd edition, Prentice HallIndia
6. Computer Fundamentals. Pradeep K. Sinha & Priti Sinha, 4th edition, BPB Publication

SEMESTER I
Paper – 4.2
(Elective) Sports Journalism

Unit 1. Development of Journalism in India:

- Publication of newspapers in India
- Press, Literature, Renaissance.
- Group Mediums, Newspapers, Magazines, Television, Radio, Internet-Symptoms, Advantages and disadvantages.
- Importance of Sports Journalism.
- Language skill writing and Editing.
- Selection of Headers and Footers, Pictures, Layout, Design, Cartoon, Graphics, Graphs.

Unit 2. Qualities of Sports Journalist and Consolidation of news:

A. Qualities

- Knowledge of the game, Specialist in Sports.
- Research Attitude
- Individual Preparation and Cooperation.
- Specialization in Public Relations.
- Knowledge of the laws of the games.
- Urge for new knowledge.

B. Consolidation of News through,

- Individual sources,
- Commercial agencies,
- Newspaper listings,
- Meetings and seminars,
- Radio and television,
- Internet.

Unit 3. Difference between compilation of newspapers and magazines:

- Difference between newspapers and magazines
- Difference between writing styles
- Difference between presentations.
- Difference between selections of newspapers.
- Special skills.
- Selection of Pictures. Intro writing
- Intro writing of contemporary event or incident.
- Offhand comment on special occasions.

Unit 4. Sports administration and management:

- Level of Authorities: Different sports Associations, Universities, Colleges, schools etc.
- Level of Invitee/Non official: Association, Mandals, Clubs, Corporation, Social institutions, Society etc.

Unit 5. Welfare schemes:

- Awards to sportsmen: Arjun, Padmashree, Khelratna, Eklavya etc.
- Priority in Government jobs.
- Prizes and consolations for excellent performance.
- Benefit matches.
- Priority for additional marks for college admissions.

References:

1. Ahuja, B.N., Theory and Practice of Journalism, Surjeet Pub, Delhi, 1988.
2. Health Jr. Gelfand, How to Cover, Write and Edit Sports, Annes Iowa, USA, 1951.
3. Juris, John R., The Writing Games, Columbia Univ. Press, New York, 1969.
4. Nea. Robest, News Gathering and News Writing, Columbia HallInc, New York, 1949.
5. "Sports" by Bholu Singh Thakur (pp.111.1240) in the Indian Reporter Guide by Richard Richfield. Allied Pacific Pvt. Ltd., Bombay, 1962.
6. Woodward. S., Sports Page, Simon and Schuster, New York.1949.

Semester - I
Paper – 4.2
Sports Sociology (Elective)

Unit 1 Earning, Scope, Methods and Use.

A. Sociological Classification of Sports.

- Sociological concept and classification.
- Sports Research
- Concept and understanding of Sports.

Unit 2 Sports group and Administration:

A. Group Leadership, Constitution Methodology.

B. Administrative Leadership, Constitution ,Methodology.

Unit 3. Games and Social Institutions:

- Contribution of Family
- Educational Methods in Sports
- Contribution of socialization in sports.
- Socialization through sports

Unit 4. Sports and Social Status

- Sports Socialization and Limitations
- Sports related problems and Trends in Society.
- Sports and Aggression.
- Violence in sports.
- Commercialization in sports
- Women and Children in sports.

Unit 5. Sports and Micro Social System

- Study of Sports Groups
- Group Interaction, Competition and Co-operation
- Sports and Culture

REFERENCE:

1. Loy, John W., Kenyon, gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).
2. Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
3. Loy John. W. McPherson, Barry D., and Kenyon Gerald, sport and Social System (London: Addison Wesley Publishing Company Inc.,1978).
4. Edward Larry. Sociology of sport (Illinois: The Dorsey Press,1973).
5. Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.

Semester - II

Paper – 1

Statistics in Physical Education & Sports

Unit 1. Statistics: Meaning, Definition, Nature and Importance.

- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables and Calculation.
- Graphical Presentation of Class Distribution, Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.
- Measures of Central Tendency: Mean Median and Mode- Meaning, Definition, Importance, Advantages and Disadvantages.
- Calculation of Mean and Median, Grouped and Ungrouped data, Raw Mode and calculation of mode from class intervals.

Unit 2. Measures of Variability

- Deviation, Percentiles and Quartiles-Meaning and Use.
- Calculation of Deviation Percentiles and Quartiles.
- Range, Quartile Deviation, Mean/Average Deviation, Standard Deviation-Meaning, Definition and use.
- Calculation of Quartile, Mean and Standard Deviation from Grouped and Ungrouped data.

Unit 3. Correlation:

- Meaning and Types.
- Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.

Unit 4. The Normal Curve:

- Meaning, Principles, Laws, Properties and Uses.
- Divergence from Normality-Skewness and Kurtosis.
- Scoring Scales- Sigma scale, Z Scale, T Scale.

Unit 5 : Reliability

- Meaning, Factors affecting Reliability.
- Randomization.

- Significance of difference between Means.
- T-test and F-test- Uses, Meaning.
- Calculation of T-test.
- Type I and Type II Errors.
- One Tailed and Two Tailed Tests.
- Null Hypothesis.

REFERENCE:

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.
2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc. 1979.
3. Clarke H. Harrison, the Application of Measurement in Physical Education New York, Prentice Hall Inc. 1979.
4. Good V. Caster and Scates Douglas E., Methods of research Application – Century, New York, 1954.
5. Mauly George J., The Science of Educational Research, New Delhi Eurasia Publishing House (P), 1963.
6. Robson M, Brar T.S. and Uppal A.K., Thesis format, Gwalior, LNCPE, 1979.
7. Bolnmera Paul and Lindquist, EF, Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.
8. Garret, Harry E and Good Worth R.S., Statistics Psychology and Education, Bombay Allied Pacific Private Ltd. 19.
9. Sukhia S.P., Mehrotra P.V. and Mehrotra R.N., Elements of Educational Research (Hindi), Agra Vinod Bood Publisher, 1984.
10. Guilford J.P., fundamental of Statistics in Psychology Educational, New York: McGraw Hill Book Co. Inc. 1956.

Semester - II
Paper – 6
Sports Psychology

Unit 1. Sports Psychology:

Meaning, Definition, Nature, Scope and Importance.

Unit 2. Process of Learning: Meaning, Definition, Principles, Laws and their implementation.

- Individual Differences: Meaning, Definition, Types and Reasons.
- Body Types: Sports Activity according to body types, Effect of Individual differences on skill acquisition and sports performance.

Unit 3.

- Emotion: Meaning, Definition, Types and Characteristics. Factors effecting Sports Achievement such as Stress, Fear, Frustration and Aggression.
- Motivation: Meaning, Definition, Types and Importance of Motivation in Sports Achievement.

Unit 4.

- Personality: Meaning, Definition and Principles.
- Dimensions of Personality, Views of Personality.
- Personality development through Physical Activities and Games.

Unit 5.

- Psychological Dimension of Competition-Psycho-Regulative Method for Excitement and Mental Relaxation.
- Effect of Audience on the performance of the Athletes.
- Psychological Preparation for competition-Short term and Long Term Preparation.

REFERENCE:

1. Alderman, R.B. *Psychological Behaviour in sports*. (Philadelphia: London, Saunders Company,1974).
2. But Susan Dorcas, *Psychology of Sports* (Network: Van Nastrand Reinhold Company) Edn.2.
3. Crattybrayant, J. *Movement Behaviour and Motor Learning*. (Philadelphia: Lea and Febiger, 1973),Edn. 3.
4. Craty Bryant, J. *Psychology and Physical Activity*.(New Jersey Englewood Cleffs, Prentice Hall Inc.1965).
5. Cratty Bryant, J. *Psychological Proportion and Athletics Excellence*. (New York: Movement publications Inc.1978).
6. Gold Stein and Joffery J. (Ed.) *Sports Games and play Social and psychological View points* (Lowerence Eribanm Associates, Publishers R.J. 1979).
7. Kamlesh M.L. *Psychology of physical Education and Sports*. (New Delhi: Metropolitan Book Co., Pvt.Ltd. 1983).
8. Kene J.E. *Psychological Aspect of Physical Education and sports*. (London, Boston: Rutledge and K. Egan Paul,1972).
9. Liewellyor Jack H. and Blucker Judy A. *Psychology of Coaching Theory and application* (Delhi: Surjeet Publishers, 1975).
10. Martens Rainer, *Social Psychology and physical Activity* (New York: Harper and Row Publishers, 1975).
11. Robert Glyn C. *Learning Experiences in sports Psychology*. (Illinois: Human Kinetics Publisher Inc.1986).
12. Martens Rainer, *Coaching Guide to Sports Psychology* (Illinois: Human Kinetics Publisher Inc.1987).
13. Linda K. Binket, Robert J. Ratella and ann. S. Really. *Sports Psychology, Psychological consideration in Maximizing Sports Performance* (C. Brown publishers Dubugue Jawa).
14. Gill Dianel: *Ssychological dynamics of sports* (Illinois: Human Kinetics publisher Inc.1987).

Semester - II
Paper – 7
Exercise Physiology

Unit 1.

Exercise Physiology: Meaning, Definition, Importance and Scope.

Unit 2. Muscles, Types of Muscles and Types of muscular cells:

- Characteristics of Voluntary and Non voluntary Muscles.
- Design, Functions and Energy for Muscular Function
- Chemical Changes during muscular contraction.

Unit 3.

- Structure and functions of different systems of the body and effect of exercise on various systems. (Muscular System, Cardio-vascular System, Respiratory system, Nervous System and Digestive System)

Unit 4.

- Second Wind and Oxygen Debt.
- Warm up, Conditioning, Fatigue and (Prasham).
- Work Capacity under different environmental conditions.(Hot, Humid, Cold, High and Low Altitude)

Unit 5

- Sports and Nutrition.
- Concept of Balanced Diet.
- Pre Competition, During Competition and after competition diet of sportsman.
- Effect of smoking, Alcohol, Banned drugs on Sports Performance.

REFERENCE:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company, 1976).
2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C. V. Mosby Company, 1976).
3. Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Saunders Company, 1971). 7thEd.
4. Bourne, Geoffery H. The Structure and Function of Muscles: (London Academic Press 1973). Astrand, P.O. and Rodahl, Karri. Text Book of work Physiology. (Tokyo McGraw Hill Kogakusha, Ltd. 1979). Mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).

Semester - II

Paper – 8.1

Principles and Organization of Recreation (Elective)

Unit 1. Concept of Recreation:

- Definition, Theory, Methodology and games.
- Concept of Recreation and Philosophy. Effect of Schools on different philosophies.
- Work, Relaxation and Recreation.
- Importance of recreation for Individual, Groups, Society, National and International brotherhood, Nature of Recreation activities.

Unit 2. History of Recreation:

- History of different activities and living styles of various civilizations, Momentum to different recreational activities, History of Vedic age, Epic age, Buddha age, Maurya age, British period, India after independence.
- Activities of villages and sources of recreation.

Unit 3.

- Planned momentum for recreational activities in India. Professor, C.D. Sondhi, Effect of Recreation on educational and industrial institutions, Y.M.C.A, Balkaan ji baati, Service and Ospel Club, Balabhavans, India Nation Association, National and International Associations.
- Comparative study of recreation-Agitation of Recreation in U.K, U.S.A, U.S.S.R, Japan, France and Germany and its effect on India.
- Recreational Schemes of State and National Government

Unit 4. Factors effecting Recreation

- Factors effecting population explosion, age, tribes and social status.
- Types of communities, urban, semi urban, rural, slums and business.
- Tools giving momentum to recreation and recreational institutions. Facilities for training.
- Effect of religions, tribes, knowledge and rituals.

Unit 5. Planning and Management.

- Survey of sources and needs.
- Preparing aims and objectives, managing programmes, managing funds.
- Place of training in recreational skills.
- Purchase, preservation and distribution of recreational tools.
- Establishment of evaluation methods.

References:

1. Dheer. S. & Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
2. Two Experienced Professors, Organization, Administration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986.
3. Butler G.O. introduction to "Community Recreation" Newyork Mc Graw-hill Co. Inc. 1959 Dollar 8.50.
4. H.D. Meyer and C.K. Bright 'bill community Recreation', A guide to its organization. NewZercy, 1964.
5. "A Recreation". Professor Shri C.H. Dubey L.N.C.P.E. Gwalior.(M.P.)

Semester – II

Paper – 8.2

Professional Preparation and Curriculum Design (Elective)

Unit 1. Foundation of Professional Preparation:

- Ideals of Indian Democracy: Contribution of Physical Education.
- Forces and factors effecting educational policies- Social, Religious, Economical and political.
- Educational and professional preparation in physical education – Role of Central government.
- Professional Association. Professional Preparation in Physical Education:
- Historical review of professional preparation of Physical Education in India.
- Curriculum-Old and new concepts, Mechanics of curriculum planning.
- Basic principles of curriculum construction.

Unit 2. Under-graduate preparation of professional preparation

- Areas of Health education, Physical education and Recreation.
- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Unit 3. Post-graduate preparation of professional preparation:

- Purpose of Post graduate studies.
- Area of specialization and concentration on core areas.
- Research requirements and methods of instructions.

Unit 4. Curriculum Design:

- Importance of curriculum design and effecting factors, Curriculum according to the needs of the students, national and professional policies.
- Role of teachers in curriculum design.
- Co-education and special programmes for women.

Unit 5.

- Selection of Teaching Method – Mass Education, Lecture, Project method and teaching aids.
- Time table for Physical Education and Sports activities in schools and classes.
- Supervision in Physical Education and Supervision methods.
- Recommendations for physical education curriculum by NCERT, CBSE, UGC, NCTE.

REFERENCE:

1. Brrow Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Kea and febiger1983.
2. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.Va Mosby & Company, 1986.
3. Cassidy, r. Curriculum Development in Physical Education, New York: Harper & Company, 1986.
4. Cowell, C.C. and Hazelton H.W. Curriculum Designs in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc. 1965.
5. Irwin: L.W. Curriculum in Health and Physical Education, Iowa: W.M.C. Brown Co.
6. Larson, L.A. Curriculum foundation in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc.
7. National Plan of Physical Education in Recreation, Ministry of Education, Govt. of India, 1956.
8. Pape. L.A. and Means, L.E.A. Professional Career in physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc.1952.
9. Reports of Various committees in Education and Physical Education and Physical Education, Govt. of India
10. Underwood, Gordon, L. The Physical Education Curriculum in Secondary School: Planning and Implementation England: Taylor and Francis Ltd. 1983.
11. Will goose, C.E. Curriculum in Physical Education 3rd Ed. Englewood Cliffs., N.J. Prentice Hall, Inc.1979

Semester - III

Paper –9

Bio-Mechanics

Unit 1.

- Biomechanics and Kinesiology: Meaning, Nature and Importance.
- Principles of plane and axis. Various types of movements.

Unit 2. Kinetics and Kinematics

- Motion: Linear motion, Rotary motion, Angular Motion, Curvilinear motion, Motion of transition.
- Balance, Newton's Laws of Motion, Acceleration, Velocity and speed.
- Force, Work, Power and Energy, Weight and Projectile.
- Leverage-Principles and Types.

Unit 3.

- Friction-Resistance, Water and Air Resistance.
- Elasticity.
- Spin
- Centrifugal and centripetal force.

Unit 4.

- Mechanical Analysis of Motor Movements-Walking, Jumping, Running, Throwing, Catching, Holding, Climbing, Lifting, Swinging, Gliding, Pulling.

Unit 5. Mechanical Analysis of Sports Skills

- Athletics(Running, Jumping, Throwing)
- Swimming.
- Football.
- Basketball
- Volleyball.
- Cricket.

REFERENCE:

1. Bunn, Hohn W. Scientific Principles of Coaching (Englewood Cliffs, N.J.: Prentice Hall Inc.,1972).
2. Simonian Charles, Fundamentals of Sport Biomechanics (Englewood Cliffs, n.J.: Prentice Hall Inc.,1911).
3. Hay, James, G. The Biomechanics of Sports Techniques. (Englewood Cliffs, N.J.: Prentice Hall, Inc.,1970).
4. Broer, M. Roin R.and Zernicke, R. Ronald F.Efficiency of Human Movement (Philadelphia: W.E. Saunder Co., 1979).
5. Hay, James G. and Reid J. Gavind, The Anatomical and Mechanical Basis of Human Motion(EnglewoodCliffs,N.J.:prenticeHallInc.,1982).
6. Hay, James G. and Reid J. Gavind, Hay, Anatomy, Mechanics and human Motion(EnglewoodCliffs,N.J.:prenticeHallInc.,1988).

Semester - III
Paper – 10
Sports Management

Unit 1.

- Sports Management-Meaning, Definition, Importance, Principles and functions.

Unit 2. Administration-Meaning, Types.

- Administration of education department and its functions.
 - a. School Games Federation of India.
 - b. State Education Sports Wing-School Administration.
 - c. Association of Indian Universities.
 - d. University department of Physical Education.
 - e. College Physical Education Department, Administration of non teaching department and its functions.
 - f. Youth and Sports department
 - g. SAI
 - h. Indian Olympic Association, Indian Sports Associations.
 - i. State Sports Department

Unit 3. Administration of Sports Facilities, Equipment's, Funds and Employees.

- Facilities: Administration, Types, Need, Purchase of Equipment's, Preparation of fields and maintenance, Indoor Facilities (Gym, Swimming pool).
- Equipment's: Importance, Types, Purchase, Maintenance, Stock maintenance and disposal.
- Funds: Objective of Budget, Principles of budget preparation, ideal budget, its uses.
- Employees Administration: Leadership, Principles ,Need, Teacher's training improvement program.

Unit 4. Planning and supervision in Physical Education.

- Principles of Lesson planning.
- Supervision-Definition, Nature, Scope, Principles, Duties of a supervisor, Qualities of a supervisor, Method and effective supervision.

Unit 5. Public Relations

- Definition, Objectives and Need.
- Principles
- Planning and administration of program of public relations.
- Mediums and agencies.
- Steps for effective and qualitative public relations.

REFERENCES:

1. Earl F. Zeigh & Gary W. Bowie. Management Competency Development in Sports and Physical Education., (Philadelphia: W. Lea and Febiger,1963).
2. Joseph Bucher and Earnest Kienige burg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd.,1968).
3. Ashton D. Administration of Physical Education for Women (NewYork:The Ronal Press Cl,1968).
4. Bucher C.A. Administrate on of Physical Education and Athletic Program(St. Louis: The C.V. Mosby Co., 1979),7th Edition.
5. Daughtrey G. and Woods J.B. physical Education and Intramural Programs, Organization and Administration (Philadelphia U.S.A. : W.B. Saunders Cp., 1976), 11thEd.
6. Ferry the C.E. and Duncan R.C. Administration of Physical Education (New York: Prentice Hall Inc.1951).

Semester - III

Paper – 11

Test, Measurement and Evaluation in Physical Education & Sports

Unit 1.

- Test, Measurement and Evaluation-Meaning, Definition and Importance. Modern Trends in Measurement and Evaluation.
- Test Evaluation-Criteria of Test Selection, Objectivity, Reliability, Norms of Validity.
 - a. Classification of tests-Standardized tests, Teacher made tests, Subjective and objective tests.
 - b. Construction of knowledge and skill tests.
 - c. Steps in construction of knowledge and skill tests.

Unit 2.

A. Physical Fitness and Motor Fitness Tests.

- AAHPER Youth Fitness Test.
- National Physical Fitness Test.
- Indiana Motor Fitness Test.
- Philip's JCR Test.

B. Common Motor Strength Tests.

- Baroni –Common Motor Strength test.
- Newton Motor Strength test.
- Cozen's athletic ability test.
- Mc.Cloy's General motor ability test.

C. Cardio vascular and Respiratory Tests.

- Harvard Step Test.
- Cooper's 12 min continuous run/walk test.
- Kraus-Weber strength test.
- Roger strength test.

Unit 3. Sports Skill tests: Need and Use.

- Badminton- Lockhart and McPherson Badminton skill test, Miller wall Volley test.
- Basketball-Johnson Basketball skill test, Beach Basketball skill test.

- Hockey-Harvan singh Hockey Test.
- Tennis-Dyer Tennis skill test, Hewitt Tennis skill test.
- Volleyball-Russell Lange test, Brady Volleyball Skill Test.
- Football-Mcdonald Football skill test, SAI Football skill test.

Unit 4. Socio and Psychological Tests.

- Mc.Cloys behavior rating scale.
- Cowell social behavior trend index.
- Peterson's Social capacity test.
- Swakhyal test.

Unit 5.

Anthropometric measurements.

- Equipments.
- Body Fat measurement, General body measurements.
- Body composition measurements.

References:

1. ACSM's Health / Fitness Facility Standards and Guidelines, New York: HumanKinetics,1992.
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Semester - III

Paper – 12.1

Physical Fitness and Wellness. (Elective)

Unit 1. Meaning & Definition of Physical Fitness, Importance & Advantage of Physical Fitness.

- Concept of Fitness
- Health Related Fitness
- Skill Related Fitness

Unit 2.

- Principles of Exercises.
- Model Program
- Importance of gymnasium and health-clubs.
- Exercise guidance program for Children, youth and special age groups.
- Construction of appropriate exercise program.

Unit 3. Physical Fitness activities:

- Aerobics
- Water exercises.
- Neurological training.
- Agility and equilibrium training.
- Isometric training.
- Cycling.
- Ladder climbing.
- Treadmill.
- Walking
- Health advantages.

Unit 4.

- Planning for lifelong fitness program, Aims of fitness, Encouragement for health and prevention of diseases, Domestic exercise equipment's, Fitness program for handicapped and mentally retarded children, Exercise for adults.
- Management in physical fitness and stress, Concept of stress, Effect of exercises in stress

management, Time management.

Unit 5. Meaning and Definition of Wellness

- Components of Wellness
- Contribution of Behavior in Wellness
- Advantage of Wellness

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Semester - III

Paper – 12.2 (Elective)

Gender, Disability & Inclusive Sport Education

Unit 1

- Defining Gender and features of gender inequality
- Gender inequality in Education in India
- Gender based violence as a development and rights challenge

Unit 2

- Historical roots of gender construction in India –patriarchy and its socio- cultural origins
- Impact of gender as a social construct.
- Gender roles and the female stereotype in India
- The Global Gender Equality Agenda

Unit 3

- Gender issues in access to education & physical education
- Quality of work and equal opportunity
- Gender in the physical education classroom and peer interactions
- Gender issues in participation in sports

Unit 4

- Constitutional provisions for education of women in India
- UEE and programs for education of women in India
- Gender and policy perspective
- Class and Inequality

Unit 5

- Definition, concept and importance of inclusive education.
- Historical perspectives on education of children with diverse needs.
- Difference between special education, integrated education and inclusive education.
- Advantages of inclusive sports education for all children.

- Educational approaches and measures for meeting the diverse needs
- Building inclusive learning friendly sports facilities, overcoming barriers for inclusion.
- Creating and sustaining inclusive practices.
- Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.

References:

1. Chanana Karuna (ed) Socialization, Education and Women, Orient Longman, New Delhi,1988
2. Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995
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4. Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: toward saninte grated class analysis", New Left Review (forthcoming)
5. Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a South African Case Study)
6. Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?', Politikon, vol. 34,no. 2, 105-123,2007.
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17. Sharma P.L (2003) Planning Inclusive Education in Small Schools, R.I E. Mysore

Semester - IV

Paper – 13

Scientific Principles of Sports Training and Coaching

Unit 1. Sports Training:

- Definition and meaning of Sports Training and Coaching.
- Aims and objectives.
- Characteristics.
- Principles.

Unit 2. Training Load:

- Factors.
- Principles.
- Overload-Meaning, Reasons, Characteristics, Remedies to overcome overload.
- Adaptation Procedure-Meaning, Stages of Adaptation process.

Unit 3. Training of Motor Components:

- Strength-Meaning, Types, Characteristics, Principles of strength of training, Methods of strength training, Strength training for women and children.
- Endurance-Meaning, Types, Characteristics, Methods of Endurance training.
- Speed- Meaning, Types, Characteristics, Methods of speed training.
- Flexibility- Meaning, Types, Characteristics, Methods of flexibility training.
- Coordination- Meaning, Characteristics, Classification, Importance, Training methods of coordinative abilities.

Unit 4.

- Techniques- Meaning, Techniques of different games, Importance of training, Factors

Unit 5. Effects on training process, Correction of faults-Skill, Style and Technique.

- Tactics-Meaning, Aims, Training, Principles of preparation of tactics, Difference between tactics and strategy.

Planning of Training and Competition:

- Planning of Training- Meaning, Importance, Principles and Types.
- Periodization-Meaning, High Performance and Periodization, Period and Types.
- Competition-Meaning, Importance, Scope, Methods, Frequency, Preparation of Competition.

REFERENCE:

1. Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
2. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
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Semester - IV

Paper – 14

Sports Medicine

Unit 1. Effecting training, Stages of Training

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

Unit 2. Sports Injuries and Remedies:

- Injuries:
 - a. General Injuries: Wound, Lesion, Contusion, Burn, Abrasion, Sprain, Strain, Fracture.
 - b. Special Injuries: Injuries on Back, Abdomen, Thigh, Knee, Ankle, Feet, Legs.
- Reasons for Injuries, Preventive measures for injuries, Treatment for Rehabilitation.

Unit 3. Massage and various therapies:

- Hydrotherapy: Contrast Bath, Sauna bath, Water Massage, Whirlpool.
- Cryotherapy: Ice pack, Gel and chemical cold Pack, Ice Massage, melting ice cry therapy.
- Electrotherapy: Shortwave diathermy, Ultrasound, Electric moist heating pad, stimulant, Infrared, Ultraviolet electric waves.
- Exercise Therapy: Isotonic, Isometric, Is kinetic Exercise training.
- Massage: Meaning, Importance, need and Types.

Unit 4. Nutritional diet for athletes and drugs:

- Athlete Nutritional Diet – Factors effecting balance diet, Athlete's Diet for different sports and games, Malnutrition in athletes and it scare.
- Doping – Meaning, History, Definition, Classification, Types, Use of drugs and their side effects, Role of Coach and Managers in solving the problem of doping.

Unit 5. Women Athlete:

- Anatomical and Physiological differences.
- Health Problems: Menses, Pregnancy, Special problems.

References:

1. Ann. Lowlin. Women's Fitness Program Development Human, Kinetics.2002.
2. Bengt O. Eriksson et al, Sports Medicine, GuinnessPublication,1990.
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4. David R. Mottran, Drugs in Sports (4th Ed) Routledge Taylor and Francis Group,2005.
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Semester - IV
Paper – 15
Yogic Science and Naturopathy

Unit 1.

- Yoga-Meaning and Importance, Paths, Precautions, Difference between exercises and Yoga, Types of Asanas and Surya namaskara.
- Ashtang Yoga- Different types of Pranayama and its importance, Kriyas, Bandhas and Mudra sciences-Nadis: Chandranadi, Surya nadi and Agninadi.

Unit 2.

- Place of Shodhan karma in Yoga, Nature of Mechanical Shodhan karma and Classification.
- Different glands in yoga, effect of yoga on different systems, plexis, Kundlini, Scientific observations of Yogasana.

Unit 3.

- Yoga Philosophy, Philosophy of Sankhya yoga, Yoga Psychology, Yoga science of Vibhuti, Prana science of Yoga.
- Panchprana-Upprana and factors deciding pranayama.
- Asanas and Pranayama for therapy of various diseases, Inculcating spiritual values through pranayam.

Unit 4.

- Naturopathy-Meaning, History, Importance and Agencies.
- Principles of Naturopathy

Unit 5.

- Difference therapies done through Naturopathy.
- Shivambu method, Acupressure and Acupuncture methods, Magnetic therapy.

References:

1. Swami Kuvalayananda and S.L. Vinekar -Yogic Theraphy.
2. Asanas–Swami Kuvalayananda. Kaivalyadha, a, Lonavla.
3. Swami Kuvalayananda, Kaivalyadhama, Lonavla -Pranayama.
4. K. Chandrasekar - Sound Health Through Yoga by Prem KalyanPublications, Sedapatti, 1999.
5. Teaching Methods for – M.L. Gharote and Yogic Practive S.K. Ganguly, Kaivalyadhama, LonavlaM.L. Gharote- Applied Yoga–Kaivalyadhama, Lonavla.
6. Yogasanas :A Teacher’s Guide– NCERT, New Delhi.
7. O.P. Tiwari-Asanas–Why? And How? – Kaivalyadhama, Lonvla.
8. R. Thirumalaisamy (1987)– Yoga for Good Health, Karaikudi Senthil Kumar publishers.

Semester - IV
Paper – 16.2 (Elective)
Philosophical Foundation and History of Physical Education & Sports

OR
Dissertation

Unit 1.

- Education
- Meaning, Definition, Aims and Objectives of Education.
- Meaning, Definition, Aim and Objectives of Physical Education and Relationship of Physical Education with General Education.
- Physical Education and Philosophy.

Unit 2.

- Psychological Basis of Physical Education
- Play and Theories of Play
- General Principles of Growth and Development
- Principles of Motor skill acquisition

Unit 3.

- Philosophies of Education as applied to Physical Education-Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.

Unit 4.

- Sociological Basis of Physical Education
- Socialization Process
- Social Nature of Man and Physical Activities, Sports as cultural heritage of mankind.
- Customs, traditions and Sports.

Unit 5.

- Physical Education in Ancient Greece, Rome, Germany, Sweden, Denmark, and Russia.
- Physical Education in India.
- Olympic Movement – Historical Development of Ancient and Modern Olympics.

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1. Jay Coackley Sports in Society: Issue & controversies (2007) McGraw Hill, New York
2. Shamsad Ahmed. Education in Physical Education Books (2005). Isha. New Delhi.
3. Syal, Meenu. Physical Education Sports and Games. Sports Publication, (2005). New Delhi
4. Davis, M. B. Physical Training in School. Sports Publication, (2004). New Delhi.
5. Shekar, C. K. Foundation of Physical Education and Sports. Khel Sahitya Kendra, (2004). New Delhi.
6. Jain, Anoop. Physical Education Foundation. Sports Publication, (2003). New Delhi.
7. Wuest, Deborah A. Foundation of Physical Education, Exercise Science and sports. McGraw Hill, (2003). New York.
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