

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Un-Armed Security Guard)

B.Voc. (USG) Course Structure

1. Programme Name in Complete:

I. Bachelor of Vocational (Un-Armed Security Guard)

i. Course Name in Short: B. Voc. (USG)

ii. Intake Capacity: 50

2. Nature of the Course: Under Graduate Degree Programme with Multiple Exits as mentioned below.

A student completing, **Semester I** is eligible to be awarded **Certificate**

Semester I & II is eligible to be awarded **Diploma**

Semester I to IV is eligible to be awarded **Advanced Diploma**

Semester I to VI is eligible to be awarded **Bachelor Degree**

3. B. Voc. Programme Outcomes

- To provide judicious mix of skills relating to a profession and appropriate content of general education.
- To ensure that the students have adequate knowledge and skills, so that they are work ready at each exit point of the programme.
- To provide flexibility to students by means of pre-defined entry and multiple exit points.
- To integrate National Skill Qualification Framework (NSQF) within the undergraduate level of higher education in order to enhance employability of the graduates and meet industry requirements. Such graduates apart from meeting the needs of local and national industry are also expected to be equipped to become part of the global workforce.
- To provide vertical mobility to students coming out of (a) 10+2 with vocational subjects; and (b) Community Colleges.
- To prepare graduates who will achieve peer-recognition; as an individual or in a team; through demonstration of good analytical and implementation skills.
- To communicate and document effectively.
- To inculcate ability to function professionally with ethical responsibility as an individual as well as in multidisciplinary teams with positive attitude.

Programme Outcomes specific to B. Voc. (Un-Armed Security Guard)

- To impart the students, comprehensive and skill based training with equal emphasis on theory and practice in the field of private security
- To create security personnel like security supervisors, security guards, administrators/managers and security officers who are responsible for planning and handling security of premises and properties at organisations like Banks, Hospitals, Malls, Resorts, etc.
- To prepare the skilled personnel who can understand the philosophy and principles of Civil Security, Planning of the Security, Deployment of Manpower and Resources.
- To understand and Dealing with Emergencies, Fire Fighting, Map Reading, etc.
- To Understand the importance of Physical and Mental Fitness and Self Defense
- To use advanced security devices/systems like CCTV supervision, digital alarms, fire alarms etc.

- To enhance employability with soft skill development, Computer proficiency, Communication Skills, etc.

- 4. Duration of the Course:** Three Years; Full Time
- 5. Examination Pattern (Annual/Semester):** Semester
- 6. If Semester pattern then Number of Semesters:** Six Semesters
- 7. Marking Scheme (Percentage/Credit):** Credit
- 8. Eligibility:**

There can be three types of learners getting admission to first semester of B. Voc. courses under NSQF:

Category-1: Students who have already acquired NSQF certification Level 4 in a particular industry sector and opted for admission in the B. Voc. degree courses under NSQF in same sector for which he/she was previously certified at school level.

Category-2: Students who have acquired NSQF certification Level 4 but may like to change their sector and may enter in B. Voc. course in a different sector.

Category-3: Students who have passed 10+2 examination with conventional schooling without any background of vocational training.

- 9. Total Credits to be covered :** 180 (30 per semester)
- 10. Teaching and Examination Scheme:** As prescribed in the curriculum design by the Subject Board and approved by Academic Board time to time.
- 11. Admission rules/conditions for every year/semester.**

Sr. No.	Course and Level	Type of Admission	Eligibility	Remarks
1.	B. Voc. First Year Sem. I	Direct Admission	Students who have passed 10+2 examination with conventional schooling, OR Students who have already acquired NSQF certification Level 4 in Health Care sector, OR Students who have acquired NSQF certification Level 4 but want to change their sector, OR students who passed examination equivalent to 10+2 level like MCVC in any discipline	NSQF Level 4 (Certificate)
2.	B. Voc. First Year Sem. II	Natural Growth +Direct Entry	Students completing the study of B. Voc. (Health Care) Sem-I (passed or failed) or Students who completed course equivalent to the study of First Semester and possess NSQF certification Level 4	NSQF Level 5 Diploma
3.	B. Voc. Second Year Sem. I	Natural Growth + Direct Entry	Passed Minimum 50% of total passing heads of First Year of B Voc. Aggregating Semester I and Semester II. OR Students who completed course equivalent to the study of First Year and possess NSQF certification Level 5	NSQF Level VI Advanced Diploma
4.	B. Voc. Second Year	Natural Growth	All students admitted to B. Voc. Second Year are admitted to Sem-III and Sem-IV combine. There is no admission process for III and IV	

	Sem. II		separate.	
5.	B. Voc. Third Year Sem. V	Natural Growth + Direct Entry	Clearly Passed First Year of B. Voc. (Health Care) and Passed Minimum 50% of total passing heads of Second Year of B Voc. (Health Care) aggregating Semester I and Semester II. OR Students who completed course equivalent to the study of First and Second Year and possess NSQF certification Level 6	NSQF Level VII Degree
6.	B. Voc. Third Year Sem VI	Natural Growth	All students admitted to B. Voc. Third Year are admitted to Sem-V and Sem-VI combine. There is no admission process for V and VI separate.	

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Syllabus for
B. Voc. (Un-Armed Security Guard)
First-Year (Semester-I)
(Credit Based)

Semester-I

Course Code: 16BV101

Course Name: - Foundations and Principles of Yoga – I

Max. Marks: 100

- Unit –I Aim, Objectives and Misconceptions about Yoga, Definitions of Yoga in different Classical Yoga texts. Brief introduction to origin, history and development of Yoga, General Introduction to *Shad-darshanas* (Yoga, Sankhya, Nyaya, Vaisheshik, Purva Mimamsa & Uttar Mimamsa) with special reference to *Sankhya* and Yoga.
- Unit-II General introduction to four paths of Yoga (Rajyoga, Hathayoga, Mantrayoga & Laya Yoga), Principles of Yoga and Yogic practices (Asana, Pranayama, Shatkarma, Bandha & Mudra, Dhyana), Distinction between Yoga Asana and Non-Yogic physical practices.
- Unit-III Introduction to important Hatha Yoga, Texts with special reference to Hatha Yoga, Pradipika and Gheranda Samhita, Concept of Yogic Diet, Causes of Success (*Sadhaka Tattwa*) and Causes of Failure (*Badhaka Tattwa*) in Hatha Yoga *Sadhana*
- Unit-IV Concept of *Ghata* and *Ghata Shudhi* in Hatha Yoga, Purpose and utility of *Shat-kriya* Hatha Yoga, Purpose and utility of Asana in Hatha Yoga, Purpose and importance of *Pranayama* in Hatha Yoga

Text Book

- | | | |
|--------------------------------------|---|-----------------------------|
| 1. Bhartiya Darshan ki Ruprekha | - | Prof. Harendra Prasad Sinha |
| 2. Yoga Swashtya Kunji (Hindi) | - | Dr. A. N. Khodaskar |
| 3. Sharirkriya Vijnyan Aur Yogabhyas | - | Dr. M. M. Gore |
| 4. Yoga Parichay | - | Dr. Pitambar Jha |
| 5. Yogabhyas Margadarshan | - | Dr. M. L. Gharote |
| 6. Hathapradipika | - | Swami Swatmaram |
| 7. Gheranda Samhita | - | Swami Gherand |

Reference Books:

- | | | |
|------------------------|---|---------------------|
| 1. Bhartiya Darshan | - | Jadunath Sinha |
| 2. Yoga for Daily Life | - | Mitra, M. K. |
| 3. Yoga aur Swasthya | - | Dr. Brahmanitra |
| 4. Yoga Darshan | - | Dr. S.V. Karandikar |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline
- 2) Internal Exams, Assignments, etc.

10 Marks

20 Marks

Course Outcome: After learning this subject Students will,

1. Gain basic knowledge about Yoga.
2. Students learn brief philosophical approach about yoga in Traditional texts.
3. Get knowledge about different paths in yoga, and their importance.
4. Students particularly learn the advantage of different Asana, Pranayama, Shatkarmas and also understand which are beneficial in different health conditions and its brief knowledge.

Course Code: 16BV102

Course Name: English

Max. Marks: 100

Unit-I	Self Introduction (formal/Informal), Other's Introduction, Greetings (Based on Situation), Uses of dictionary, Vocabulary.
Unit-II	Parts of Speech, Daily Conversations which are applicable in general, Study Skills, Effective note taking (dictation), Pronunciations for effective reading
Unit-III	Sentences, types of sentences, Tenses, Structure of Sentences based on tenses. Uses of Proper punctuation in the structure, Essays, Letter, Paragraphs, Group discussion (topic based), Debates, Skill for personal Interview
Unit-IV	Structure of paragraphs, some common mistakes while writing, Translate sentences into English from mother tongue, Translate proverbs and phrases of English in own language, enrichment of vocabulary, Effective communication with appropriate body language

Text Books:

- | | | |
|-----------------------------|---|------------------------|
| 1. Pragati Books | - | B.S. Kale |
| 2. English Grammar book | - | P. C. Wren & H. Martin |
| 3. Sampurna Ingraji Vyakran | - | Balsaheb Shinde |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into sub-questions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exams, Assignments, etc. | 20 Marks |

Course Outcomes:

By the end of this course, students,

1. Get basic knowledge of English subject and grammar
2. Understand correct and proper ways of English communication
3. Knows how to interact with different types of people in proper ways.
4. Knows importance of English vocabulary and ways to increase it.
5. Develop reading, writing, speaking and listening skills
6. Gain practical skills and knowledge necessary to express themselves clearly, with confidence.

Course Code: 16BVUSG103

Course Name: - Self Defense and Physical Security

Max. Marks:100

UNIT-I : Meaning and definition of self defense, Origin of Self Defense

Self defense today , principles of self defense, the steps to success staircase, Safety in defense, the three personal safety :- 1) awareness 2) assessment 3) action

Definition meaning and purpose of defense management, preparing the schedule, factors affecting the programmed management, Facilities required for Self defense

UNIT-II: Facilities required for the office, Appointment of required staff and license for the club, meaning importance and preparation of budget, procedure and rules of expenditure.

MANAGEMENT OF EQUIPMENTS: Importance , purchase, maintenance, issue and disposal of equipment, Manufacturing agencies of equipments, Definition of terms teaching , training and coaching, Aims and importance of training and conditioning

Unit-III: Physical Security

Conduct of Security guard in Public, Physical Fitness training,

Security of Assets, Security of buildings, Household Security, Personal Security, Crowd Control, types, significance and strength of crowd, methods of controlling,

Examination of Identity cards, Passport, smartcards,

Unit-IV: Improvised Explosive Devices-Working and Identification, type, shape and action, Weapons Used in Armed Forces, Study of Badges and Ranks in Police, Army, Navy, and Air Force, Use of Security Equipments and Devices, House Keeping, Classes and causes of fire, fire fighting equipments and chemical ingredients

Reference books

1. Self Defense – BY KATHLEEN HUDSON
2. Methods of self defence – BY BRUCE TEGNER
3. Self defence step of success – BY JHON M.NELSON
4. Management of physical education and Athletic programme- Charks A Buches
5. Administration & Management of physical education and athletic programme-Reesik MC
6. Exercise in obesity management-BY JEAN STORLE
7. Principles of education –BY DR.R.S.PANDEY
8. Method in physical education –BY DAMBAK J.C.WILLIAMS
9. Modern judo and self Defense –BY HARRY EWEN AND PAT BUTLER

Distribution of Marks

Total-70Marks

Question paper of this subject will be of 70 marks and will contain **Five** major questions with internal choice. The **First** question will be objective type Multiple Choice Question covering all four units and will carry 10 marks. Remaining four questions will carry 15 marks each and will be based on each unit. Every question can have multiple sub questions totaling to 15 marks.

Sessional work (Internal)

30 Marks

1) Attendance & Regularity

10 Marks

2) Internal Exam (objective with multiple choice)

20 Marks

Course Outcomes:

1. Gains an understanding of physical security system design and evaluation and how they apply to physical security.
2. Gain an understanding of the process of evaluating existing or proposed physical protection systems.
3. Understand the policies and procedures needed to protect an organization and its private property resources from insiders who might do harm.
4. Be able to develop a sound security policy that addresses the overall physical threat to an organization's personal resources.

Course Code: 15BVUSG104

Course Name: THEORY AND PRACTICE OF MAP READING **Max. Marks:100**

UNIT I: MAP its Definition, Characteristics, Classification, Marginal Information of a Topo-Sheet and its utility for Military. SCALE - Definition, three methods of representing scale, inter-conversion of Statement into R.F .Construction of Simple Scale line and the Comparative Scale lines.

UNIT II:-CONVENTIONAL SIGNS: Military and Topographical.

UNIT III:- GRID SYSTEM; Four figure and Six Figure Map References.

UNIT IV:- SHEET NUMBER ; Million Sheets ‘Quarter inch sheets’ Half inch Sheets’, ‘One inch Sheet’ and index of Sheets. Determination of visibility on survey maps of hilly region by gradient proportion and section drawing method.

Reference books

1. Verma MP - Sainik manchitra vigyan
2. Sharma, YK - Map reading
3. Singh Balwant - An easy approach to map reading
4. Gale and Porden - A complete guide to military map reading
5. Srivastava, JM Practical military science part 1

Distribution of Marks

Total-70Marks

Question paper of this subject will be of 70 marks and will contain **Five** major questions with internal choice. The **First** question will be objective type Multiple Choice Question covering all four units and will carry 10 marks. Remaining four questions will carry 15 marks each and will be based on each unit. Every question can have multiple sub questions totaling to 15 marks.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance & Regularity | 10 Marks |
| 2) Internal Exam (objective with multiple choice) | 20 Marks |

Course Outcomes: The students learn,

1. Principles of map making, Map design considerations, Map reading and interpretation skills.
2. To make intelligent decisions concerning the use and interpretation of maps.
3. The students gain the knowledge to navigate maps with the help of Geographic Information Systems, and use it to locate different places in the organization or at any places.
4. It is important that security guard understand the principles of map design and how to analyze map products.

Course Cod: 16BVUSG105

Course Name: WAR SYSTEM IN INDIA AND ACTS

Max Marks : 100

Unit-I: Warfare in Ancient India

- (a) Types of war during Vedic period and Epic Age..
- (b) Broad division of Armed forces.
- (c) organization and art of war Kautilya's Arthashastra philosophy on war, peace, fort, espionage, diplomacy.
- (d) Causes of India's defeat.

Unit-II: Modern India war SYSTEM

- (a) Armed forces under East India Company
- (b) First war of Independence 1857
- (c) Armed forces under the crown
- (d) Presidency Armies and Indianization of Armed Forces

Unit-III: Medieval India

- a) Invasion of Turks - Battle of Somnat
- b) Mughal Military systems - Mansabdari System, Battle of Khanwa.
- c) Maratha Military System - Guerilla Concept, Third Battle of Panipat 1761
- d) Sikh Military system - Battle of Soberaon (1846)

Unit-IV: Private Security Agencies Regulation Act

- (a) Right to private defense
- (b) Important property & bodily offences and their punishments
- (c) Important cognizable and non-cognizable offences The Code of Criminal Procedure, 1973
- (d) Aid to magistrate and police, Public to inform on certain offences, Arrest by private person and procedure on such arrest, No unnecessary restraint/ detention, Lodging of complaint and first information report with police, Summons and warrants
- (e) Private Security Agencies Regulation Act – 2005,

BOOKS RECOMMENDED

1. Singh S D- Ancient India war fare with special reference to vedic period.
2. Majumdar, B.K. - Military system in ancient India.
3. Kongle, RP - Kautilaya's Arthashashtra
4. Sarkar Jadunath - Military history of India
5. Tewari, NP Bhartiya Sainya Itihaas (Sharda Prakashan Alld.)
6. The Indian Penal Code - Justice Y.V.Chandrachud & V.R.Manohar Ratanlal & Dhirajlal
7. Human Rights and Armed Forces in Low Intensity Conflicts- Ks Sheoran
8. Private Security Agencies (Regulation) Act, 2005- Himanshu Bangia

Distribution of Marks

Total-70Marks

Question paper of this subject will be of 70 marks and will contain **Five** major questions with internal choice. The **First** question will be objective type Multiple Choice Question covering all four units and will carry 10 marks. Remaining four questions will carry 15 marks each and will be based on each unit. Each question can have multiple sub questions totaling to 15 marks.

Sessional work (Internal)

30 Marks

- 1) Attendance & Regularity
- 2) Internal Exam (objective with multiple choice)

10 Marks

20 Marks

Course Outcomes:

1. The student gains knowledge of war system from ancient to modern age.
2. Understand India's military system and organizational system in Indian Army, Navy, and Air Force.
3. India's war history against mougals and British.
4. Gets knowledge of Private Security Act 2005.

PRACTICAL

Course Code: 16BV106

Name: Practical of Yoga

Total Marks – 100

Syllabus with Examination System

A) Asana:

Mark-10

Standing Asanas: Ardhakati Chakrasana, Trikonasana,, Tadasana

Sitting Asanas: Siddhasana, Padmasana, Gomukhasana, Vakrasana, Vajrasana, Swastikasana
Badhapadmasana, Paschimottanasana

Prone Position: Shalabhasana, Makarasana, Bhujangasana,

Supine Position: Shavasana, Viparitkarani, Sarvangasana, Garudasana

Balancing Asanas: Bakasana , Vatayanasana.

System of Examination

Any one as per examiner's choice(**Marks-05**) and Any one of candidate's choice-(**Marks-05**)

B) Shatkarma (Kriya)

Marks-10

1. Neti: Jala and Sutra 2. Dhauti : Vamana 3. Trataka: Samip and Sudur 4. Kapalabhati

System of examination: Shatkarman divided in two groups

(1) **Without Instrument:** Any one kriya as told by examiner's choice

Marks-5

(2) **With Instrument:** Any one Kriya of candidate's choice

Marks-5

C) Yogic Sukshma Vyayam

Marks-10

1) Vishudh Chakra OR Uccharan-sthala Shudhi

2) Prarthana

3) Buddhi tatha Dhriti Shakti – Vikasaka

4) Simran Shakti Vikasaka

5) Medha Shakti Vikasaka

6) Kapal Shakti Vikasaka

7) Netra Shakti Vikasaka

8) Karna Shakti Vikasaka

9) Griva Shakti Vikasaka (1)

10) Griva Shakti Vikasaka (2)

System of Examination:

Any one as per examiner's choice(**Marks-05**) and Any one of candidate's choice-(**Marks-05**)

D) Yogic Sthula Vyayama

Marks-10

1) Rekha-gati 2) Hrid-gati 3) Utkurdana 4) Urdhva-gati 5) Sarvanga-pusti

System of Examination:

Any one as per examiner's choice(**Marks-05**) and Any one of candidate's choice-(**Marks-05**)

E) Pranayam (Without Kumbhaka)

Marks-10

1) Breathing awareness 2) Sectional breathing 3) Yogic breathing

4) Anulom – vilom (Alternate nostril breathing)

System of Examination

Any one as per examiner's choice(**Marks-05**) and Any one of candidate's choice-(**Marks-05**)

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

1) Attendance & Regularity

Marks-10

2) Practical Performance & Record

Marks-20

Course outcomes:

1. The student learns correct way of sitting to perform aasanas.
2. Learns how to perform different aasanas covered in the curriculum.
3. Knows correct ways of performing these aasanas, their pros and cons.
4. Learns care to be taken while performing aasanas
5. Becomes ready to work as an Yoga Instructor.
6. Keeps himself/herself fit and healthy due to regular yoga practice in practice hours.

Course Code: 16BVUSG107
Name: Practical of Self Defense

Total Marks: 100

The examinee has to perform followings skills Self Defense Techniques 25 Marks

- | | |
|-------------------------------------|---|
| 1) Stance – different stance | 6) Punch – different target |
| 2) Block – different target | 7) Kick – different kick and target |
| 3) Falling technique | 8) Lathi / stick and gadgafan |
| 4) Axe technique | 9) Punch block combination |
| 5) Kick block combination | 10) Strike – i) knick hand, ii) chop – different target |

Physical Fitness and Security 25 Marks

Conduct in Public, Correct attire, correct way of standing, Walking, Salute, Salutation, Speaking in Public, Eating Habits.

Fitness training, Warm-up Exercises, Drill, First Aid, Visit to Public sites as Mall, Factory, Ports, Resorts, etc. for observe and study security

Viva Voce Marks -20

College Assessments Marks -30

Note:- College Assessment/Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-------------------------------------|----------|
| 1) Attendance & Regularity - | Marks-10 |
| 2) Practical Performance & Record - | Marks-20 |

Course Outcome:

1. Improve physical health, strength and dexterity in trainees.
2. Inculcate good personal hygiene practices.
3. Improve bearing and deportment and grooming trainees into smart individuals.
4. Introduce trainees to unarmed combat techniques for self defense.

Practical Code: 16BVHC108

Name: Practical of Map Reading

Total Marks: 100

- 1) **MAP:** Definition, Characteristics, Classification, Marginal Information's of a Topo - Sheet and its utility for Military. **(Marks-10)**
- 2) **SCALE:** Definition, three methods of representing scale, inter-conversion of Statement into R.F. Construction of Simple Scale line and Comparative study **(Marks-10)**
- 3) **CONVENTIONAL SIGNS:** Military and Geographical. **(Marks-10)**
- 4) **GRID SYSTEM;** Four figure and Six Figure Map References. **(Marks-10)**
- 5) **SHEET NUMBER ;** Million Sheets 'Quarter inch sheets' Half inch Sheets' 'One inch Sheet' and index of Sheets. **(Marks-10)**

Viva Voce Marks -20

College Assessments Marks -30

Note:- College Assessment/Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-------------------------------------|----------|
| 1) Attendance & Regularity - | Marks-10 |
| 2) Practical Performance & Record - | Marks-20 |

Course Outcomes:

1. Students will be familiar with the concept of location will be able to sketch maps with the help of symbols and colors.
2. Students will be able to identify the four cardinal directions with respect to the sun's position.
3. Students will be able to locate places on the map with the help of latitudes and longitudes.
4. Students will be able to understand the concept of scale and its conversion; calculate the actual ground distance between places, from the map, by referring to its scale.

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Syllabus for
B. Voc. (Un-Armed Security Guard)
(Semester-II)
(Credit Based)

Semester-II

Course Code: 16BV109

Course : - Foundations and Principles of Yoga – II

Max Marks: 100

Unit-I Concept of Chitta and Chitta Bhumis, Chitta-vrittis and Chitta-vrittinirodhopaya (Abhyasa and Vairagya), Concept of Ishwara and Ishwara Pranidhana

Unit-II Concept of Chitta Prasadana and their relevance in mental well being, Pancha Kleshas (Avidya, Asmita, Raga, Dwesha, Abhinivesha) and their significance in Yoga, Five 'Sahabhuva' (Dukha, Daurmanasya, Angamejayatva, Swas-Praswas) their remedies. , Chitta Vikshepas (Antarayas) – Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhrautidarshana, Alabdhabhumikatva & Anavashtitattva and their associates.

Unit-III Kriya Yoga: Tapa, Swadhyaya, Ishwarpranidhan Ashtanga Yoga: Bahiranga Yoga- (Yama, Niyama, Asana, Pranayama), Antaranga Yoga- (Pratyahara, Dharna, Dhyana, Samadhi) purpose, effects and significance of Kriya Yoga and Ashtanga Yoga.

Unit-IV The benefits of various asanas (Vrikshasana, Ardhakatichakrasana, Trikonasana, Vajrasana, Janusirasana, Paschimottanasana, Vakrasana, Ustrasana, Sarvagasana, Pawanamuktasana, Dronasana, Setubandhasana, Chakrasana, Bhujangasana, Ardhashalabhasana) on different parts of the human body, The limitations and contra-indications of specific Yogic practices (Shtkarma, Pranayama, Bandha, Mudras, Dhyana) ealth: its meaning and definitions, Yogic conceptions of health and diseases.

Text Book

- | | | |
|-----------------------|---|---------------------|
| 8. Hathapradipika | - | Swami Swatmaram |
| 9. Gheranda Samhita | - | Swami Gherand |
| 10. Yoga aur Swasthya | - | Dr. Brahmanitra |
| 11. Yoga Darshan | - | Dr. S.V. Karandikar |
| 12. Yoga Paricaya | - | Dr. Pitambar Jha |

Reference Books:

- | | | |
|--------------------------------|---|---------------------|
| 3. Yoga for Daily Life | - | Mitra, M. K. |
| 4. Indian Religions | - | S. Radhakrishnan |
| 5. Yoga Swashtya Kunji (Hindi) | - | Dr. A. N. Khodaskar |

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:

1. The Students learn various asanas (postures) and proper method of doing asanas.
2. Learn the advantages of different asanas. Also understand which asanas are beneficial in different health conditions.
3. Learn breathing techniques, Develop strength, flexibility and the sense of well-being
4. Increase relaxation of body and soul.
5. Students will be able to understand and utilize knowledge of Philosophy of Yogashastra for better yogic practices.

Course Code: 16BV110**Course : - Computer Proficiency****Unit I** Introduction to Fundamentals of Computer

Brief history of Development of Computer, Generation of Computer, Basic Block Diagram of Computer, Basic Component of computer system, Types of computer System, Characteristic of computer s system, Application of computer System

Unit II Introduction to basic component of the computer System

Input and Output Device , Memory RAM – ROM and other types of memory, Secondary storage device ,Concept of Hardware, Software and Types of Software.

Unit III Introduction to Windows

Basic concept of Operating System, Types of Operating system, My Computer, Recycle-Bin, Status Bar, Start Menu selection, Running an application, Windows explorer to view file, folder and Directories, Creating and renaming file and Folder, Minimize, Restore and Maximize forms of windows. Basic Component of Windows : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bar, Using Right Button of the mouse Creating Shortcut, Basic Windows Accessories : Notepad, Paint, Calculator, WordPad, using Clipboard

Unit IV Introduction to Internet, Internet Evolution, Internet Vs Intranet , ISP, Domains Name System, URL, Web Browsers, Search Engines, Internet Application Email concept, POP and WEB Based Email, Protocol**References:**

- Foundations Computing BFB publications-2006, Pradeep K. Sinha and Prit Sinha
- The internet Book, Douglas E. Comer , Purdue University, West Lafayette in 2005
- Fundamentals of computers, V.Rajarman, prentice hall of India, New Delhi 2000
- Computer Fundamentals, B.Ram, New age international publishers 2006
- 'O' level Internet and Web Design Edition 2003- Shashank Jain & Satish, Jain, B.P.B .Publication

Distribution of Marks for External Examination**Total -70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)**30 Marks**

- | | |
|----------------|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments | 20 Marks |

Note: The majority of the teaching sessions of this subject will be based on hands on practice in the computer laboratory. The sessional marks will be based on practical performance and journal prepared in compliance of the practical work.

Note:

- Teaching sessions of this subject will include the laboratory sessions and hands on practice by the students based on the softwares prescribed in the syllabus.
- The Internal Examinations will be based on practical performance involving softwares prescribed in the syllabus

Course Outcomes: After completing this course the student learns to:

1. Navigate the operating system and start applications.
2. Perform basic functions of file management. Manage print settings and print documents.
3. Gains fundamental knowledge of computer system and its peripheral devices
4. Gains basic knowledge of the Internet, world wide web. Receive and send emails.
5. Use a web browser to navigate the Internet

UNIT-I : Health

- a) Meaning and Concept of Personal and Social health.
- b) Factors influencing health – diet, rest, exercise, relaxation and sleep.
- c) Nutrition, air, ventilation, beverages.
- d) Alcohol, narcotics, smoking - their effects on health.

Unit – II : Hygiene and Environmental Pollution

- a) Meaning, definition of personal hygiene, care of eyes, ears, mouth, skin.
- b) Environmental pollution - meaning, definition, air pollution, water pollution, soil pollution, Noise pollution.
- c) Natural hazards - floods, earthquake, cyclone, landslides, building collapse, fire and explosive blasting.

Unit –III Safety Management

- a) Safety devices management and fire, cause of fire, electric short-circuit, electric gears shock, inflammables, toxic liquid / gases, Accidents, flooding.
- b) Malfunctioning escalators, staircase and ladders. Improper use of safety gear and non-adherence to safety norms, devices and safety gears, sensors, alarms, communication equipments.
- c) Fire fighting equipments, personal safety gear's, ladders, ropes and emergency lighting. Reporting: Description of incident, time, date, place, casualties and action taken.

Unit – IV First Aid and Rescue

- a) Meaning, importance and scope of first aid, duties of first - aider
- b) First aid equipments and first aid kit's maintenance.
- c) Treatment on asphyxia, electric shock, foreign matter in eyes, ears, under the skin etc.
- d) Wounds, types of wounds, hemorrhage types and treatments, Fracture, unconsciousness, poisons, burns and scalds, Heat stroke, frost bite, drowning, snake bite.
- e) Treatments and methods of carrying injured person, emergency methods of rescue. Artificial respiration and methods.

Reference Book :

- Hand book of hygiene public health - Y.P. Bedi
- A textbook of health education - Denis Priries
- Health education – Dr. S.P. Chaubey
- Health education and Hygiene – B.C. Rai First Aid - John Ambulance
- Environmental Biology - C Bikaner Nidhi Publisher, Agrawal K.C.
- School R.M. Environment science system and solution - M.C. Kinney M.L.
- International Health and safety at work - Phil Hughes
- Fire safety Managements - Andrew Furness Martin Muckett
- National Cadet corps hand book – W. Mishra (NCC)

Distribution of Marks for External Examination**Total-70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)**30 Marks**

1)Attendance-

05 Marks

02)Discipline-

05 Marks

03)Assignments and Internal Examinations-

20 Marks

Course Outcomes: After completing this course the students,

1. Understand Meaning and Concept of Personal & Social health and Factors influencing health.
2. Learns fire fighting techniques and use of equipments.
3. Ensure health and safety and personal hygiene of self and others.
4. Understand about risks, hazards, accidents and emergencies concerning life at workplace and their management and mitigation..
5. The course on Occupational Health, Safety and Environment prepares graduates for work in the preparation and implementation of occupational health and safety programs at the workplace.
6. In many cases, students will be in positions of managerial or professional responsibility, through which they are required to develop policies and strategies in response to the occupational health and safety needs of their organizations

Course Code: 16BVUSG112

Course Name: - Art of Self Defense and Security Training

UNIT-I :

- A. Meaning and Types of self defense.
- B. Various situation in self defense.
- C. Self Defense Tools and technique.
- D. Traditional self defense and modern self defense.

UNIT –II :

- A. Attack and defense in judo and karate, Some important safety measures.
- B. Use of hand and leg in judo, Karate, Taekwondo and Boxing.
- C. Different body parts used in self defense.
- D. Safety of attacking and defensive Weapons at the Appropriate situation.

UNIT –III :

- A. Fitness –Meaning, definition, Types and Components of fitness.
- B. Factors of fitness.
- C. Training effect of self defense on human body system.
- D. Meaning and Types of Training Method.

UNIT –IV :

- A. Meaning, Importance and concept of security.
- B. Nature, Scope and Purpose of security.
- C. Basic security responsibility of Security Guard.
- D. Various types of security duties.
- E. Obstacle Training and its uses.

Reference Book :

- Hand book of NCC – Major R. C. Mishra
- Physical Education and Olympic Movement – Ajmer Singh, Jagtar Singh Gil, Jagdish Bens, Rashpal Singh Brad
- Rashtriya Suraksha (Jagtick Drushtikon) – A.P. Choudhari, Archana Choudhari.
- Ladkiyo ke liye Self Defense – Suman Nalwa.
- Judo, Karate, Kung-fu, and Boxing – Choshik Vishwmitr.
- Sports training – Hardayal Singh.
- Bhartiya Rashtriya suraksha - Dr. B.D.Todkr.

- Basic Education for unarmed & armed security officers – J.Chapman Academy.
- Jagtik Suraksha – Dr. V.Y. Jadw, Peof. Homesingh Patil.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

1) Attendance

05 Marks

2) Discipline

05 Marks

3) Assignments and Internal Examinations

20 Marks

Course Outcomes:

- Improving a roles and responsibilities of unarmed security guard.
- Risk and threats to life property and premises and security breaches.
- Taking briefing and instructions, assuming charge of area of responsibility and carrying out guarding operations.
- Physical standards, security training, verification, uniform, ID cards for security guards as per PSARA- 2005 ACT

Course Code: 16BVUSG113

Course : - PERSONALITY DEVELOPMENT

UNIT-I: Introduction to personality

- Meaning, definitions and characteristics of personality
- Dimension of personality, factors affecting development of personality.
- Structure – Measuring of personality traits, desirable personality traits of security guards.
- Importance of ideals and role models.

Unit-II: Techniques of personality development

- Communication skills – listening, communication barriers, overcoming these barriers.
- Working on personality change - body language, preparation of self introduction, positive attitude, increasing confidence, staying motivated, handling other people, controlling emotions.
- Benefits of personality development
- Qualities of good personality

Unit-III: Leadership and Motivation

- Introduction, meaning, definition, nature, importance and type of leadership
- Meaning, definition and size of group dynamic
- Meaning, definition, nature and importance of motivation, types of motivation.
- Factors influencing motivation. Motivation techniques and its impact on security guards.

Unit-IV: Positive social image

- Definition and importance of social image, looking grant and attractive

- Social graces and proper e-mail and telephone etiquette
- International and social etiquettes
- Social grace and table manners, personal interview session.

Reference Books :

- Physical Education and Olympic Movement – Ajmer Singh, Jagtar Singh Gil, Jagdish Bens, Rashpal Singh Brad.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:-

1. Individual or in-group class presentations pertaining to the applications of concepts, theories or issues in human development.
2. Attendance, classroom participation, small group interactions.
3. Develop and exhibit and accurate sense of self.
4. Develop and nurture a deep understanding of personal motivation.
5. Develop an understanding of and practice personal and professional responsibility.
6. Demonstrate knowledge of personal beliefs and values and a commitment to continuing personal reflection and reassessment.
7. Learn to balance confidence with humility.
8. Assert strengthened personal character and further, an enhanced ethical sense.
9. Applying the comprehensive set of skills and knowledge for life success (of self and others) gained from one's Saddleback College education.

PRACTICAL

Course Code: 16BV114

Name: Practical of Yoga

Total Marks – 100

Syllabus with Examination System

A) Asanas:

Mark-10

Standing Asanas: Padhastasana, Garudasana, Vrikshasana,

Sitting Asanas: Akmadhanurasana, Garbhasana, Ardhamstyendrasana, Ushtrasana, Paschimottanasana

Prone Position: Naukasana Bhujangasana, Dhanurasana

Supine Position: Viparitkarani, Sarvangasana, Halasana

Balancing Asanas: Bakasana, Vatasana, Mayurasana (Boys)

System of Examination

1) Any one asanas as told by examiners choice.

Marks-05

2) Any one asanas of candidate's choice.

Marks-05

B) Suryanamaskar: 1) Twelve Mantras

Marks-10

2) Ten counts, twelve counts and sixteen counts

C) Yogic Sukshma Vyayam

Marks-10

1) Griva Shakti Vikasaka (3)

2) Sarvang Shakti Vikasaka

3) Bhujang Shakti Vikasaka

4) Kohni Shakti Vikasaka

5) Bhujang-bhuj Shakti Vikasaka

6) Purnabhujang Shakti Vikasaka

7) Manibandh Shakti Vikasaka

8) Karapristha Shakti Vikasaka

9) Kara-tala Shakti Vikasaka

10) Anguli Shakti Vikasaka (1)

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

D) Bandha & Mudra

Marks-10

Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

E) Pranayam (Without Kumbhaka)

Marks-10

1) Suryabhedana 2) Shitali 3) Sitkari 4) Bhramari

System of Examination

Any one as told by examiner's choice

Marks-05

Any one by candidate's choice

Marks-05

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)

30 Marks

1) Attendance

05 Marks

- 2) Discipline
- 3) Assignments

05 Marks
20 Marks

Course Code:16BVUSG115

Name: Practical of Health And Safety

Total Marks– 100

FIRST AID & RESCUE fire Fighting (35 marks)

- (1) Human body system, vulnerable parts/organs And their functions
- (2) Wounds/ bleeding and First-Aid treatment
- (3) Fracture, types of fracture and First-Aid treatment
- (4) Burns and First-Aid treatment
- (5) Various bandages in First-Aid
- (6) Suffocation, its signs, first aid treatment & artificial tower rescue
- (7) building rescue
- (8) climbing reaping , with equipments
- (9) method of transport of casualties
- (10) knots and lashing

FIRE FIGHTING (35 marks)

- (1) Causes and chemistry of Fire, classification of fire, Methods of fire extinction & prevention
- (2) Basic fire fighting equipments –their types, usages, Precautions and maintenance
- (3) Introduction to fixed fire fighting installations; like Hydrants, Hoses, Hose-reels, drenchers, sprinklers, Fire Tank, and detection systems
- (4) Domestic and industrial fire hazards; LPG Bullets and cylinders
- (5) Fire-Hose drill Electric fittings and fixtures

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- 1) Attendance & Regularity Marks-10
- 2) Practical Performance & Record Marks-20

Course Outcomes: The students learn to

1. Describe the importance of creating and maintaining a safe and healthy workplace.
2. Identify risks to health and safety in the workplace.
3. Identify how they can contribute to work health and safety.
4. Identify and use safety and personal protection equipment.
5. Implement strategies to avoid and minimize risks to health and safety in the workplace.
6. Outline how to report and respond to a health and safety risk or incident in the workplace.
7. Improve a knowledge of basic fire prevention in student.
8. Improve a knowledge of work in emergency.
9. Improve a knowledge of First aid.

Course Code: 16BVUSG116

Name: Practical of Self defense

Total Marks: 100

The examinee has to perform followings skills (50 Marks)

- 1) Punch , block and kick **(05 marks)**
- 2) Combination technique : punch , block ,kick , strike **(05 marks)**
- 3) Holding technique **(05 marks)**
- 4) Throwing technique **(05 marks)**
- 5) Combination of holding and throwing **(05 marks)**
- 6) Sweeping technique **(05 marks)**
- 7) Basic fighting form attack and defense **(05 marks)**
- 8) Combination of holding , throwing , **(05 marks)**
- 9) punching and kicking **(05 marks)**
- 10) Combination of holding and sweeping **(05 marks)**

Viva Voce

20 Marks

College Assessments

30 Marks

College Assessments:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| 1) Attendance & Regularity | 10 Marks |
| 2) Practical performance & Record | 20 Marks |

Course Outcomes: After studying this course the students,

1. Develop fighting spirit in them.
2. Explore proven successful options to resolve fears about being attacked in a street crime, and crime committed within relationships.
3. Develop empowerment through our progressive teaching strategies, which naturally develop effective, free flow fighting skills that become embedded into your body's long-term muscle memory.
4. Learn to leverage options not previously known.
5. Discover what it is like to really hit and kick an attacker – and do it safely.
6. Walk away with the skills, confidence, and practical experience of full force training against a single, unarmed attacker.
7. Learn how to channel your fear into strength.

Shree H.V.P. Mandal's

Degree College of Physical Education (Autonomous College), Amravati



Syllabus for

B. Voc. (Un-Armed Security Guard)
(Semester-III)
(Credit Based)

Semester III

Course Code: 16BV201

Max. Marks: 100

Course : - Yoga and Health

- Unit-I Concept of Panchakosha, Type of Panchakosha (Annamaya, Pranamaya Manomaya, Vijanyanmaya, Anandmaya), Concept of Triguna, Type of Triguna (Satva, Raja, and Tama), Concept of Panchamahabhutas (Akash Tatva, Vayu Tatva, Tej Tatva, Aap Tatva and Pritvi Tatva)
- Unit-II Principal of Yogic diet, introduction to Yogic Diet and Nutrition: Concept of Pathya-pathya, Mitahara, Satvik Ahara, Rajasik Ahara, Tamasik Ahara.
- Unit-III Human Psyche: Yogic and Modern concepts, Behavior and Consciousness, Frustration, Conflicts, Psychosomatic Disorders: Insomnia, Anxiety, Stress.
- Unit-IV Relationship between Mind and Body, Mental Hygiene: Meaning, definitions and aims and aspect of mental hygiene, Roll of Yoga in Mental Hygiene
Mental Health: Meaning, definitions of mental health, Characteristic of mentally healthy person, Roll of Yoga in mental health

Text Book

- | | | |
|------------------------------------|---|--|
| 1. Shiksha Manovidhyan | - | P. D. Pathak, Vinod Pustak Mandir Agra |
| 2. Sampurna Swasthavritta | - | Dr. Vijay Pathrikar |
| 3. Managing Stress | - | Shrivastava H. |
| 4. Swasthya ke Liye Yoga | - | Sadashiv Nimbalkar |
| 5. Secretes for Health & Longevity | - | Dr. Omkar Nath |

Reference Books:

- | | | |
|--------------------------------------|---|----------------------------|
| 1. Key to Health | - | M.K. Gandhi |
| 2. Yoga for Stress Relief | - | Thakur, Bharat |
| 3. Bhartiya Darshan ki Ruprekha | - | Prof. Harendra Singh Sinha |
| 4. Dhyana Yoga Sadhana | - | Swami Vijnananda Saraswati |
| 5. Kudrati Upachar (Panchamahabhuta) | - | Gandhiji |
| 6. Prakritik Ayurvijnan | - | Dr. Rakesh Jindal |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline
- 3) Internal Exam Assignment etc.

10 Marks

20 Marks

Course outcomes: After completing this course,

1. The students understand the original context of yoga as spiritual development practices to train the body and mind to self observe and become aware of their own nature.
2. The students understand the purposes of yogi's to cultivate, discernment, awareness, self-regulation and higher consciousness in the individual.

Course Code: 16BV202

Total Marks: 100

Course : - Computer Software Applications

Unit-I: Word Processing Introducing Microsoft Word 2010, Features of MS word Application, Menu Bar, Tool Bar, Creating, Saving, and opening a word document. Text Formatting: setting Font, Font size, Color, Bullets and its styles, numbered lists, text styles. Page Layout: Margin, size, Page orientation, Header and Footer. Inserting Pictures, clip-arts, shapes, symbols. Inserting and Formatting Table. Mail Merge.

Unit –II: Microsoft Excel: Title Bar, Menu bar, Tool Bar with different tabs, Working with Worksheet: Cells, worksheet, workbook, rows and column, Cut, Copy, Paste commands, Formatting Cell, Formatting Worksheet, Visualizing Data using Conditional Formatting and Sorting and Filtering Data.

Unit-III: Working with Charts, Types charts, Creating Bar chart, Pie chart, line charts, Column Chart and Area Chart. Smart Art Graphics. Formulas and Functions: Basic Concept of formula, Operators in formula. Functions: Mathematical Functions, Statistical Function, Text Functions, Logical Functions.

Unit –IV: Introducing Microsoft PowerPoint 2010: Title Bar Menu Bar with Its tabs, Tool Bar, Presentation, Slide, Creating Slide, selecting slide layout, , Inserting slide, duplicating slides, moving and deleting Slide in presentation, Inserting and dealing with Objects like word Art, Clip Art, Image shapes, tables, sound, video. Enhancing the Presentation: Transition effect, Animation

Note: At least 70% of the lectures of this subject will be conducted in laboratory with hands-on practice on the computer system. The students will prepare a record book of assignment based on practicals performed in the laboratory. There will be minimum five practical assignments each on Word, Excel and Powerpoint.

Text Books:

- 1.Computer Course Kit-Windows-7 with Office2010(English)-by Vikas Gupta,Dreamtech Press
- 2.Computer Course Kit-Windows-7 With Office 2010(Hindi) by Vikas Gupta, Dreamtech Press
- 3.Microsoft Office 2000 (in Hindi) by BPB Editorial Board, BPB Publication

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will be a multiple choice questions on four units with internal choice.

Sessional Work (Internal)

30 Marks

- | | |
|----------------------------|----------|
| 1) Regularity | 05 Marks |
| 2) Practical Record book | 10 Marks |
| 3) Internal Practical Exam | 15 Marks |

Course Outcomes: After completion of this course the students,

- 1.will able to Create and Format word document
- 2.Will able to apply different effects to text ,Apply word Art ,shape ,symbols, clipart in a ddocument, insert contents of different types like images, tables, charts, etc.
3. Will be able to Use of mail-merge
4. Will learn to create & format Spreadsheet ,Construct and use formulas, create different charts.

5. Will be able to create power point presentation, use different layouts for slides, give effects to slides, include Audio, Video and different styles.

Course Code: 16BVUSG203

Total Marks: 100

Course Name: Life Guard Training

Unit 1: Aquatic Life Guard – Practice and Implications

- 1 Life Guard Responsibility: i. Duties ii. Life Guard Fitness iii. Communication
Safety and Sanitary Rules
- 2 Life Guard Administration
i. Suggested Rules ii. Emergency Procedures iii. Keeping/Observation iv. Pool Maintenance
- 3 First Aid for Special Situation

Unit 2: General Aquatic Information

- 1 i. Weather Condition ii. Water Environment
- 2 Theoretical Base of Aquatic Resources

Unit 3: Aquatic Life Guard – Practice and Implications.

1. Sequence of Novices Coaching
i. How to Enter in Water ii. Bubbling iii. Floating iv. Kicking and Co-ordination etc.
2. Introduction to four basic strokes: i. Free Style ii. Back Stroke iii. Breast Stroke iv. Butterfly

Unit-4: Safety and Rescue

1. Personal Safety: i. Basic Survival Skills ii. Survival Strokes
2. Fundamentals of Aquatic Rescues and Resources
i. Victim Identification ii. Rescue Equipments iii. Defense, Release and Carries out of water iv. C.P.R Method
3. Class Organization at Swimming Pool
4. Examination of victim

Reference Books:

1. Lifeguard Training (2000); American Red Cross, ISBN: 1584800755. Publisher: Staywell
2. On The Guard II: The YMCA Lifeguard Manual (1994), Marjorie M. Murphy, D.I. Forsten, ISBN: 0873226496, ISBN-13: 9780873226493, Publisher: Human Kinetics Publishers
3. Lifeguard Vigilance Training Dvd (2006), Tom Griffiths, ISBN: 0736068708, ISBN-13: 9780736068703, Publisher: Human Kinetics Publishers
4. International Lifeguard Training Program Instructor's Resource Manual (2006), Ellis and Associates, ISBN: 0763743755, ISBN-13: 9780763743758, Publisher: Jones & Bartlett Publ.
5. Lifeguard Training Activities And Games (), Susan Grosse, Publisher: Human Kinetics
6. International Lifeguard Training Program, (2007), Ellis & Associates, Jones and Bartlett Pub.

Distribution of Marks

External Examination

Total- 70

Marks The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline

10 Marks

- 2) Internal Exams, Assignments, etc.

20 Marks

Course outcomes: After studying this course the student,

1. Learns how to face all adverse situations at the swimming pool.
2. Learn various methods of life guarding.

3. Get acquainted with all the safety rules regarding swimming pool, open water and sea swimming.
4. Learn various methods of artificial respiration.
5. Understand how to administer first aid to the victim

Course Code:16BV204

Total Marks: 100

Course Name: Responsibilities And Limitation of Security

Unit – I Awareness about pvt. Security Industry

1. History and evolution of private security industry.
2. Role of private and Govt. security agencies.
3. Present, past and future in security industry.
4. Characteristic of security guard.

Unit –II Basic concept and application of security

1. Function of security.
2. Introduction of gate pass / registers.
3. Security of assets.
4. Awareness about site instruction & duty post standing order.

Unit – III Various types of security duties

1. Main gate duty
2. Material gate duty
3. Control room duty
4. Reception duty
5. Parking duty
6. Traffic duty
7. Patrolling duty
8. Escorting
9. Watch tower duty
10. Weigh bridge duty
11. Searching

Unit – IV Awareness about legal aspect applicable to security guard

1. Rudimentary knowledge of Indian penal code.
2. Right of private defense.
3. Procedure for lodging FIR in the police station
4. Arms act (only operative sections) and Explosive Act. (operative section)

Reference Book :

- Basic Education for Unarmed & Armed Security Officers-J.Chapman Academy
- STC Guard Card Training-Nicki Hovanec

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline

10 Marks

2) Internal Exams, Assignments, etc.

20 Marks

Course Outcomes:- The learner understands and learns,

1. Evaluation and compliance with security measures.
2. Disaster Recovery and Emergency operating procedures.
3. Security Incident Response and process protocols including Incident Reporting and Sanctions.
4. Testing of security procedures, mechanisms and measures.
5. Personnel Security: Personnel only have access to the sensitive information for which they have appropriate authority and clearance.
6. Physical Safeguards: Assign security responsibilities, control access to media and the controls in place against unauthorized access to workstations and related equipment
7. Technical Security: Set the access and authorization controls for everyday operations as well as emergency procedures for data.
8. Transmission security: Set the standards for access controls, audit trails, event reporting, encryption and integrity controls.

Course Code: 16BVUSG205

Total Marks:100

Course Name: Industrial Safety Management

Unit-I: The concept of management, planning and Controlling, The role of government in Industrial Safety, The meaning of Safety. Safety Planning in Industry: preparation of safety plan, Controlling, the role of Communication. Employee participation in safety: Safety Committee, safety audit, objective of audit, technical and non-technical administration, emergency control plan, safety training.

Unit-II: Industrial Accidents: nature, type and causes of accidents, unsafe acts, unsafe conditions, classification of accidents, welfare and safety, accident measures,. Organizational levels of safety management in Industry: Safety Organization, Safety Officer, Safety Education

Unit III: Factory act 1948: Introduction, Health and cleanliness, safety –fencing of machinery, hazardous process, welfare and washing facility in dry clothing

Unit IV: Safety Management of Vital Industrial parameters,
Part: 1 Specification of Lighting system in industries
Part: 2 Specification of industrial ventilation systems
Part: 3 Heat Stress management in industries
Part:4 Specification of Industrial Noise and Vibration
Safety Quotes / Slogans

Text Book:

1. Fire Technology & Industrial Safety Management (1st Semester) (English)-Ganguly and Changeria, Chetan Publication

Distribution of Marks

External Examination

Total- 70

Marks The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline

10 Marks

2) Internal Exams, Assignments, etc.

20 Marks

Course Outcomes: After completing this course the student,

1. Learns how to prepare a plan for safety at the industry.
2. Learns about the rules of Industrial Safety
3. The role and responsibilities of employees in maintaining the safe environment.
4. Know about causes and types of Industrial Accidents and ways to avoid them.
5. Understands Organizational levels of safety management in Industry.
6. Learns Factory act 1948 about Health and cleanliness, safety-fencing of machinery, hazardous process, welfare and washing facility in dry clothing
7. Knows about different Safety Parameters at the industry,

PRACTICAL

Course Code: 16BV206

Name: Practical of Yoga

Total Marks – 100

A) Asana:

Mark-10

Standing Asanas: Garudasana, Vrikshasana, Konasana, Trikonasana

Sitting Asanas: Gomukhasana, Vakrasana, Ardhamatsendrasana, Ushtrasana, Paschimottasana

Prone Position: Shalabhasana, Bhujangasana, Dhanurasana

Supine Position: Viparitkarani, Sarvangasana, Halasana, Chakrasana

Balancing Asanas: Bakasana, Vatarasana, Mayurasana

System of Examination

- 1) Any one asanas as told by examiners choice. Marks-05
- 2) Any one asanas of candidate's choice. Marks-05

B) Shatkarma (Kriya)

Marks-10

1. Neti: Jala and Sutra 2. Dhauti : Vamana 3. Trataka: Samip and Sudur 4. Kapalabhati

System of examination: Shatkarman divided in two groups

- (1) **Without Instrument:** Any one kriya as told by examiner's choice Marks-5
- (2) **With Instrument:** Any one Kriya of candidate's choice Marks-5

C) Yogic Sukshma Vyayam

Marks-10

- | | |
|--------------------------------------|-------------------------------|
| 1) Anguli Shakti Vikasaka (1) | 2) Anguli Shakti Vikasaka (2) |
| 3) Anguli Shakti Vikasaka (2) | 4) Vaksha Shakti Vikasaka (1) |
| 5) Vaksha sthala Shakti Vikasaka (2) | 6) Udara Shakti Vikasaka (1) |
| 7) Udar Shakti Vikasaka (2) | 8) Udar Shakti Vikasaka (3) |
| 9) Udar Shakti Vikasaka (4) | 10) Udar Shakti Vikasaka (5) |
| 11) Udar Shakti Vikasaka (6) | 12) Udar Shakti Vikasaka (7) |

System of Examination:

Any one as per examiner's choice (Marks-05) and Any one of candidate's choice (Marks-05)

D) Bandha & Mudra

Marks-10

Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha & Jivhabandha

System of Examination:

Any one as per examiner's choice (Marks-05) and Any one of candidate's choice (Marks-05)

E) Pranayam (Without Kumbhaka)

Marks-10

- 1) Suryabhedana 2) Shitali 3) Sitkari 4) Anulom – vilom (Alternate nostril breathing)

System of Examination

Any one as per examiner's choice (**Marks-05**) and Any one of candidate's choice- (**Marks-05**)

Viva Voce **Marks -20**

College Assessments **Marks -30**

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

3) Attendance & Regularity Marks-10

4) Practical Performance & Record Marks-20

Course Code: 16BVUSG207

Total Marks: 100

Name: Practical of Life guard Training

The examinee has to perform followings skills (50 Marks)

1) Sequence of Novices Coaching **(15 Marks)**

ii. How to Enter in Water ii. Bubbling iii. Floating iv. Kicking and Co-ordination etc.

2) basic strokes **(15 Marks)**

i. Free Style ii. Back Stroke iii. Breast Stroke iv. Butter Fly

3) Safety and Rescue **(20 Marks)**

i. Personal Safety: a. Basic Survival Skills b. Survival Strokes

ii. Fundamentals of Aquatic Rescues and Resources

a. Victim Identification

b. Defense, Release and Carries out of water

b. Rescue Equipments

d. C.P.R Method

Viva Voce **20 Marks**

College Assessments **30 Marks**

College Assessments:- Sectional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

3) Attendance & Regularity **10 Marks**

4) Practical Performance & Record **20 Marks**

Course Outcomes:

1. The trainees would learn different types of swimming.
2. The trainees would learn the process of drowning.
3. The trainees would identify the behaviors of a swimmer, distressed swimmer, an active and passive victim.
4. The trainees would be able to learn elements of effective surveillance.
5. The trainees are taught to safely and effectively perform cardiopulmonary resuscitation.
6. The trainees would learn quick removal of the victim from the water.

The examinee has to perform followings skills (50 Marks)

- 11) Punch , block and kick **(05 marks)**
- 12) Combination technique : punch , block ,kick , strike **(05 marks)**
- 13) Throwing technique **(05 marks)**
- 14) Counter technique **(05 marks)**
- 15) Combination of throwing and Counter technique **(10 marks)**
- 16) Basic fighting form attack and defense **(10 marks)**
- 17) Lathi: Lathi-Sidhi Bel, Ulti Bel, Do Rukh, Beliya, Beliya Choumukhi, Bagalwar, Jung war, Age Falang, Pichhe Falang **(10 marks)**

Viva Voce

20 Marks

College Assessments

30 Marks

College Assessments marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Attendance & Regularity

10 Marks

Practical Performance & Record

20 Marks

Course Outcomes:

1. Maintain situational awareness .
2. Carry yourself confidently & don't look like a victim.
3. Don't ignore your danger sense.
4. Come up with a plan of action to avoid danger (if possible).
5. Choose whether to cooperate or if fighting is necessary (if possible).

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Un-Armed Security Guard)
(Semester-IV)
(Credit Based)

Course Code: 16BV209

Total Marks: 100

Course : - Applied Yoga

Unit-I Aim, objectives, Scope and application of Yoga Role of Yoga for Life management,
Therapeutic aspect of Yoga- Heart disease, Constipation, Asthma, Sciatica, Migraine,
Arthritis, Spondylosis, Sinusitis

- Unit-II Health: Types of health- Physical health, mental health, Familiar/ Social Health
 Concept of Physical health, Factors of Physical health. Relation of health with fitness.
 Yoga and mental health: Meaning and definitions of Mental Health, Yoga & Physical health, , Yoga & Mental, , Yoga & Social health
- Unit –III Yoga for children, Yoga for women, Yoga for oldest, Yoga for healthy person, Yoga for pregnant women. Uses: Health security, Life in School, Sports man
- Unit-IV Yoga and Executives - Problems of executives. Contribution of yoga to solve the problems of the executives. Conflicts resulting in fatigue. Use of artificial stimulants & their untoward effects.

Text Books:

- | | |
|---------------------------------------|------------------------------|
| 1. Applied Yoga | Gharote M.L. |
| 2. Yoga Evam Manasik Swasthya (Hindi) | Pracharya Ranjeetsing Bhogal |
| 3. Yoga Mahavijnan | Dr. Kamakhya Kumar |
| 4. Purna Yoga | Swami Shantidhrama Sarswati |

Reference Books:

- | | |
|-------------------------|--------------------|
| 1. Applied Yoga Therapy | Dr. Ganesh Shankar |
| 2. Applied Yoga Therapy | R. S. Bhogal |

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 4) Discipline | 05 Marks |
| 5) Assignments and Internal Examinations | 20 Marks |

Course Outcome:

This course will enable students to use yoga in different sections of society to overcome psycho-somatic disorders.

Course Code: 16BV210

Total Marks: 100

Course : - Environmental Education

- Unit I Environmental Education: Meaning, Scope & Nature, Environmental Pollution: Types and effects of Water Pollution, Air Pollution, Noise Pollution, Soil Pollution
- Unit II Global Effects due to over-exploitation of Environment: Green House Effect, Ozone layer depletion, Acid Rain, Rise of Sea level, Need of Environmental Education for Public awareness
- Unit III Ecosystem: Concept, Structure and Functions, Energy flow ecosystem, Food chains, food webs and ecological pyramids, Introduction, types, characteristics features, structure and function of the following: i) Forest ecosystems ii) Grassland ecosystems iii) Desert ecosystems iv) Aquatic ecosystems (Lakes, Rivers, Oceans, Estuaries)

Unit IV Programme of Environmental Education for attitude changes among the children, Environment and Human Health, Environmental Management: Its need and vis-a-vis development, ii) Legal provisions for environmental management

Text Book:

- | | | |
|--------------------------------|---|---------------------------|
| 1. Paryavaran Shiksha | - | R. Lal |
| 2. Paryavaran Shiksha | - | Dr. Radhavallabh Upadhyay |
| 3. Paryavaran shastra Parichay | - | Dr. Jaykumar Mag |

Reference Books:

1. Abbasi S.A. (1988), Environmental Pollution & Its control contingent International P.B.-340, Pondicherry
2. Sharma R.C. Environmental Education, Metropolitan Book Company Pvt. Ltd., New Delhi, (1986)
3. Environmental Studies : Dr. M.K. Goyal
4. Environmental Education : Dr. R.A. Sharma

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 4) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes:

After studying this course the students,

1. Gain the knowledge, scope and importance of environmental studies.
2. Understand the importance of environmental studies and public awareness.
3. Acquire the knowledge of historical background of environmental studies.
4. Understand structure, functions of ecosystem and ecological pyramids
5. Understand the meaning of producers consumers and decomposers
6. Acquire the knowledge of different types of ecosystem
7. Understand the knowledge of effect of control measures of different types of pollutions

Course Code: 16BVUSG211

Total Marks: 100

Course : - HUMAN GENERAL PSYCHOLOGY

Unit 1: Orientation to Psychology: Nature, fields and applications of psychology; Cognitive Processes: Learning, memory and problem solving; Cognitive Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes: Emotion, Positive and negative emotion.

Unit 2: Psychology of Individual Differences: Theories of personality: Freudian psychoanalysis, type and trait ; humanistic; Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner; Emotional intelligence; Assessment of intelligence and personality

Unit 3: Developmental Processes

Explain the roles of nature and nurture in development and their relations to maturation and learning . List the key milestones in physical development at birth, during infancy, and during childhood. Explain Vygotsky's environmentally based theory of development. Describe the abilities in each of Piaget's stages of development. List the psychosocial stages of Erikson's theory and describe the characteristics of each stage.

Unit 4: Applications of Psychology: Describe the main concerns of health psychology. Identify the various behavioral factors that are associated with the maintenance of good health. State the relationship between stress and disease processes. Describe the personality factors that are associated with health and well-being, as well as with disease.

References Books :

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
2. Ciccarelli , S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
3. Feldman, S.R. (2009). Essentials of understanding psychology (7 Ed.) New Delhi : Tata McGraw Hill.
4. Glassman, W.E. (2000). Approaches to Psychology (3Ed.) Buckingham: Open University Press.
5. Michael , W., Passer, Smith, R.E. (2007). Psychology The science of mind and Behavior. New Delhi : Tata McGraw-Hill.

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

Attendance Regularity and Discipline

10 Marks

Internal Exams, Assignments, etc.

20 Marks

Learning Outcomes the course: The student learns,

1. To demonstrate familiarity with the major concepts, theoretical perspectives, and empirical findings in psychology.
2. The pre-history and the history of Psychology including the evolution of its main issues, topic areas, methods, and applications.
3. Know the major perspectives in Psychology, including Psychoanalytic Theory, Behaviorism, Humanistic Psychology, Social Learning, and Cognitive Behavioral Neuroscience.
4. Apply psychological principles to personal and social issues.
5. Engage psychological principles of effective learning in your own study and learning.
6. Critically evaluate common values and assumptions in psychology.
7. Illustrate what psychology as a discipline has to offer.
8. Articulate the compatibility and/or incompatibility of psychology with the restored gospel.

Course Code: 16BVUSG212

Total Marks: 100

Course : - LEADERSHIP IN SECURITY

Unit 1: Leadership: Concept and Dynamics

Concept and functions of Leadership, Theories of leadership and management in security organizations, Theories of leadership and management styles including emotional intelligence, Theories and models of security leadership

Unit 2: Leadership Roles: Challenges and Perspectives

Leadership for the learning community, Developing leadership and management skills and insights, Values, vision and moral purpose in educational leadership
Leading and managing educational change and improvement, Issues of diversity in security organizations, including issues related to gender and multiculturalism

Unit 3: Leadership and Organisational Behaviour

Basic Attributes of Organizations: Organizational Design and Learning, Organizational Culture, Diversity and Individual Differences: perception and Attribution, motivation, The Nature of Groups: teamwork and Work Group Design Conflict, Negotiation and Stress management

Unit 4: Leadership for Sustainable Development

Peace Education for Promoting Tolerance, Disaster Risk Reduction and Management, Environmental Education: Challenges and Prospects for Institutions Leadership
Philosophy: Developing Your Leadership Philosophy Living Your Leadership Philosophy

References Books :-

- 1) Introduction to Leadership: Concepts and Practice 4th Edition, Kindle Edition by Peter G. Northouse (Author) . SAGE Publications, Inc; 4 edition (February 6, 2017)
- 2) Ethical Leadership and Decision Making in Education: Applying Theoretical Perspectives to Complex Dilemmas 4th Edition, Kindle Edition By [Joan Poliner Shapiro](#), [Jacqueline A. Stefkovich](#), Routledge ; 4 edition
- 3) Personal Management: Merit Badge Series Kindle Edition by Boy Scouts of America, Boy Scouts of America (July 31, 2014)
- 4) Chanakya's 7 Secrets of Leadership (Hindi) (Hindi Edition) Kindle Edition by Radhakrishnan Pillai, D. Sivanandhan, Jaico Publishing House; 1 edition (23 March 2017)
- 5) Prabhavshali Leadership Ke Sutra Forthcoming (Hindi) Paperback – 22 Apr 2014 by John Maxwell, Manjul Publishing House Pvt. Ltd.

Distribution of Marks

External Examination

Total-70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

Attendance Regularity and Discipline

10 Marks

Internal Exams, Assignments, etc.

20 Marks

Course Outcomes:

The students learn,

1. The basic concepts of leadership and management
2. To Apply leadership skills and management techniques in security organizations
3. To distinguish between the main concepts and theories of Organizational Behavior and Leadership in the context of security management.
4. To apply key Organizational Behavior and Leadership concepts to real world situations in cyber security.
5. Analyze and describe responses to security incidents in terms of Organizational Behavior and Leadership theories and concepts.
6. Recognize the potential threats at organizations and handle the situation
7. Communicate analysis and decisions effectively to the management as well as the subordinate staff.

Course Code: 16BVUSG213

Total Marks: 100

Course : - CCTV Supervision

Unit 1. Administrative Information

Security/Vetting:- Ensure operator has been vetted, Holds a current license for CCTV operations (if required), Has signed confidentiality agreement, Issue ID Card, Issue Access Card, Brief on security issues, personal security and safety and car parking,

Tour Work Area :- Tour control room and associated accommodation, Show toilets, cooking, storage and rest areas, Introduce operator to work colleagues, Explain organizations policies on smoking and alcohol **Organizations Policies/Procedures :-** Organizations staff conduct guidelines, Customer care policies, Equality policies (Sexism, Racism, Disability awareness etc), Complaints procedures, Harassment policies, Disciplinary and capability procedures.

Unit 2. Introduction to the Local CCTV System

Introduction to the organization:- Overview of parent organization, its role, purpose and strategy, Briefing on the make-up roles, purpose and aims of department, Detailed introduction to the CCTV systems place within the organization and department and its role, purpose and objectives, department and CCTV system who have a direct impact on CCTV and the operating staff Explanation of terms used within organization and CCTV system.

Organization of CCTV system:- CCTV Manager's duties and responsibilities, CCTV Deputy Manager/Supervisor's duties and responsibilities, Purpose of the CCTV Operators job CCTV Operators duties and responsibilities

Unit 3. Introduction to the CCTV Control Room

General introduction to the CCTV Control Room:- Tour of the Control Room, briefing on overview of the system, layout , equipment and how it works. **Background on local CCTV :-** Aims of CCTV system, Objectives of CCTV system , Uses of CCTV system and what it must not be used for **Working relationships with other agencies :-** Police, Other enforcement agencies (what they are), Local Authorities, Retail Security/Car Parks , Others.

Unit 4. Introduction CCTV Equipment (training to be followed by supervised practice sessions **Keypads and Joysticks :-** How it works , Calling up monitors, cameras, Controlling cameras, Function of keys Access codes in event of lockout **Monitors:-** Sizes, controls, layout, ergonomics, Description of screen text , Using monitors to observe incidents.

References Books :-

- 1) CCTV Camera installation Book Paperback – 2017 by Mr.Prabhu, **Publisher:** Chip Systems
- 2) CCTV (English, Hardcover, Martin Gill) , Publisher: Perpetuity Press Ltd
- 3) The Maximum Surveillance Society: The Rise of CCTV by Clive Norris, Gary Armstrong, Berg Publishers
- 4) Security Camera System Buying Guide - CCTV Surveillance For Home & Business Kindle Edition by Samuel
- 5) Buying and Installing a Security Camera Surveillance Network DVR-Includes how to connect to the internet for remote viewing with a smart phone or tablet. Kindle Edition by B. Benetti

Distribution of Marks

External Examination

Total-70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline
- 2) Internal Exams, Assignments, etc.

10 Marks
20 Marks

Course Outcomes: After completing this course the students,

1. Understand CCTV surveillance system and its necessity at an organization.
2. Gets knowledge of different types of cameras used for CCTV surveillance and understand which type is used at what place or situation.
3. Understand the norms about the places which are not allowed to install CCTV.
4. Understand the working and management at control room.
5. Understand how to navigate through past recording to find clips on certain incident.

PRACTICAL

Course Code: 16BV214

Name: Practical of Yoga

Total Marks – 100

Syllabus with Examination System

A) Asana:

Mark-10

Standing Asanas: Konasana, Trikonasana, Garudasana, Vrikshasana,

Sitting Asanas: Suptavjrasana, Ardhamstendrasana, Ushtrasana, Paschimottanasana

Prone Position: Naukasana Bhujangasana, Dhanurasana

Supine Position: Chakrasana, Setubandhasana, Sarvangasana, Halasana

System of Examination

1) Any one asanas as told by examiners choice.

Marks-05

2) Any one asanas of candidate's choice.

Marks-05

B) Shatkarma (Kriya)

Marks-10

1 Dhauti : Danda Dhauti & Vastra Dhauti

System of examination:

Any one kriya as told by examiner's choice

Marks-5

Any one Kriya of candidate's choice

Marks-5

C) Yogic Sukshma Vyayam

Marks-10

1) Udara Shakti Vikasaka (8)

2) Udara Shakti Vikasaka (9)

3) Udara Shakti Vikasaka (Nauli) (10)

4) Kati Shakti Vikasaka (1)

5) Kati Shakti Vikasaka (2)

6) Kati Shakti Vikasaka (3)

7) Kati Shakti Vikasaka (4)

8) Kati Shakti Vikasaka (5)

9) Muladhar Chakra Shudhi.

10) Upastha thatha swadhisthan Chakara shuddhi

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

D) Bandha & Mudra

Marks-10

Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha & Jivhabandha

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

E) Pranayam (Without Kumbhaka)

Marks-10

1) Suryabhedana 2) Shitali 3) Sitkari 4) Bhramari

System of Examination

Any one as told by examiner's choice

Marks-05

Any one by candidate's choice

Marks-05

Viva Voce

Marks-20

College Assessments

Marks -30

Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)

30 Marks

1) Attendance

05 Marks

4) Discipline

05 Marks

5) Assignments

20 Marks

Course Code: 16BVUSG215

Total Marks: 100

Name: **Practical of Self defense**

The examinee has to perform followings skills (50 Marks)

- 18) Throwing technique (05 marks)
- 19) Bone lock technique (05 marks)
- 20) Combination of throwing and Bone lock technique (05 marks)
- 21) Punch, block and kick (05 marks)
- 22) Combination technique : punch, block, kick, strike (05 marks)
- 23) Bout: With partner (10 marks)
- 24) Basic Rules of the all combat activity (10 marks)

Viva Voce

20 Marks

College Assessments

30 Marks

College Assessments:- Sectional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- 5) **Attendance & Regularity** **10 Marks**
- 6) **Practical performance & Record** **20 Marks**

Course Code: 16BVUSG216

Total Marks: 100

Name: **Practical of CCTV Supervision**

The examinee has to perform followings skills (50 Marks)

- 1) Taking recorded video surveillance footage. 10 Marks
- 2) Reporting incidents and suspicious behavior to the authorities 10 marks
- 3) Handle Video footage of multiple Monitors 10 Marks
- 4) Backup the footage 10 Marks
- 5) Keep track of old/historical footage and make it available as per requirement 10 Marks

Viva Voce

20 Marks

College Assessments

30 Marks

College Assessments:- Sectional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- 1) **Attendance & Regularity** **10 Marks**
- 2) **Practical performance & Record** **20 Marks**

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Syllabus for
B. Voc. (Un-Armed Security Guard)
(Semester-V)
(Credit Based)

Academic Year
2017-2018 & Onwards

Course Code: 16BV301

Course : - Yoga Therapy

Unit – I: Meaning, Definitions & importance of yoga therapy, Scope of Yoga Therapy, Principles of Yoga Therapy, merits and demerits of Yoga Therapy, preventive & curative and aspects of Yoga Therapy

Unit – II: Techniques of Yoga Therapy, Methods of Yoga Therapy, Integrated approach to Yoga Therapy

Unit – III: Use of Asana, Pranayama, ShatKarma & Supporting treatments of Yoga Therapy: Use of mechanical aids : Ropes, Belts, cushions, special benches, Brisk, Chair & other supports

Unit – IV: Yogic treatments of various disorders such as Respiratory disorders (Asthma, Sinusitis, Cough and its causes & symptoms), Digestive disorders (Acidity, Constipation, Gastritis and its causes & symptoms), Disorders of spine–Backache, Cervical Spondylitis, Lumbar Spondylitis and its causes & symptoms

Test Books :-

- | | | |
|---|---|----------------------|
| 1) Swasthya Ke Liye Yoga | - | Sadashiv Nimbalkar |
| 2) Swasthya Vritta Vijnan Evam Yogic Chikitsa | - | Dr. Rakesh Giri |
| 3) Holistic Approach of Yoga | - | Ganesh Shankar |
| 4) Yoga Evam Yogic Chikitsa | - | Prof. Ramharsh Singh |
| 5) Yoga Parichay | - | Vishvas Mandlik |

Reference Books :-

- | | | |
|-----------------------------------|---|---|
| 1) Yogic Therapy | - | Swami Kuvalananda |
| 2) Swadhyaya & Yoga Therapy | - | Dr. D.R. Vaze Gurukul Sadashiv Peth, Pune. |
| 3) Yogic Cure for common Ailments | - | Bright P.S., Bright Career, Delhi. |
| 4) A Life Saver | - | Dr. S.V. Karendikar, Kabir Bag Math, Sansthan, Pune |

Distribution of Marks External Examination

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam Assignment etc. | 20 Marks |

Course outcomes:

1. The students will get knowledge of therapeutic concept of Yoga which can be utilized by them while treating patients.
2. Students get knowledge of different yogic practices like Asana, Pranayama, Shatkarmas, Dhyana etc.
3. Students understand Integrated approach of Yoga Therapy and Yogic treatment of various disorders

Course Code: 16BV302

Total Marks: 100

Course Name: Disaster Management

Unit – I Introduction to Disaster

Meaning and definition of Hazard, Vulnerability, Disaster and Risks, Components, Dimension and Phases of disaster, Classification, Causes and Impacts of disaster, Difference between Accidents and Disasters, Simple and Complex Disasters.

Unit- II Types, Trends, Causes, Consequences and Control of Disasters

Geological Disasters (earthquakes, landslides, tsunami, mining); Hydro- Meteorological Disasters (floods, cyclones, lightning, thunder, storms, hail storms, avalanches, droughts, cold and heat waves), Biological Disasters (epidemics, pest attacks, forest fire); Technological Disasters (chemical, industrial, radiological, nuclear) and Man -made Disasters (building collapse, rural and urban fire, road and rail accidents, nuclear, radiological, chemicals and biological disasters), Global Disaster Trends - Emerging Risks of Disasters - Climate Change and Urban Disasters

Unit- III Disaster Management Cycle and Framework

Disaster Management Cycle - Paradigm Shift in Disaster Management, Pre - Disaster - Risk Assessment and Analysis, Risk Mapping, zonation and Microzonation, Prevention and Mitigation of Disasters, Early Warning System, Preparedness, Capacity Development; Awareness, During Disaster - Evacuation - Disaster Communication - Search and Rescue - Emergency Operation Centre - Incident Command System - Relief and Rehabilitation – Post-disaster - Damage and Needs Assessment, Restoration of Critical, Infrastructure – Early Recovery - Reconstruction and Redevelopment;

Unit- IV Disaster Management in India

Disaster Profile of India - Mega Disasters of India and Lessons Learnt, Disaster Management Act 2005 - Institutional and Financial Mechanism, National Policy on Disaster Management, National Guidelines and Plans on Disaster Management; Role of Government (local, state and national), Non - Government and Inter -Governmental Agencies

Text Books:

1. Gupta Anil K, Sreeja S. Nair. 2011 Environmental Knowledge for Disaster Risk Management, NIDM, New Delhi.
2. Kapur Anu 2010: Vulnerable India: A Geographical Study of Disasters, IIAS and Sage Publishers, New Delhi.

Reference Books:

- 1 Alexander David, Introduction in 'Confronting Catastrophe', Oxford University Press, 2000
- 2 Andharia J. Vulnerability in Disaster Discourse, JTCDM, Tata Institute of Social Sciences Working Paper no. 8, 2008
- 3 Blaikie, P, Cannon T, Davis I, Wisner B 1997. At Risk Natural Hazards, Peoples' Vulnerability and Disasters, Routledge.
- 4 Coppola P Damon, 2007. Introduction to International Disaster Management,
- 5 Carter, Nick 1991. Disaster Management: A Disaster Manager's Handbook. Asian Development Bank, Manila Philippines.
- 6 Cuny, F. 1983. Development and Disasters, Oxford University Press. Document on World Summit on Sustainable Development 2002.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

- 1) Attendance
- 2) Discipline
- 3) Assignments and Internal Examinations

30 Marks

05 Marks

05 Marks

20 Marks

Course Outcomes:

1. Develop an understanding of the key concepts, definitions a key perspectives of All Hazards Emergency Management.
2. Understand the Emergency/Disaster Management Cycle.
3. Have a basic understanding for the history of Emergency Management.
4. Develop a basic under understanding of Prevention, Mitigation, Preparedness, Response and Recovery.
5. Develop a basic understanding for the role of public an private partnerships.

Subject Code: 16BV303

Total Marks: 100

Subject: –SECURITY MANAGEMENT

Unit - I : Dynamics of Security

Security aspects - security of man, material, information such as life, commercial formula, technical information, design sketches, models, cassettes etc. Information security - Computer hardware, software and liveware security, Computer based financial frauds and computer viruses and worms, Current and future danger posing corporate executive.

Unit - II : Types of Security Management

Access control system - Identity, screening, movement control, computer security systems : Security alarm systems, Fire alarm systems - Fire prevention and precautions, protective equipment; Deployment of Dog squad, Emergency preparedness plan : Security Guards - Duties and responsibilities; other modern equipments.

Unit – III : Office Management Systems & Routines

Meaning & importance of system & routines , system Vs. Routines . Organization structure :- meaning & Definition of organization structure , importance of Organization structure, types of organization Structure, advantages and disadvantages of Different types of structures.

Unit - IV : Managing a Security Organization

Industrial Organizations and Commercial Establishments; dealing with trespass/intrusion , Emergency procedure, Ethics of Security. Office automation practices : Office machines & their uses computers, overhead projector, fax, modem, cellular's, latest communication system Safety & Security Meaning, importance of safety & security. Measures to ensure safety and security

Reference Books

- Chaturvedi .T.N (1991) Indian Banking : Crime and Security in Indian Banks, New Delhi Aashish Publishing House .
- Chitkara .M.G (1997) Corruption 'N' Cure, APH Publishing House, New Delhi.
- Halder Dipak (1986) Industrial Security in India, New Delhi : Aashish Publishing House.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

1) Attendance

05 Marks

6) Discipline

05 Marks

Subject Code: 16BV304**Total Marks: 100****Subject: Human Advanced Psychology****UNIT- I:**

Introduction to social psychology Social psychology: definition, nature, scope and goals of social psychology. Social psychology in the new millennium: cognitive perspective, multicultural perspective, biological and evolutionary perspective.

UNIT- II :

Attitude and behavior Formation of attitudes How attitude influences behavior, attitude change Persuasion: paths and elements of persuasion, resistance to persuasion, cognitive dissonance.

UNIT- III :

Social psychology and sustainable future Global crisis: sustainable life styles, creating incentives to conserve. Psychology of materialism and wealth . Creating sustainable future : adjusting adaptations and comparisons.

UNIT –IV :

Aggression : theoretical perspectives, determinants of aggression and its causes. The prevention and control of human aggression : punishment , catharsis, cognitive intervention and other techniques

Books recommended

- 1) Myers, D.G. (2005). *Social psychology* . New Delhi; Tata McGraw- Hill.
- 2) Baron, R.A. ,Byrne, D. (2003). *Social Psychology*. New Delhi : Prentice – Hall of India.
- 3) Schneider, W.F., Gruman, J.A., Coutts, L.M. (2005). *Applied Social Psychology; Understanding and Addressing Practical Problems*. Sage Pub. @ www.sagepublications.com
- 4) Tripathi, R.C. (1988). *Applied Social Psychology*. In J. Pandey. (Ed.) *Psychology in India: The state-of-the art*. (pp. 95 -157). New Delhi: Sage Pub.

Distribution of Marks for External Examination**Total -70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)**30 Marks**

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:-

1. Know and comprehend the meaning of material relating to social psychology.
2. Apply the material of social psychology to other situations.
3. Integrate the material with other areas of psychology.
4. Analyze and evaluate the worth of the material.

Subject Code: 16BV305

Total Marks: 100

Subject: EMERGENCY AND RISK MANAGEMENT

UNIT 1:- Definition, Mission, and Vision of Emergency Management (Canton)

Understand what is and what is not emergency management—defining the practice
Define emergency engagement, Describe the mission of emergency management
Describe the vision of emergency management

UNIT 2:- Comprehensive Emergency Management

Define the principle and importance of comprehensiveness in emergency management, Discuss the need to include all-hazards perspective. Identify the broad array of vulnerabilities and impacts that must be considered. Illustrate the importance of addressing all phases of disaster as well as the various functions of emergency management. Describe the diversity of stakeholders that should be included in emergency management.

UNIT 3:- Emergency Risk Management

Definitions, Hazards – The Source of Risk, Risk Defined – A Two-Part Equation, With Caveats, Living with Risk—A Dangerous World, Disasters – The Result of Risk Realized, The Growing Consequences of Risk – Trends in Disaster Consequences, A Need to Build Community Resilience, Identifying Opportunities in Risk Management, “Safe” – A Moving Target

UNIT 4:- Risk Management and the Greater Emergency Management Discipline

Emergency Management: Past, Present, and Future, Evolution of Hazards Risk Management, The Concepts of Resiliency and Adaptation
Disaster Risk Reduction at the National, Regional, and Global Levels

Reference Books :

- 1) Canton, Lucien G. *Emergency Management: Concepts and Strategies for Effective Programs* (Hoboken, NJ: Wiley InterScience, 2007).
- 2) Waugh, William L., Jr., and Kathleen Tierney, eds., *Emergency Management: Principles and Practice for Local Government*, 2nd Edition (Washington, DC: ICMA, 2007).
- 3) Canton, Lucien G. *Emergency Management: Concepts and Strategies for Effective Programs* (Hoboken, NJ: Wiley InterScience, 2007).
- 4) The Essentials of Risk Management: The Definitive Guide for the Non-risk Professional Hardcover – 1 Jan 2006 by Michel Crouhy (Author), Dan Galai (Author), Robert Mark

Distribution of Marks for External Examination

Total -70

Marks The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:- The student learns to,

1. Describe the fundamental concepts of Risk Management and Risk Management Life Cycle.
2. Identify Risk Management Artifacts in an organizational environment.
3. Assess risk and develop a Security & Risk Management plan.
4. Compare the difference between qualitative and quantitative risk analysis methods and apply appropriate methods to the right situation.
5. Describe the procedure for periodical security risk review.
6. Evaluate and justify security technology selections and designs.
7. Evaluate and apply common risk management frameworks.

PRACTICALS

Course Code: 16BV306

Course : - Practical of Yoga Therapy

100 Mark

A) Yogic SukshamVyayam

10 Mark

- | | | |
|-----------------------------|--|------------------|
| 1)Kundalini Shakti Vikasaka | 2) Jangha Shakti Vikasaka (1) | 3) Jangha Shakti |
| Vikasaka (2) | 4) Janu Shakti Vikasaka | 5) Pindhi Shakti |
| Vikasaka | 6) Pada-mula Shakti Vikasaka | 7) Padungali – |
| Shakti- Vikasaka) Gukpha- | 8) Pada-Pishtha-Patha-Tala-shakti-vikasaka | |

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

B) Therapeutic Yogic Practices

20 Mark

Yogic Practices with mechanical aids as – Ropes, Belts, Cushions Blankets, Chairs, Brisk

Name of Asanas :

- | | | |
|----------------------------|----------------------------|------------------------|
| 1. Suptaveerasana on Bench | 2.Suptaveerasana on Ground | 3.Upavistakonasana |
| 4.Suptabandhadkonasa | 5.Merudandasana | 6.VipareetaDandasana-1 |
| 7.Vipareeta Danadasana-2 | 8.Vipareeta Danasana-3 | 9.Kapotasana-I |
| 10.Kapotasana-2 | 11.Tadasana | 12.Trikonasana |
| 13.Urdhwadhanurasana | 14.Parswakonasana | 15.Setubandha |
| 16.Veeerbhadrasana- | 17.Veeerbhadrasana-2 | 18.Veeerbhadrasana-3 |
| 19.Veeerbhadrasana-3 | 20.Shavasana | |

System of Examination:

Any two as told by examiner's choice Marks-10

Any two of candidate's choice Marks-10

Traditional method of Yogasanas, Pranayamas, Shatkarmas with necessary modifications.

C) Yogasanas

10 Mark

Trikonanasana, Ardhamstyendrasana, Ushtrasana, Paschimottanasana, Shalabhasana, Bhujangasana, Dhanurasana, Sarvangasana, Halasana, Chakrasana, Bakasana, Vatayanasana, Mayurasana (Boys)

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

D) Shatkarma

10 Mark

Dhauti- Gajkarni, Vastra, Danda, Nauli- Madhya-Vam-Dakshina, Naulichalana, Agnisara Kriya, Kapalhati, Shankhaprakshalana

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| 1) Attendance & Regularity | Marks-10 |
| 2) Practical Performance & Record | Marks-20 |

Course Code: 16BV307
Course : - Practical of Self Defense

100 Mark

The examinee has to perform followings skills (50 Marks)

- 25) Punch , block and kick **(05 marks)**
- 26) Combination technique : punch , block ,kick , strike **(05 marks)**
- 27) Throwing technique **(05 marks)**
- 28) Counter technique **(05 marks)**
- 29) Combination of throwing and Counter technique **(10 marks)**
- 30) Basic fighting form attack and defense **(10 marks)**
- 31) Lathi: Lathi-Sidhi Bel, Ulti Bel, Do Rukh, Beliya, Beliya Choumukhi, Bagalwar, Jung war, Age Falang, Pichhe Falang **(10 marks)**

Viva Voce

20 Marks

College Assessments

30 Marks

College Assessments marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Attendance & Regularity

10 Marks

Practical Performance & Record

20 Marks

Course Code: 16BV308

Course : - Practical of Advanced Security Devices

100 Mark

- 1. Study of Security devices like door alarm system, Fire safety equipments, smoke detectors, siren, Metal detectors, Video door system, CCTV system, etc. - **30 Marks**
- 2. Study of risk management and handling risk situations. - **10 Marks**
- 3. Perform any one case study among the following. - **10 Marks**
 - i. Earthquake: Case Studies
 - ii. Landslide: Case Studies
 - iii. Cyclone: Case Studies
 - iv. Heat and Cold Waves :Case Studies
 - v. Floods: Case studies

Viva Voce

20 Marks

College Assessments

30 Marks

College Assessments marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Attendance & Internal Assesment

10 Marks

Practical Performance & Record

20 Marks

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Un-Armed Security Guard)
(Semester-VI)
(Credit Based)

B. Voc (Un-Armed Security Guard) **Semester-VI**

Course Code: 15BVUSG309

Course Name: Internship/Project

Max. Marks: 300

Introduction: Students of B. Voc. (USG) Will Undergo and internship based on any one of the following subject areas for entire duration of sixth semester. The student will submit the report in prescribed formats.

Subject Areas:-

- 1) **Yoga:** - Student will assist in training cum treatment yoga centres for not less than four weeks.
- 2) **CCTV Supervision:** - Student will assist in CCTV installation and work at CCTV control room.
- 3) **Aquatic Life Guard:** - Student will get training cum working as life guard at swimming pool or any place where such personnels are required
- 4) **Security Management:** - Student will take Internship at Security organization or will work as Intern in a security firm.
- 5) **Fire Fighting:** - Student will take Internship at fire fighting organization

The student will register themselves at the internship firm etc. and will obtain approval from the department to work as Intern there. He/she will have to submit prescribed registration form duly signed by himself or herself to the authority of the firm providing Internship. He/she will also have to submit progress report every fifteen days duly signed by assigned guide/mentor or the authority of the centre providing Internship.

Work done Report:

Sr. No.	Name of Patient	M/F	Address & Mob. No.	Complaints	Patient Days	Complaints overcome

Brief Summary (Not More than 500 words with letter from respective centres)

- Students/should submit brief report regarding patients/subjects treated or trained during internship period.
- Students should mention only noticeable change in patients/subject due to treatment given.

Distribution of Marks

Project Work, Regularity and:	150
Project Report/College Assessment:	50
Project Demonstration and Viva-Voce:	100
<hr/>	
Total	300