

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-I

Subject Code No.	Short Name	Subject Name	Teaching Scheme					Theory Examination					Practical Examination		
			L	T	P	Total period per week	Theory/ Practical Credits	Duration of Paper (Hrs)	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks (Ext.)	Total Marks	Min. Pass Marks
17BA 101	ENG	English	4	2		6	6	3	80	20	100	40	—	—	—
17BA 102	MAR OR HIN	Marathi OR Hindi	4			4	4	3	80	20	100	40	—	—	—
17BA 103	BPOY-I	Basic Principles of Yoga-I	4			4	4	3	80	20	100	40	—	—	—
17BA 104	PS-I ICPLSG	Political Science-I Indian Constitutional Provisions and Local Self Government	4			4	4	3	80	20	100	40	—	—	—
17BA 105	POY	Practical of Yoga			6	6	6	—	—	—	—	—	100	100	40
17BA 106		Elective I: Theory	3			3	3	3	50	20	70	28	—	—	—
17BA 107		Elective I: Practical			2	2	2	3	—	—	—	—	30	30	12
Total							29	—	—	—	470	—	—	130	—

List of Elective Subjects

A	IPE-I	Introduction to Physical Education-I
B	POPE	Practical of Physical Education
C	FP-I	Fundamentals of Psychology-I
D	POP	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.
2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-II

Subject Code No.	Short Name	Subject Name	Teaching Scheme					Theory Examination					Practical Examination		
			L	T	P	Total period per week	Theory/ Practical Credits	Duration of Paper (Hrs)	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks (Ext.)	Total Marks	Min. Pass Marks
17BA 108	ENG	English	4	2		6	6	3	80	20	100	40	—	—	—
17BA 109	MAR OR HIN	Marathi OR Hindi	4			4	4	3	80	20	100	40	—	—	—
17BA 110	BPOY-II	Basic Principles of Yoga-II	4			4	4	3	80	20	100	40	—	—	—
17BA 111	PS-II ICPLSG	Political Science-II Indian Constitutional Provisions and Local Self Government	4			4	4	3	80	20	100	40	—	—	—
17BA 112	POY	Practical of Yoga			6	6	6	—	—	—	—	—	100	100	40
17BA 113		Elective I: Theory	3			3	3	3	50	20	70	28	—	—	—
17BA 114		Elective I: Practical			2	2	2	3	—	—	—	—	30	30	12
Total							29	—	—	—	470	—	—	130	—

List of Elective Subjects

A	IPE-II	Introduction to Physical Education-II
B	POPE	Practical of Physical Education
C	FP-II	Fundamentals of Psychology-II
D	POP	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.
2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

H.V. P. Mandal's
Degree College of Physical Education
 (An Autonomous College)
 Hanuman Vyayam Nagar, Amravati. (M.S.) 444 605
Bachelor of Arts (Yogashastra)
 (Six Semester)
Syllabus

Programme Outcome: The following Programme Outcomes are attained after completion of this UG programme:

- PO 1. Students will contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise for working as an individual or in multidisciplinary teams with positive attitude.
- PO 2. Create awareness, attitude and concern about environmental problems.
- PO 3. Students can communicate efficiently to deliver their knowledge effectively.
- PO 4. Able to pursue advanced education in relevant subjects.

Programme Specific Outcomes (PSO): B.A. (Yogashastra) programme has been designed to prepare graduates to attain the following programme specific outcomes:

- PSO 1. Students learn the Yoga as well as its practical knowledge in order to craft them as a versatile Yoga professionals who can provide service in many fields.
- PSO 2. Achieve ability to identify, analyze, formulate and develop Yogic applications by using appropriate modern techniques.
- PSO 3. Students acquire latest comprehensive and skill based knowledge with equal emphasis on theory & practical in the field of Yoga.
- PSO 4. Able to apply the knowledge for solving real life problems using the expertise in the field of Yoga.
- PSO 5. Able to provide a wide range of yogic programmes as per taste, Age, need and interest of the individuals.

17BA101
Compulsory English

Time: 3 Hours

Theory: 80 Marks
Internal Assessment: 20 Marks

Course out come:

Objective is to improve the fluency and confidence of the students when speaking English, and so improve the ability of the students to communicate effectively in English.

Prescribed Textbook: *Blooming Buds* by Board of Editors & published by Orient Black swan.

UNIT I - PROSE

1. Education Provides a Solid Foundation - A.P.J Abdul Kalam
2. Love Story - Maneka Gandhi
3. Speech on Indian Independence – Jawaharlal Nehru
4. Film Making - Satyajit Ray

UNIT II- POETRY

5. In the Bazaar of Hyderabad - Sarojini Naidu
6. She Walks in Beauty - Lord Byron
7. Middle Age - Kamala Das

UNIT III- GRAMMAR

8. Parts of Speech
9. Tenses

UNIT IV- COMMUNICATION SKILLS

10. Unseen Passage
11. Letter Writing (Personal & Business Letters)
- 12 . Curriculum Vitae (CV)

UNIT V- MULTIPLE CHOICE QUESTIONS

Based on the prescribed text Unit I & II only.

INTERNAL ASSESSMENT

i) Viva- Voce

- a) Personal Interview
- b) Seminar

ii) Assignments

- a) Making Introduction
- b) Greeting People
- c) Talking about Family
- d) Describing People, Places & Animals
- e) Expressing Feelings
- f) Inviting, Suggesting, Accepting & Refusing

Recommended Books:

1. Spoken English : A Foundation Course Part 1 (With Audio CD) by Kamlesh Sadanand & Susheela Punitha (Revised Edition) Published by Orient Blackswan.
2. Spoken English : A Foundation Course Part 2 (With Audio CD) by Kamlesh Sadanand & Susheela Punitha (Revised Edition) Published by Orient Blackswan.

Compulsory English

Time: 3 Hours

Theory: 80 Marks

Internal Assessment: 20 Marks

Distribution of Marks

A) **Prose** i) The students will have to answer THREE out of FOUR short answer questions of 2 marks each. = 6 Marks

ii) The students will have to answer TWO out of FOUR long answer questions of 5 marks each. = 10 Marks

B) **Poetry** i) The students will have to answer TWO out of THREE short answer questions of 3 marks each. = 6 Marks

ii) The students will have to answer TWO out of THREE long answer questions of 5 marks each.

C) **Grammar** : Prescribed Text Blooming Buds by Board of Editors & published by Orient Blackswan

i) Parts of Speech = 10 Marks

ii) Tenses = 6 Marks

D) Communication Skills :

i) Unseen passage = 6 Marks

ii) Letter Writing : The students will have to answer ONE out of TWO Letters = 5 Marks

iii) Curriculum Vitae (CV) : The students will have to answer ONE out of TWO CV = 5 Marks

E) Multiple Choice Questions (MCQ)

Based on Unit I & II: The students will have to answer SIXTEEN out of SIXTEEN MCQ's = 16 Marks

F) Internal Assessment

i) Viva- Voce = 10 Marks

a) Personal Interview = 5 Marks

b) Seminar = 5 Marks

ii) Assignments = 10 Marks

a) Making Introduction

b) Greeting People

c) Talking about Family

d) Describing People, Places & Animals

e) Expressing Feelings

f) Inviting, Suggesting, Accepting & Refusing

Note :

1. The teachers are expected to impart formal training in Grammar Composition, Making Introduction, Greeting People, Talking about Family, Describing People, Places & Animals, Expressing Feelings, Inviting, Suggesting, Accepting & Refusing, Reading & Oral Skills in the tutorial classes.

2. Internal examiner shall interview an examiner to test his or her spoken skills.

बी. ए. भाग - १ मराठी (आवश्यक)
॥ गुण विभागणी ॥

वेळ - ३ तास

एकूण गुण - १००

लेखी गुण - ८०

अंतर्गत मूल्यमापन - २०

Course out come:

पुर्वपेक्षित

मातृभाषेच्या अभ्यासातून व्यक्तिच्या अस्तित्वाला अर्थ येतो महाविद्यालयीन स्तरावर मातृभाषा मराठीवर प्रभुत्व असणे अपेक्षित आहे. मराठी साहित्यातील ललित, काव्य, वैचारिक, व तात्वीक वाङ्मयीन प्रकाराचा विद्यार्थ्यांना परिचय व्हावा व यातून व्यक्तिमत्व विकास साधता येईल.

उद्दिष्ट्ये/ हेतू

- कला शाखेच्या बदलत्या अभ्यासक्रमानुसार बी. ए. योगशास्त्र भाग १ वर्गासाठी मराठी विषयाचे निश्चित उद्दिष्ट्यानुसार संपादित केलेले वैखरी भाग १ हे पुस्तक आहे.
- प्रस्तुत अभ्यासक्रमात वैचारिक साहित्याबरोबर ललित व काव्य याचाही समावेश आहे यातून मराठी साहित्याची गोडी वाढून संतसाहित्याचाही परिचय व्हावा हा हेतू आहे.
- काळानुसार बदलाने साहित्य तरूणांपुढे यावे जेणे करून सामाजिक जाणीव वाढीस लागेले हे काम वैखरीच्या माध्यमातून व्हावे हा उद्देश
- निबंध लेखन ही एक कलाच आहे याचा अभ्यास व्हावा तसेच मराठीचे लेखनविषयक नियमांचा परिचय व्हावा या हेतूने अभ्यासक्रमात समावेश आहे.
- भाषेवर प्रभुत्व मिळवण्याचे असेल श्रवण, वाचन, लेखन, आणि भाषण ही कौशल्य आत्मसात केले पाहिजे याचदृष्टिने याचाही अभ्यासक्रमात समावेश केला आहे.

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक

विभाग - अ	वैचारिक	--	१६ गुण
विभाग - ब	ललित	--	१६ गुण
विभाग - क	कविता	--	१६ गुण
विभाग - ड	उपयोजित मराठी	--	१६ गुण
	वैचारिक, ललित व कविता या	--	१६ गुण
	विभागांवर वस्तुनिष्ठ बहुपर्यायी प्रश्न		

विभाग 'अ' व 'ब' यावर प्रत्येकी सोळा गुणांचा एक दीर्घांतरी प्रश्न -- ३२ गुण

विभाग 'क' यावर प्रत्येकी आठ गुणांचे दोन लघुतरी प्रश्न -- १६ गुण

विभाग 'ड' मधील उपयोजित मराठीवर प्रत्येकी आठ गुणांचे दोन लघुतरी प्रश्न -- १६ गुण

वस्तुनिष्ठ प्रश्न - उपरोक्त अभ्यासक्रमातील विभाग 'अ', 'ब' आणि 'क' यावर -- १६ गुण

आधारित वस्तुनिष्ठ स्वरूपाचे एकूण १६ बहुपर्यायी प्रश्न

विचारले जातील. प्रत्येक प्रश्नास एक गुण याप्रमाणे हा

प्रश्न १६ गुणांचा असेल.

विभाग 'ड' साठी संदर्भग्रंथ म्हणून 'उपयोजित मराठी' संपादक - केतकी मोडक व इतर, पद्मगंधा प्रकाशन, पुणे हा ग्रंथ असेल. या ग्रंथातील **प्रकरण १५ वे 'लेखनविषयक नियम'** व **प्रकरण १६ वे 'मुद्रितशोधन'**

या प्रकरणांवर प्रत्येकी ०८ गुणांचा एक लघुतरी प्रश्न विचारण्यात येईल.

अंतर्गत मूल्यमापन : एकूण २० गुणांची अंतर्गत मूल्यमापन परीक्षा राहील.

- गुण विभागणी :

१) गृहपाठ -- १० गुण

२) मौखिक परीक्षा -- १० गुण

सूचना : १) गृहपाठ हा पाठ्यपुस्तकांव्यतिरिक्त अन्य कोणत्याही भाषिक व वाङ्मयीन कौशल्य विकसित करणाऱ्या विषयावर असावा.

२) मौखिक परीक्षा ही गृहपाठावर आधारित असेल.

Subject Code: 17BA102
संपादित ग्रंथ - 'मृदंगंध' भाग १

विभाग अ) वैचारिक

- | | | |
|------------------------|---|-------------|
| १) जीवन आणि शिक्षण | - | विनोबा भावे |
| २) ध्येयांची पराकाष्ठा | - | साने गुरुजी |
| ३) चालाल तर वाचाल | - | अभय बंग |

विभाग ब) ललित

- | | | |
|-----------------|---|------------------|
| १) आंगण | - | मधुकर केचे |
| २) अन्वरशा फकीर | - | डॉ. मधुकर वाकोडे |
| ३) इर्जिक | - | अरुण जाखडे |

विभाग क) कविता

- | | | |
|---------------------|---|--------------------------------|
| १) संतवाणी | - | अ) ज्ञानेश्वर
ब) सावता माळी |
| २) स्फूर्ति | - | केशवसत |
| ३) या झोपडीत माझ्या | - | राष्ट्रसंत तुकडोजी महाराज |
| ४) आत्ता | - | नामदेव ढसाळ |
| ५) शेतकरी | - | राजा शंकर बडे |
| ६) भंगार | - | अजीम नवाज राही |

विभाग ड) व्यावहारिक मराठी

- | | | | |
|----------------------------------|---|---|--|
| १) लेखनविषयक नियम संदर्भ ग्रंथ : | - | ‘उपयोजित मराठी’
मधील प्रकरण १५ वे | संपा. केतकी
मोडक व इतर,
पद्मगंधा |
| २) मुद्रितशाधेन | - | संदर्भ ग्रंथ : ‘उपयोजित मराठी’
मधील प्रकरण १६ वे | प्रकाशन, पुणे |

Subject Code: 17BA102
बी.ए.प्रथम वर्ष (अनिवार्य हिन्दी)

कुल अंक- १००
लिखित परीक्षा — ८०
आंतरिक मूल्यांकन — २०

नियोजित पाठ्यपुस्तक ‘आस्था’ राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स, नागपुर यह पुस्तक अध्ययन तथा अध्यापन के लिए निर्धारित की गई है . यह पुस्तक प्रथम एवं द्वितीय सत्र के लिए निर्धारित है
संपूर्ण पाठ्यक्रम पाँच इकाइयों में विभाजित है.

- १) प्रथम इकाई — गद्यविभाग (१ से ६ पाठ)
- २) द्वितीय इकाई — पद्य विभाग (१ से ६ कविताएँ)
- ३) तृतीय इकाई- हिन्दी भाषा एवं देवनागरी लिपि :

- हिन्दी भाषा की प्रकृति, हिन्दी भाषा का स्वरूप, मानक हिंदी वर्तनी
- देवनागरी लिपि का परिचय एवं विशेषताएँ

- ४) चतुर्थ इकाई (१) पदक्रम (दो), (२) पदबंध (दो) , (३) लिंग (दो), (४) वचन (दो),
(५) कारक (दो), (६) विशेषण (दो), (७) उपसर्ग (दो), (८) प्रत्यय (दो).
- ५) इकाई पाँच - संपूर्ण पाठ्यक्रम से वस्तुनिष्ठ / अतिलघूत्तरी प्रश्न

अंक विभाजन एवं प्रश्नपत्र का स्वरूप

समय- ३ घंटे

पूर्णांक - ८०

प्रश्न क्रं.१ - अ) दीर्घोत्तरी प्रश्न (एक)- प्रथम इकाई से - $(1 \times 8 = 8$ अंक)

आ) लघूत्तरी प्रश्न (दो) प्रथम इकाई से - $(2 \times 4 = 8$ अंक)

प्रश्न क्रं.२ — दो कविताओं का केन्द्रीय भाव — द्वितीय इकाईसे - $(2 \times 8 = 16$ अंक)

प्रश्न क्रं.३ — दीर्घोत्तरी प्रश्न (दो)- तृतीय इकाई से - $(2 \times 8 = 16$ अंक)

प्रश्न क्रं.४ — (१) पदक्रम (दो) $(1 \times 2 = 2$ अंक)

(२) पदबंध (दो) $(1 \times 2 = 2$ अंक)

(३) लिंग (दो) $(1 \times 2 = 2$ अंक)

(४) वचन (दो) $(1 \times 2 = 2$ अंक)

(५) कारक (दो) $(1 \times 2 = 2$ अंक)

(६) विशेषण (दो) $(1 \times 2 = 2$ अंक)

(७) उपसर्ग (दो) $(1 \times 2 = 2$ अंक)

(८) प्रत्यय (दो) $(1 \times 2 = 2$ अंक)

प्रश्न क्रं.५ संपूर्ण पाठ्यक्रम से (वस्तुनिष्ठ / अतिलघूत्तरी) १६ प्रश्न पूछे जायेंगे प्रत्येक प्रश्न

एक अंक का होगा. $(1 \times 16 = 16$ अंक)

सूचना :- इकाई एक, दो, तीन एवं चार से सभी प्रश्न विकल्प के साथ पूछे जायेंगे

इकाई एक में जिन पाठों से दीर्घोत्तरी प्रश्न पूछे जायेंगे उनसे लघूत्तरी प्रश्न न पूछे जाय

आंतरिक मूल्यांकन - कुल अंक २०

(१) परिसंवाद लेखन एवं प्रस्तुतिकरण — १० अंक

(२) विभागीय कार्यक्रमों में सहभागिता — ०५ अंक

(३) विभागीय शैक्षणिक यात्रा में सहभागिता — ०५ अंक

२० अंक अंक

17BA103
Basic Principles of Yoga-I

Theory Marks: 80 Marks
Internal Assessment: 20 Marks

Course outcome:

Primary goal of yoga is to gain balance and control in one's life. The practice of Yoga exercises aims at overcoming the limitations of the body.

- Unit-I** a) Meaning, definition and concept of Yoga,
b) Aims, Objectives and Misconceptions of Yoga.
c) Historical background of Yoga.
d) Introduction to Hatha Yoga
- Unit-II** Astangayoga Bahirang yoga
a) Yama
b) Niyama
c) Asana
d) Pranayama
e) Pratyahara
- Unit-III** Antarang Yoga
a) Dharna
b) Dhyana
c) Samadhi
d) Concept of Yogic Aahar
- Unit-IV** a) Comparison between Yogic Asanas and exercise
b) Comparison between Pranayama and Normal Breathing
c) Management of Life Style through Yoga
d) Concept of Bandh Mudra
- Unit-V** a) Role of Yoga in Education.
b) Recent Trends in Yoga
c) International movement of Yoga
d) Need of Yoga in Modern life style

Distribution of Marks for External Examination

Total -80 Marks

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on five units.

Internal Assessment

20 Marks

- 1) Attendance Regularity and Discipline
2) Assignments

10 Marks
10 Marks

Reference Books :

- | | |
|--------------------------------|---|
| १) शरीर विज्ञान आणि योगाभ्यास | - डॉ.मकरंद गोरे, कॉन्टीनेंटल प्रकाशन, २१५९/२ विजया नगर, एस.पी. कॉलेजच्या मागे, पुणे — ४११ ०३० |
| २) योगाभ्यास सुखी जीवन | - प्रा.श्रीपाद जर्दे चंद्रमा प्रकाशन, २४६ अ/ई, गायत्री नागाळा पार्क, कोल्हापूर-३. |
| ३) योग स्वास्थ्य कुंजी | - डॉ.अरुण खोडस्कर, श्री ह.व्या.प्र.मंडळ, अमरावती |
| ४) आसन, प्राणायाम, बंध, मुद्रा | - स्वामी सत्यानंद, बिहार योग स्कुल, मुधेर. |

Course outcome:

- Students can get the political and historical knowledge of India before and after freedom.
- Students can get the knowledge of Indian constitution
 - a) Resources of constitution.
 - b) Political incidences tools places for making it
 - c) Indian law 1909,1919,1935
- Students can get knowledge about our Fundamental right and duties.
- Students can get knowledge of our Indian Assembly.
- Students can get the knowledge about our honorable Indian President
 - a) Elections
 - b) Powers
 - c) Working
 - d) Importance
- This courses of B.A. First Year Political Science in very important to each student of India for becoming a good citizen of India.
- This courses in very important for the competitive examinations.

- i) Salient features of the Indian Constitution.
- ii) Preamble – Nature and Importance.
- iii) Fundamental Rights – Types and Importance.

- i) Directive Principles of State Policy – Nature and Importance
- ii) Fundamental Duties.
- iii) Methods to acquire Citizenship.

- i) President of India : Election Process, Powers and Function.
- ii) Vice President : Role and Function.
- iii) Prime Minister – Appointment, Role and Function.

- i) Parliament : Lok Sabha and Rajya Sabha – Structure and Powers
- ii) Speaker of Lok Sabha - Powers & Function.

- i) Structure of Indian Judiciary. Types of Court, Characteristics of Indian Judiciary
- ii) Supreme Court of India – Structure, Powers and Function
- iii) High Court - Structure, Powers and Function.

Total -80 Marks

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on five units.

20 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Assignments | 10 Marks |

1. An introduction to the Constitution of India :

- New Delhi Prentice Hall, 1994 - D.D. Basu
2. The Constitution of India - Joshi, G.N.

3. Indian Constitution
 4. Indian Government and Politics
 5. भारतीय संविधान
 ६. भारतीय संविधान
 ७. भारतीय संविधान
 ८. भारतीय राज्यघटना, स्वरूप आणि राजकारण
 ९. भारतीय राज्यव्यवस्था
 १०. भारतीय राजकीय व्यवस्था
 ११. भारतीय शासन आणि राजकारण
 १२. भारतीय संविधान व स्वातंत्र्य आंदोलन
 १३. भारताचे शासन आणि राजकारण
 १४. भारतीय शासन आणि राजकारण
 १५. भारतीय राजकारणांची संवैधानिक मिसांसा
 १६. भारतीय संविधान व शासन व्यवस्था
 १७. भारतीय संविधानात्मक तरतुदी आणि वास्तव
 १८. भारतीय राज्यव्यवस्था
 १९. महाराष्ट्रातील पंचायत राजची वाटचाल
 २०. भारतीय संविधानिक तरतुदी आणि
- Py Lee, M.V.
 - D.C. Gupta, Vikas Publication, Bombay.
 - प्रा.बी.टी. देशमुख
 - डॉ.प.ल. जोशी
 - प्रा.भ.श्रृंगारपुरे
 - प्रा.भ.ग.घांगरेकर
 - डॉ.भा.ल. भोळे
 - प्रा.राम मुठाळ, अंशुल प्रकाशन, नागपूर
 - प्रा.रा.ज. लोटे, पिंपळापूर अँड कं. पब्लिशर्स.
 - प्रा. बी.टी. देशमुख
 - प्रा.शे.हाशम, डॉ. जोगेंद्र गवई
 - प्रा.डॉ. अल्का देशमुख
 - ले. डॉ. वामन गवई.
 - डॉ. शांताराम चव्हाण
 - डॉ. सुभाष गवई
 - ले. डॉ. शांताराम चव्हाण व डॉ. सुभाष गवई,
 वेदमुद्रा प्रकाशन, अमरावती
 - ले. डॉ.सुभाष गवई, प्रशांत विघे व प्रा. सुनिल
 चकवे, वेदमुद्रा प्रकाशन, अमरावती.
 - डॉ.शांताराम चव्हाण, वेदमुद्रा प्रकाशन,
 अमरावती स्थानिक स्वशासन

Semester-I
17BA105
Yoga Practical

Total Marks: 100

SYLLABUS WITH EXAMINATION SYSTEM

- A) Sukshma Vyayam (1 to 12)** **... 20 Marks**
 Examiner Choice - 2
 Candidate Choice - 2
- B) Surya Namaskar (10 Cont.)** **... 10 Marks**
- C) Asanas -** **... 30 Marks**
 1) Meditative Poses :
 i) Ardha Padmasana, ii) Padmasana iii) Vajrasana
 2) Cultural Asanas –
 i) Pawan Mukhtasan, ii) Ardha halasan, iii) Viparitkarni, iv) Bhujangasan
 v) Ardha Sulabhasan, vi) Vakrasan, vii) Paschimottanasana, viii) Yog Mudra
 (Vajrasana), ix) Akarna Dhanurasan. x) Tadasan, xi) Standing Chakrasan.
 3) Relaxtative Asanas –
 i) Shavasan, ii) Makarasan
 i) Three Asanas by Examiner Choice **... 15 Marks**
 ii) Three Asanas by Candidate Choice **... 15 Marks**
- D) Pranayam** **... 30 Marks**
 Anulom – Vilom, Surya Bhedan, Ujjai, Sitali, Sitkari.
 i) One type of Pranayama by Examiner Choice **... 15 Marks**
 ii) One type of Pranayama by Candidate Choice **... 15 Marks**
- E) Practical Note Book** **... 10 Marks**

17BA106
Introduction to Physical Education-I

Theory: 50 Marks
Internal Assessment: 20 Marks

Course outcome:

- To acquire the meaning, aims and objectives of physical education and mis-concept of physical education.
- To gain the knowledge of duties and important qualities of Physical Education Teacher

- Unit I :**
- a) Meaning & Definition of Education
 - b) Aims and Objectives of Education
 - c) Meaning & Definitions of Physical Education
 - d) Aims & Objectives of Physical Education
 - E) Scope of Physical Education
- Unit II :**
- a) Physical Education as an art and science
 - b) Contribution of physical education to general education
 - c) Misconceptions about the terms Physical Education
 - d) Physical Culture, Physical training, etc.
 - e) Drill, Marching, etc.
- Unit III : Meaning of the terms:**
- a) Athletics
 - b) Gymnastics
 - c) Indigenous Activities
 - d) Rhythmic
 - e) Formal Activities
- Unit IV :**
- a) Qualification and qualities of Physical Education Teacher.
 - b) Duties of Physical Education teacher in Schools.
 - c) Physical Education Teacher Training Programme in India.

Distribution of Marks for External Examination

Total -50 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 ten marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment

20 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Assignments | 10 Marks |

17BA107
Practical of Physical Education

Total: 30 Marks

Examination System, Distribution of Marks and Teaching Contents

Activities of the examination are grouped into the following Sections the contents of each activity are given below

	30 Marks
Formal Activities ...	
Teaching Contents:	
The contents of each activity are given below:	
i) Ex. Table	
a) Sitting Mass P.T., Eight Exercises,	05 Marks
b) Standing Mass P.T. Eight Exercises	05 Marks
ii) Dumb-bells : Eight exercises on Dumbbells	05 Marks
Indian Club : Eight exercises on Indian Clubs	05 Marks

- iii) Marching : Savdhan, Vishram, Dahine Mud, Bayen Mud,
Pichhe Mud, Kadam Tal, Tej Chal, Samane Salute, 10 Marks
Khuli Line Chal, Nikat Line Chal, Kadam Tal.

Reference Books:

1) Foundation of Physical Education	-	C. A. Bucher
2) Introduction to Physical Education	-	Sharma J.R.
3) Manual of Physical Education	-	Wakharkar
4) Principles & History of Physical Education	-	Hariharan and Tirunarayan
5) Principles of Physical Education	-	Sujan Singh
6) Essential of Physical Education	-	Dr. Ajmer Singh, Dr. Jagtar Singh Gill & other
7) Elements of Physical Education	-	Dr. Javed Ali
8) Psychology in Physical Education and Sports	-	Dr. M. L. Kamlesh
9) Sports Medicine and Physical Education	-	N. B. Shukla
10) Concepts & Issue in Sports Nutrition	-	Dr. Sharad C. Mishra
11) The Sociology of Sports	-	Eirst D.
12) Biomechanics of Sports	-	Richard C. Nelson
13) The Principle and Methods of Teaching	-	Kamala Bhatia
१४) शारीरिक शिक्षा तत्व	—	योगरीराज थानी
१५) शारीरिक शिक्षा के सिद्धांत तथा इतिहास	—	आर.सी. कंवर
१६) शारीरिक शिक्षा के सिद्धांत एवं इतिहास	—	एन.पी.शर्मा
१७) शारीरिक शिक्षा के सिद्धांत	.	एकता थानी
१८) शिक्षा मनोविज्ञान	—	पी.डी.पाठक
१९) शिक्षा मनोविज्ञान	—	सुरेश भटनागर
२०) शिक्षा एवं क्रिडा मनोविज्ञान	—	रमेशचंद्र कंवर
२१) गामक गति का यांत्रिक विश्लेषण	—	आर.सी. कंवर
२२) खेल मनोविज्ञान	—	एस. के. मंगल / एम.एम.भाटिया
२३) शारीरिक शिक्षा में मनो दार्शनिक तथा जैवयांत्रिक पहलू	—	आर.सी.कपिल / तथा अन्य

Fundamentals of Psychology-I Subject Code: 17BA106

Theory: 50 Marks
Internal Assessment: 20 Marks

Course Outcome:

- Students can get the knowledge of classical-conditions-Generalization and meaning of Intelligence
- This syllabus is useful for students in their personality development.
- Students have opportunity to study of average child, Above average child and mentally retarded child and recognize them.

Objective : To Provide understanding of basic Psychological Processes and its Application in Everyday Life.

Unit-I Introduction and Methods of Psychology :

A) Definition and goals of Psychology. Schools of Psychology: Psychoanalysis, Behaviorism, Humanistic, Cognitive. History of Psychology.
Methods of Psychology-Experimental, Observation, Survey, Correlational and Clinical Method.

B) Biological bases of Behavior :

Function and structure of Neuron, Spinal Cord and Brain.
Autonomic Nervous System.

Unit-II Cognitive Processes :

A) Attention: Definition, Types, Determinants of Attention, Span of Attention, Fluctuation of attention, Division of attention and distraction of attention.

- B) Perception: Definitions, laws of perceptual organization, determinants of perception, figure and ground, Illusion.

Unit-III Learning :

- A) Learning: Definition, types of learning, methods of learning: imitation, classical and instrumental conditioning, trial and error method, laws of learning, insight learning, latent learning and avoidance learning. Transfer of learning.
B) Problem solving: Nature, characteristics, problem solving strategies, impediments to problem solving.

Unit-IV Memory and Forgetting :

- A) Memory- Definition, stages of memory: sensory memory, short term and long term memory. Methods to measure retention, techniques to improve memory.
B) Forgetting- Definition, forgetting curve, theories of forgetting: interference, decay, reconstruction and amnesia.

Distribution of Marks for External Examination

Total -50 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 ten marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment

20 Marks

- 1) Attendance Regularity and Discipline
1) Assignments

10
10

17BA107

Practical of Psychology

Total: 30 Marks

Practicals (Any Five)

- 1) Substitution Learning
- 2) Habit Interference
- 3) Muller-Lyer Illusion
- 4) Span of Attention
- 5) Division of Attention
- 6) Memory Span
- 7) Mental Set

Pattern of Examination

Theory : One Theory Paper in each Semester will of 50 Marks and Two Hours Duration.

Practicals : 1) One Practical Examination in each Semester of 30 Marks and three Hours Duration
Practical examination in each semester will be conducted by Internal and External Examiners appointed by the University.

2) Distribution of Marks for Practical Examination

- | | |
|-------------------------------|----|
| 1) Record Book ---- | 05 |
| 2) Conduct of experiment ---- | 07 |
| 3) Report of experiment ---- | 08 |
| 4) Viva voce ---- | 10 |

Total Marks ---- 30

Books Recommended :

- | | |
|-------------------------------|--|
| 1) Psychology | - Myers, D. G. (2013), McMillan, New Delhi. |
| 2) Psychology | - Ciccarelli, S. and Mayer (2008), Pearson-Longman South Asia Edition. |
| 3) Psychology (5th ed.) | - Baron and Misra (2016), Pearson, New Delhi. |
| 4) Psychology | - Passer, M. W. and Smith, R. E. (2007), The Science of Mind and Behavior; Tata McGrawHill, New Delhi. |
| 5) Introduction to Psychology | - Thompson Wadsworth., Gateways to Mind and Behavior. Singapore |
| ६) मानसशास्त्र | - सिसरेली आणि मेयर(२००८), अमृता ओक, (शोभना अभ्यंकर आणि शिला गोळविलकर): पियरसन दक्षिण आशिया आवृत्ती. |

- ७) मानसशास्त्राची मुलतत्वे - निशा मुंघडा आणि शशिकांत खलाने (२०१३) अथर्व प्रकाशन
- ८) सामान्य मानसशास्त्र - हिरवे आणि तडसरे (२००६), फडके प्रकाशन, कोल्हापूर.
- ९) आधुनिक सामान्य मानसशास्त्र - ईनामदार, गाडेकर आणि पाटील (२००६), डायमंड प्रकाशन, पुणे.
- १०) सामान्य मानसशास्त्र - पंडित, कुळकर्णी आणि गोरे (१९९९), पिंपराळे प्रकाशन, नागपूर.
- ११) सामान्य मानसशास्त्र - बडगुजर, बच्छाव आणि शिंदे (२००६), विद्या प्रकाशन, औरंगाबाद.
- १२) आधुनिक सामान्य मानसशास्त्र - पाध्ये व्ही.एस.(२०१५), विद्या प्रकाशन, औरंगाबाद.
- १३) बोधनिक मानसशास्त्र - बोरुडे आर.आर. (२००२), छाया प्रकाशन, औरंगाबाद.
- १४) मानसशास्त्रीय प्रयोग आणि परिक्षण - निंबाळकर, के.पी.. (२०१६), सायको स्कॅन, वर्धा.
- १५) अभ्यास कौशल्य - देशमुख, एन.एच. (२००७), वेदमुद्रा प्रकाशन, अमरावती.
-

**Semester-II
17BA108
Compulsory English**

Time: 3 Hours

**Theory: 80 Marks
Internal Assessment: 20 Marks**

Course outcome:

To provide students with the practical skills and knowledge necessary to express themselves clearly, with confidence.

Prescribed Textbook : Blooming Buds by Board of Editors & published by Orient Black swan.

UNIT I -PROSE

1. Appro JRD - Sudha Murthy
2. Packing - Jerome K. Jerome
3. How I became a Public Speaker – G. B. Shaw
4. Values in Life - Rudyard Kipling

UNIT II- POETRY

5. Money Madness - D.H Lawrence
6. No men are foreign - James Kirkup
7. Another's sorrow - William Blake

UNIT III - GRAMMAR

8. Subject, Verb, Agreement
9. Verbs : Forms of to be, do, have and modal auxiliaries

UNIT IV- COMMUNICATION SKILLS

- 10 . Story building
- 11 . E-Communication : E-Mail, Fax
- 12 . Notices / Agenda / Minutes

UNIT V- MULTIPLE CHOICE QUESTIONS

Based on the prescribed text Unit I & II only.

F) Internal Assessment

i) Viva- Voce

- a) Reading Skills (Reading aloud – Individual of a passage of about 100 words from the prescribed text)
- b) Group Discussion

ii) Assignments

- a) Asking for & Giving Information
- b) Giving Directions
- c) Making Request
- d) Making Offers
- e) Getting & Giving Permissions
- f) Talking about Past Events

Recommended Books:

1. Spoken English : A Foundation Course Part 1 (With Audio CD) by Kamlesh Sadanand & Susheela Punitha (Revised Edition) Published by Orient Blackswan.
2. Spoken English : A Foundation Course Part 2 (With Audio CD) by Kamlesh Sadanand & Susheela Punitha (Revised Edition) Published by Orient Blackswan.

Compulsory English

Time: 3 Hours

Theory: 80 Marks

Internal Assessment: 20 Marks

Distribution of Marks

Min Passing : 32 Marks

Min Passing : 08 Marks

- A) Prose** i) The students will have to answer THREE out of FOUR short answer questions of 2 marks each. = 6 Marks
 ii) The students will have to answer TWO out of FOUR long answer questions of 5 marks each. = 10 Marks
- B) Poetry** i) The students will have to answer TWO out of THREE short answer questions of 3 marks each. = 6 Marks
 ii) The students will have to answer TWO out of THREE long answer questions of 5 marks each. = 10 Marks
- C) Grammar** : Prescribed Text Blooming Buds by Board of Editors & published by Orient Blackswan
 i) Subject, Verb, Agreement = 10 Marks
 ii) Verbs : Forms of to be, do, have and model auxiliaries = 6 Marks
- D) Communication Skills :**
 i) Story Building = 6 Marks
 ii) E-Communication : E-Mail, Fax : The students will have to answer ONE out of TWO = 5 Marks
 iii) Notices / Agenda / Minutes : The students will have to answer ONE out of TWO = 5 Marks
- E) Multiple Choice Questions (MCQ)**
 Based on Unit I & II : The students will have to answer SIXTEEN out of SIXTEEN MCQ's = 16 Marks
- F) Internal Assessment**
- i) Viva- Voce** = 10 Marks
 a) Reading Skills (Reading aloud – Individual of a passage of about 100 words from the prescribed text) = 5 Marks
 b) Group Discussion = 5 Marks
- ii) Assignments** = 10 Marks
 a) Asking for & Giving Information
 b) Giving Directions
 c) Making Request
 d) Making Offers
 e) Getting & Giving Permissions
 f) Talking about Past Events
- Note :**
- The teachers are expected to impart formal training in Grammar Composition, Asking for & Giving Information Giving Directions, Making Request, Making Offers, Getting & Giving Permissions, Talking about Past Events, Reading & Oral Skills in the tutorial classes.
 - There shall be a batch of 10 Examinees at a time for Group Discussion.
 The Examiner shall supervise & evaluate each participant examinee on the basis of his or her Initiative, confidence, pronunciation, fluency, Logical Argument, Appropriate Vocabulary, Timely Response & Understanding of the topic.
 - Internal examiner shall interview an examiner to test his or her spoken skills.
-

बी. ए. भाग - १ मराठी (आवश्यक)
॥ गुण विभागणी ॥

वेळ - ३ तास

एकूण गुण - १००

लेखी गुण - ८०

अंतर्गत मूल्यमापन - २०

Course outcome:

पुर्वपेक्षित

मातृभाषेच्या अभ्यासातून व्यक्तिच्या अस्तित्वाला अर्थ येतो महाविद्यालयीन स्तरावर मातृभाषा मराठीवर प्रभुत्व असणे अपेक्षित आहे. मराठी साहित्यातील ललित, काव्य, वैचारिक, व तात्वीक वाङ्मयीन प्रकाराचा विद्यार्थ्यांना परिचय व्हाव व यातून व्यक्तिमत्व विकास साधता येईल.

उद्दिष्ट्ये/ हेतू

- कला शाखेच्या बदलत्या अभ्यासक्रमानुसार बी. ए. योगशास्त्र भाग १ वर्गासाठी मराठी विषयाचे निश्चित उद्दिष्ट्यानुसार संपादित केलेले वैखरी भाग १ हे पुस्तक आहे.
- प्रस्तुत अभ्यासक्रमात वैचारिक साहित्याबरोबर ललित व काव्य याचाही समावेश आहे यातून मराठी साहित्याची गोडी वाढून संतसाहित्याचाही परिचय व्हावा हा हेतू आहे.
- काळानुसार बदलने साहित्य तरूणांपुढे यावे जेणे करून सामाजिक जाणीव वाढीस लागेले हे काम वैखरीच्या माध्यमातून व्हावे हा उद्देश
- निबंध लेखन ही एक कलाच आहे याचा अभ्यास व्हावा तसेच मराठीचे लेखनविषयक नियमांचा परिचय व्हावा या हेतूने अभ्यासक्रमात समावेश आहे.
- भाषेवर प्रभुत्व मिळवण्याचे असेल श्रवण, वाचन, लेखन, आणि भाषण ही कौशल्य आत्मसात केले पाहिजे याचदृष्टीने याचाही अभ्यासक्रमात समावेश केला आहे.

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक

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‘मृदगंध’ भाग १ (विभाग ‘अ’, ‘ब’, आणि ‘क’ साठी)

विभाग - अ	वैचारिक	—	१६ गुण
विभाग - ब	ललित	—	१६ गुण
विभाग - क	कविता	—	१६ गुण
विभाग - ड	उपयोजित मराठी	—	१६ गुण
	वैचारिक, ललित व कविता या	—	१६ गुण
	विभागांवर वस्तुनिष्ठ बहुपर्यायी प्रश्न		

विभाग ‘अ’ व ‘ब’ यावर प्रत्येकी सोळा गुणांचा एक दीर्घोत्तरी प्रश्न — ३२ गुण

विभाग ‘क’ यावर प्रत्येकी आठ गुणांचे दोन लघुत्तरी प्रश्न — १६ गुण

विभाग ‘ड’ मधील उपयोजित मराठीवर प्रत्येकी आठ गुणांचे दोन लघुत्तरी प्रश्न — १६ गुण

वस्तुनिष्ठ प्रश्न - उपरोक्त अभ्यासक्रमातील विभाग ‘अ’, ‘ब’ आणि ‘क’ यावर — १६ गुण

आधारित वस्तुनिष्ठ स्वरूपाचे एकूण १६ बहुपर्यायी प्रश्न

विचारले जातील. प्रत्येक प्रश्नास एक गुण याप्रमाणे हा

प्रश्न १६ गुणांचा असेल.

विभाग ‘ड’ साठी संदर्भग्रंथ म्हणून ‘उपयोजित मराठी’ संपादक - केतकी मोडक व इतर, पद्मगंधा प्रकाशन, पुणे हा ग्रंथ असेल. या ग्रंथातील प्रकरण ३ रे ‘कार्यालयीन पत्रव्यवहार’ व प्रकरण ४ थे ‘स्व-परिचयपत्र व नोकरीसाठी अर्जलेखन’ या प्रकरणांवर प्रत्येकी ०८ गुणांचा एक लघुत्तरी प्रश्न विचारण्यात येईल.

अंतर्गत मूल्यमापन : एकूण २० गुणांची अंतर्गत मूल्यमापन परीक्षा राहील.

- गुण विभागणी :

१) गृहपाठ — १० गुण

२) मौखिक परीक्षा — १० गुण

सूचना : १) गृहपाठ हा पाठ्यपुस्तकांव्यतिरिक्त अन्य कोणत्याही भाषिक व वाङ्मयीन कौशल्य विकसित करणाऱ्या विषयावर असावा.

२) मौखिक परीक्षा ही गृहपाठावर आधारित असेल.

17BA109
बी. ए. भाग १ मराठी (आवश्यक)

- विभाग अ) वैचारिक
- १) तरुणांनो ! निर्भय बना, शूर बना - स्वामी विवेकानंद
 - २) वैज्ञानिक दृष्टिकोन - नरेंद्र दाभोळकर
 - ३) स्त्री शुद्राचा राजा छत्रपती शिवराय - चंद्रशेखर शिखरे
- विभाग ब) ललित
- १) हत्तीचा दृष्टांत - केशिराज बास
 - २) अल्पभूधारक - बाबाराव मुसळे
 - ३) वसंतवेणा - मीनल येवले
- विभाग क) कविता
- १) संतवाणी - अ) नामदेव
ब) जनाबाई
 - २) तयास मानव म्हणावे का? - सावित्रीबाई फुले
 - ३) चाफा - बी
 - ४) गेले तुटून पंख - शिवा राऊत
 - ५) योद्धा - मलिका अमर शेख
 - ६) माय - स.ग.पाचपोळ
- विभाग ड) व्यावहारिक मराठी
- १) कार्यालयीन पत्रव्यवहार संदर्भ ग्रंथ : उपयोजित मराठी' मधील प्रकरण ३ रे
 - २) स्व-परिचयपत्र व नोकरीसाठी अर्जलेखन संदर्भ ग्रंथ : 'उपयोजित मराठी' मधील प्रकरण ४ रे

संपा. केतकी मोडक व इतर, पद्मगंधा प्रकाशन, पुणे

17BA109
अनिवार्य हिन्दी

कुल अंक - १००

लिखित परीक्षा - ८०

आंतरिकमूल्यांकन - २०

नियोजित पाठ्यपुस्तक 'आस्था' राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स, नागपुर यह पुस्तक अध्ययन तथा अध्यापन के लिए निर्धारित की गई है . यह पुस्तक प्रथम एवं द्वितीय सत्र के लिए निर्धारित है
संपूर्ण पाठ्यक्रम पाँच इकाइयों में विभाजित है.

- १) प्रथम इकाई - गद्यविभाग (७ से १२ पाठ)
- २) द्वितीय इकाई - पद्य विभाग (७ से १२ कविताएँ)
- ३) तृतीय इकाई- : कार्यालयीन हिंदी
 - कार्यालयीन हिंदी का महत्व
 - टिप्पण, ज्ञापन, प्रारूपण, आलेखन,
 - कार्यालयीन पत्राचार
- ४) चतुर्थ इकाई : व्यावहारिक भाषा एवं व्याकरण

तद्भव (दो) तत्सम (दो) प्रादेशिक (दो) आगत (दो),
मुहावरे (चार), कहावते (चार)
- ५) इकाई पाँच - संपूर्ण पाठ्यक्रम से वस्तुनिष्ठ / अतिलघूत्तरी प्रश्न

अंक विभाजन एवं प्रश्नपत्र का स्वरूप

समय - ३ घंटे

पूर्णांक-८०

प्रश्न क्रं.१ - अ) दीर्घोत्तरी प्रश्न (एक)- प्रथम इकाई से - (1x8 = 8 अंक)

आ) लघूत्तरी प्रश्न (दो) प्रथम इकाई से - (2x4 = 8 अंक)

प्रश्न क्रं.२ - दो कविताओं का केन्द्रीय भाव - द्वितीय इकाईसे - (2x8 = 16 अंक)

प्रश्न क्रं.३ - दीर्घोत्तरी प्रश्न (दो)- तृतीय इकाई से - (2x8 = 16 अंक)

प्रश्न क्रं.४ - तद्भव (दो) (1x2 = 2 अंक)

तत्सम (दो) (1x2 = 2 अंक)

प्रादेशिक (दो) (1x2 = 2 अंक)

आगत (दो), (1x2 = 2 अंक)

मुहावरे (चार), (1x4 = 4 अंक)

कहावते (चार) (1x4 = 4 अंक)

प्रश्न क्रं.५ संपूर्ण पाठ्यक्रम से (वस्तुनिष्ठ / अतिलघूत्तरी) १६ प्रश्न पूछे जायेंगे प्रत्येक प्रश्न

एक अंक का होगा.

(1x16 = 16 अंक)

सूचना :- इकाई एक, दो, तीन एवं चार से सभी प्रश्न विकल्प के साथ पूछे जायेंगे
इकाई एक में जिन पाठों से दीर्घोत्तरी प्रश्न पूछे जायेंगे उनसे लघूत्तरी प्रश्न न पूछे जाय

आंतरिक मूल्यांकन - कुल अंक २०

- | | |
|---|----------|
| (१)परिसंवाद लेखन एवं प्रस्तुतिकरण | — १० अंक |
| (२)विभागीय कार्यक्रमों में सहभागिता | — ०५ अंक |
| (३)विभागीय शैक्षणिक यात्रा में सहभागिता | — ०५ अंक |

२० अंक अंक

17BA110
Basic Principles of Yoga-II

Theory Marks: 80 Marks
Internal Assessment: 20 Marks

Course Outcome:

Goal of Yoga is to gain balance and control in one's life. ... The practice of **Yogic** exercises **aims** at overcoming the limitations of the body.

Unit-I a) Meaning, Definitions (including W.H.O.) & importance of Health

- b) Supporting and Affecting Factors of Health.
- c) Role of Yoga in Health
- d) Concept of mental health

Unit-II HathaYoga

- a) Introduction of Hathapradipika
- b) Asanas described in Hathapradipika.
- c) Pranayama described in Hathapradipika (Suryabhedhi, Ujjayi, Sitkari, Sitali).
- d) Pranayama described in Hathapradipika (Bhastrika, Bhramari, Murccha, Plavini).

Unit-III Shatkarma

- a) Neti
- b) Dauti
- c) Basti
- d) Trataka
- e) Nauli
- f) Kapalbhata

Unit-IV Mudra & Bandh

- a) Maha Mudra
- b) Maha bandh
- c) Maha Vedha
- d) Khechari Mudra
- e) Uddiyan Bandh
- f) Mula Bandh
- g) Jalandar Band
- h) Viprit Karni

Unit-V a) Sadhak Badhak Tatva

- b) Agnisar and Nauli Kriya
- c) Importance of Sukshma Vyayam & sthul Vyayam
- d) Yoga Kuti and Mathika

Distribution of Marks for External Examination**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment**20 Marks**

1) Attendance Regularity and Discipline

10 Marks

2) Assignments

10 Marks

Reference Books :

- | | |
|---|---|
| १) शरीर विज्ञान आणि योगाभ्यास | - डॉ.मकरंद मोरे, कॉन्टीनेंटल प्रकाशन, २१५९/२ विजया नगर, एस.पी. कॉलेजच्या मागे, पुणे - ४११ ०३० |
| २) योगाभ्यास सुखी जीवन | - प्रा.श्रीपाद जर्दे चंद्रमा प्रकाशन, २४६ अ/ई, गायत्री नागाळा पार्क, कोल्हापूर-३. |
| ३) योग स्वास्थ्य कुंजी | - डॉ.अरुण खोडस्कर, श्री ह.व्या.प्र.मंडळ, अमरावती |
| ४) आसन, प्राणायाम, बंध, मुद्रा | - स्वामी सत्यानंद, बिहार योग स्कूल, मुधेर. |
| ५) योग, आसन, प्राणायाम, मुद्राय क्रियाए | - विवेकानंद केंद्र प्रकाशन. |
| ६) योग, प्रवेश व परिचय | - विश्वास मंडलिक, योग विद्याघात, नासिक |
| ७) योग के सिद्धांत एवं अभ्यास | - डॉ.कालीदास जोशी, सागर विद्यापीठ, सागर |
| ८) योगाभ्यास | - डॉ.एम.एल. घारोटे, कैवल्यधाम, लोणावळा. |
| ९) सुक्ष्म व्यायाम | - धिरेन्द्र ब्रम्हचारी. |
| १०) पातांजली योगसुत्र | - डॉ.एन.व्ही. करबेलकर, श्री ह.व्या.प्र.मंडळ, अमरावती. |
| ११) योगिक क्रिया आरोग्याचा पाया | - एस.पी. निंबाळकर, मुंबई. |
| १२) पातंजल योगसुत्र | - गीता प्रेस, गोरखपुर |
| १३) Patanjali Yoga Sutra | - Dr. P.V.Karambelkar |
| १४) Yoga Dipika | - B.K.S. Ayangar |
| १५) Hathapradipika | - Dr. M.L. Gharote |
| १६) Gheranda Samhita | - Swami Digambarji |

17BA111**Political Science-II****Indian Constitutional Provisions and Local Self Government****Theory Marks: 80 Marks****Internal Assessment: 20 Marks****Course outcome:**

- Students can get the knowledge of Indian constitution
 - a) Resources of constitution.
 - b) Political incidences **tools** places for making it
 - c) Indian law 1909,1919,1935
- Students can get knowledge about our Fundamental rights and duties.
- Students can get knowledge of our Indian Assembly. How will it works and about the power of institutions.
- Students can get the knowledge about our honorable Indian President
 - a) Elections
 - b) Powers
 - c) Working
 - d) Importance
- This courses of B.A. First Year Political Science is very important to each student of India for becoming a good citizen.
- This courses in very important for the competitive examinations to the students.
- This courses is so useful to you for your speeches, discuss for developing your personality in society.

Unit-I i) Election Commission of India : Structure, Function and Powers.

ii) Electoral Reform, Recognition of Political Parties.

iii) Eligibility of Voter – Lok Sabha, Vidhan Sabha and Vidhan Parishad.

Unit-II State Executive

- i) Governor : Appointment, Powers and Role.
- ii) Chief Minister : Appointment, Role and Function
- iii) Council of Ministers : Formation, Role and Function

Unit-III State Legislature of Maharashtra :

- i) Legislative Assembly (Vidhan Sabha) – Structure, Powers and Function.
Speaker of Vidhan Sabha – Powers and Function
- ii) Legislative Council (Vidhan Parishad) – Structure, Powers and Function

Unit-IV Local Self Government of Maharashtra :

- i) Types of Local Self Government (Urban and Rural)
- ii) Municipal Corporation - Structure and Power
- iii) Gram Panchayat – Structure and Function.
- iv) Gram Sabha - Structure and Function.

Unit-V

- i) Women's Participations in Panchayati Raj of Maharashtra.
- ii) Nagpur Pact for Sanyukta Maharashtra and its recommendations.
- iii) Right to Information and its Importance

Distribution of Marks for External Examination**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment**20 Marks**

- 1) Attendance Regularity and Discipline
- 2) Assignments

10 Marks

10 Marks

Reference Books :

- | | |
|--|---|
| 1. An introduction to the Constitution of India :
New Delhi Prentice Hall, 1994 | - D.D. Basu |
| 2. The Constitution of India | - Joshi, G.N. |
| 3. Indian Constitution | - Py Lee, M.V. |
| 4. Indian Government and Politics | - D.C. Gupta, Vikas Publication, Bombay. |
| 5. भारतीय संविधान | - प्रा.बी.टी. देशमुख |
| ६. भारतीय संविधान | - डॉ.प.ल. जोशी |
| ७. भारतीय संविधान | - प्रा.भ.श्रृंगारपुरे |
| ८. भारतीय राज्यघटना, स्वरूप आणि राजकारण | - प्रा.भ.ग.घांगरेकर |
| ९. भारतीय राज्यव्यवस्था | - डॉ.भा.ल. भोळे |
| १०. भारतीय राजकीय व्यवस्था | - प्रा.राम मुठाळ, अंशुल प्रकाशन, नागपूर |
| ११. भारतीय शासन आणि राजकारण | - प्रा.रा.ज. लोटे , पिंपळापूरे अॅन्ड कं. पब्लीशर्स. |
| १२. भारतीय संविधान व स्वातंत्र्य आंदोलन | - प्रा. बी.टी. देशमुख |
| १३. भारताचे शासन आणि राजकारण | - प्रा.शे.हाशम, डॉ. जोगेंद्र गवई |
| १४. भारतीय शासन आणि राजकारण | - प्रा.डॉ. अल्का देशमुख |
| १५. भारतीय राजकारणांची संवैधानिक मिमांसा | - ले. डॉ. वामन गवई. |
| १६. भारतीय संविधान व शासन व्यवस्था | - डॉ. शांताराम चव्हाण |
| १७. भारतीय संविधानात्मक तरतुदी आणि वास्तव | - डॉ. सुभाष गवई |
| १८. भारतीय राज्यव्यवस्था | - ले. डॉ. शांताराम चव्हाण व डॉ. सुभाष गवई,
वेदमुद्रा प्रकाशन, अमरावती |
| १९. महाराष्ट्रातील पंचायत राजची वाटचाल | - ले. डॉ.सुभाष गवई, प्रशांत विघे व प्रा. सुनिल
चकवे, वेदमुद्रा प्रकाशन, अमरावती. |
| २०. भारतीय संवैधानिक तरतुदी आणि | - डॉ.शांताराम चव्हाण, वेदमुद्रा प्रकाशन,
अमरावती स्थानिक स्वशासन |

Semester-II
17BA112
Yoga Practical

Total Marks : 100

SYLLABUS WITH EXAMINATION SYSTEM

Sukshma Vyayam, Surya Namaskar, Asana, Shatkarma

A) Sukshma Vyayam (13 to 24) ... 20 Marks

Examiner Choice - 2

Candidate Choice - 2

B) Shatkarma - ... 20 Marks

i) **Instrumental Kriya** – Jalneti, Sutraneti, Vamandhuti, Kunjal.

1) One Kriyas by Examiner Choice - 5 Marks

2) One Kriyas by Examiner Choice - 5 Marks

ii) **Non Instrumental Kriyas** – Kapalbhati, Uddiyana, Agnisara, Tratak.

1) One Kriyas by Examiner Choice - 5 Marks

2) One Kriyas by Examiner Choice - 5 Marks

C) Bandhas & Mudras ... 20 Marks

Jalandhar Bandha, Uddiyana Bandha, Tadagi Mudras, Kaki Mudra, Bramha Mudra, Shimbha Mudra.

1) One Type by Examiner Choice - 10 Marks

2) One Type by Candidate Choice - 10 Marks

Asanas - ... 30 Marks

Meditative Poses :

i) Ardha Padmasana, ii) Padmasana, iii) Vajrasana iv) Swastikasana and v) Siddhasana.

2) **Cultural Asanas –**

i) Pawan Muktasana, ii) Ardha halasan, iii) Viparitkarni, iv) Bhujangasan

v) Ardha Shalabhasana, vi) Vakrasana, vii) Pashchimottanasana, viii) Yog Mudra

(Vajrasana) ix) Akarna Dhanurasana. x) Tadasana, xi) Standing Chakrasana,

xii) Janushirsana, xiii) Yogmudra in Padmasana, xiv) Sarvangasana, xv) Halasana, xvi)

Vrikshasana, xvii) Trikonasana, xviii) Dhanurasana, xix) Shalabhasana, xx) Ardha

Macchindrasana & xxi) Supta Vajrasana.

1) One Type by Examiner Choice - 15 Marks

2) One Type by Candidate Choice - 15 Marks

D) Practical Note Book ... 10 Mark

17BA113

Introduction to Physical Education-II

Theory Marks: 50

Internal Assessment: 20

Course out come:

- To acquire knowledge of Individual differences (Psychological)
- To gain the knowledge of learning

Unit I:

- a) Role of Growth and Development in Physical Education
- b) Causes of Individual differences (Psychological)
- c) Difference between growth and development
- d) Types of Individual differences

Unit II:

- a) Learning meaning and definition
- b) Charecteristic of learning
- c) Laws of learning
- d) learning curves

- Unit III:**
- Contribution of Vyayamshalas in development of Physical Education in India.
 - Contribution of Akhadas in development of Physical Education in India.
 - Contribution of Shree H.V.P.Mandal in development of Physical Education in India.
 - Meaning and characteristics of Profession

- Unit IV:** Introduction of following Institutions & Organization
- H.V.P.M.
 - Y.M.C.A.
 - L.N.U.P.E.
 - N.C.T.E.

Distribution of Marks for External Examination

Total -50 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 ten marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment

20 Marks

- Attendance Regularity and Discipline
- Assignments

10 Marks
10 Marks

17BA114

Practical of Physical Education

Total: 30 Marks

Examination System, Distribution of Marks and Teaching Contents

Activities of the examination are grouped into the following Sections the contents of each activity are given below

Section-I

Athletics

- | | | | | |
|------|----------|---|-----------------------|----------|
| i) | Running | - | 100 Mts /200 Mts. | 10 Marks |
| ii) | Jumping | - | Broad Jump/ Long Jump | 10 Marks |
| iii) | Throwing | - | Shot Put/Discus Throw | 10 Marks |

Note Book of Athletics covering warming up and Skill.

Reference Books:

- | | | |
|--|---|---|
| 1) Foundation of Physical Education | - | C. A. Bucher |
| 2) Introduction to Physical Education | - | Sharma J.R. |
| 3) Manual of Physical Education | - | Wakharkar |
| 4) Principles & History of Physical Education | - | Hariharan and Tirunarayan |
| 5) Principles of Physical Education | - | Sujan Singh |
| 6) Essential of Physical Education | - | Dr. Ajmer Singh,
Dr. Jagtar Singh Gill & other |
| 7) Elements of Physical Education | - | Dr. Javed Ali |
| 8) Psychology in Physical Education and Sports | - | Dr. M. L. Kamlesh |
| 9) Sports Medicine and Physical Education | - | N. B. Shukla |
| 10) Concepts & Issue in Sports Nutrition | - | Dr. Sharad C. Mishra |
| 11) The Sociology of Sports | - | Eirst D. |
| 12) Biomechanics of Sports | - | Richard C. Nelson |
| 13) The Principle and Methods of Teaching | - | Kamala Bhatia |
| १४) शारीरिक शिक्षा तत्त्व | — | योगरीराज थानी |
| १५) शारीरिक शिक्षा के सिद्धांत तथा इतिहास | — | डॉ. एम. एल. मलेश |
| १६) शारीरिक शिक्षा के सिद्धांत तथा इतिहास | — | आर.सी. कंवर |
| १७) शारीरिक शिक्षा के सिद्धांत एवं इतिहास | — | एन.पी.शर्मा |

१८) शारीरिक शिक्षा के सिद्धांत	—	एकता थानी
१९) शिक्षा मनोविज्ञान	—	पी.डी.पाठक
२०) शिक्षा मनोविज्ञान	—	सुरेश भटनागर
२१) शिक्षा एवं क्रिडा मनोविज्ञान	—	रमेशचंद्र कंवर
२२) गामक गति का यांत्रिक विश्लेषण	—	आर.सी. कंवर
२३) खेल मनोविज्ञान	—	एस. के. मंगल/एम.एम.भाटिया
२४) शारीरिक शिक्षा में मनो दार्शनिक तथा जैवयांत्रिक पहलू	—	आर.सी.कपिल/तथा अन्य

17BA113

Fundamentals of Psychology-II

Theory Marks: 50

Internal Assessment: 20

Course outcome:

- Students can get the knowledge of classical-conditions-Generalization and meaning of Intelligence
- This syllabus is useful for students in their personality development.
- Students have opportunity to study of average child, Above average child and mentally retarded child and recognize them.

Objective : To provide understanding of basic Psychological Processes and its Application in Everyday Life.

Unit-I Motivation:

- A) Motivation: Definition, motivational cycle, types of motives: physiological, psychological and social motives. Hierarchy of motives.
- B) Conflict of motives: nature and types of conflict, direct and indirect ways of resolving conflict.

Unit-II Emotion:

- A) Emotion: Definition, difference between feeling and emotions, physiological changes in emotion, facial feedback hypothesis, role of limbic system.
- B) Theories of emotion: James-Lange, Cannon-Bard, Schacter-Singer theory.

Unit-III Intelligence:

- A) Intelligence: Definition, types, the concept and classification of IQ, measurement and types of intelligence tests. Creativity: nature, characteristics and uses. Creativity and intelligence.
- B) Theories of intelligence: Binet, Spearman, Thurston, Gardner, Guilford and Sternberg.

Unit-IV Personality:

- A) Personality: Nature, definition, personality measurement theories of personality, determinants of personality: heredity and environment.
- B) Theories of personality: Freud, Erikson, Eysenck, and Rogers.

Distribution of Marks for External Examination

Total -50 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 ten marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment

20 Marks

- 1) Attendance Regularity and Discipline
- 2) Assignments

10 Marks
10 Marks

17BA114
Practical of Psychology

Total: 30 Marks

Practicals: (Any Five)

- 1) Span of apprehension
- 2) Retroactive Inhibition
- 3) Problem solving
- 4) Rational learning
- 5) Recall and Recognition
- 6) Pass Along Test
- 7) Personality Test

1) Record Book ----	05
2) Conduct of experiment ----	07
3) Report of experiment ----	08
4) Viva voce ----	10

Total Marks ---- 30

Books Recommended:

- | | |
|--|--|
| 1) Psychology | - Myers, D. G. (2013), McMillan, New Delhi. |
| 2) Psychology | - Ciccarelli, S. and Mayer (2008), Pearson-Longman South Asia Edition. |
| 3) Psychology (5th ed.) | - Baron and Misra (2016), Pearson, New Delhi. |
| 4) Psychology | - Passer, M. W. and Smith, R. E. (2007), The Science of Mind and Behavior; Tata McGrawHill, New Delhi. |
| 5) Introduction to Psychology | - Thompson Wadsworth., Gateways to Mind and Behavior. Singapore |
| ६) मानसशास्त्र | - सिसरेली आणि मेयर(२००८), अमृता ओक, (शोभना अभ्यंकर आणि शिला गोळाविलकर): पियरसन दक्षिण आशिया आवृत्ती. |
| ७) मानसशास्त्राची मुलतत्वे | - निशा मुंघडा आणि शशिकांत खलाने (२०१३) अथर्व प्रकाशन |
| ८) सामान्य मानसशास्त्र | - हिरवे आणि तडसरे (२००६), फडके प्रकाशन, कोल्हापूर. |
| ९) आधुनिक सामान्य मानसशास्त्र | - ईनामदार, गाडेकर आणि पाटील (२००६), डायमंड प्रकाशन, पुणे. |
| १०) सामान्य मानसशास्त्र | - पंडित, कुळकर्णी आणि गोरे (१९९९), पिंपराळे प्रकाशन, नागपूर. |
| ११) सामान्य मानसशास्त्र | - बडगुजर, बच्छाव आणि शिंदे (२००६), विद्या प्रकाशन, औरंगाबाद. |
| १२) आधुनिक सामान्य मानसशास्त्र | - पाध्ये व्ही.एस.(२०१५), विद्या प्रकाशन, औरंगाबाद. |
| १३) बोधनिक मानसशास्त्र | - बोरुडे आर.आर. (२००२), छाया प्रकाशन, औरंगाबाद. |
| १४) मानसशास्त्रीय प्रयोग आणि परिक्षण - निंबाळकर, के.पी.. (२०१६), सायको स्कॅन, वर्धा. | |
| १५) अभ्यास कौशल्य | - देशमुख, एन.एच. (२००७), वेदमुद्रा प्रकाशन, अमरावती. |

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-III

Subject Code No.	Subject Name	Teaching Scheme			Theory Examination					Practical Examination		
		Theory Credits	Practical Credits	Total Credits	Duration of Paper (Hrs)	Maximum Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Total Marks	Min. Pass Marks
17BA201	English	4	_____	4	3	80	20	100	40	_____	_____	_____
17BA202	Marathi OR Hindi	3	_____	3	3	80	20	100	40	_____	_____	_____
17BA203	Science of Yoga-I	3	_____	3	3	80	20	100	40	_____	_____	_____
17BA204	Political Science-I	3	_____	3	3	80	20	100	40	_____	_____	_____
17BA205	Environmental Education -I	2	_____	2	3	_____	50	50	20	_____	_____	_____
17BA206	Practical of Yoga	_____	4	4	_____	_____	_____	_____	_____	100	100	40
17BA207	Elective I: Theory	3	_____	3	3	50	20	70	28	_____	_____	_____
17BA208	Elective I: Practical	_____	2	2	3	_____	_____	_____	_____	30	30	12
Total		_____	_____	24	_____	_____	_____	520	_____	_____	130	_____

List of Elective Subjects

	Subject Name
A	Methods in Physical Education -I
B	Practical of Physical Education
C	Social Psychology -I
D	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.

2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-IV

Subject Code No.	Subject Name	Teaching Scheme			Theory Examination					Practical Examination		
		Theory Credits	Practical Credits	Total Credits	Duration of Paper (Hrs)	Maximum Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Total Marks	Min. Pass Marks
17BA209	English	4	_____	4	3	80	20	100	40	_____	_____	_____
17BA210	Marathi OR Hindi	3	_____	3	3	80	20	100	40	_____	_____	_____
17BA211	Science of Yoga-II	3	_____	3	3	80	20	100	40	_____	_____	_____
17BA212	Political Science-II	3	_____	3	3	80	20	100	40	_____	_____	_____
17BA213	Environmental Education -II	2	_____	2	3	_____	50	50	20	_____	_____	_____
17BA214	Practical of Yoga	_____	4	4	_____	_____	_____	_____	_____	100	100	40
17BA215	Elective I: Theory	3	_____	3	3	50	20	70	28	_____	_____	_____
17BA216	Elective I: Practical	_____	2	2	3	_____	_____	_____	_____	30	30	12
Total		_____	_____	24	_____	_____	_____	520	_____	_____	130	_____

List of Elective Subjects

	Subject Name
A	Methods in Physical Education -II
B	Practical of Physical Education
C	Social Psychology -II
D	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.

2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

**SYLLABUS
PRESCRIBED FOR
B.A. PART II EXAMINATION
SEMESTER-III
Course Code: 17BA201
COMPULSORY ENGLISH**

Time: 3 Hours

Theory: 80 Marks

Internal Assessment: 20 Marks

Min Passing : 32 Marks

Min Passing : 08 Marks

Course outcome: To improve the ability of the students in written communication

Prescribed Textbook : Blossoming flowers by Board of Editors & published by Orient Blackswan.

UNIT I -PROSE

1. India's Message to the World – Swami Vivekanand
2. The Pleasure of Ignorance – Robert Lynd
3. The Happy Prince – Oscar Wilde
4. The Three Questions – Leo Tolstoy

UNIT II- POETRY

5. Sonnet 116 – William Shakespeare
6. Dirge - James Shirley
7. Leisure – W.H. Davies
8. A Baby Asleep After Pain – D. H. Lawrence

UNIT III - GRAMMAR

9. Clauses:
 - ✓ Main Clause
 - ✓ Subordinate Clause (Noun Clause, Adverb Clause, Adjective Clause)
10. Types of Sentences:
 - ✓ Assertive /Affirmative Sentences
 - ✓ Exclamatory Sentences
 - ✓ Negative Sentences
 - ✓ Interrogative Sentences
 - ✓ Simple Sentences
 - ✓ Compound Sentences
 - ✓ Complex Sentences
 - ✓ Compound Complex Sentences

UNIT IV- COMMUNICATION SKILLS

- 11 . Telephone Conversation
 - ✓ Answering the Telephone and Asking for someone
 - ✓ Taking and Leaving Messages
 - ✓ Making Enquiries on the Phone
- 12 . Interpersonal Conversation
 - ✓ Getting People's Attention and Interrupting
 - ✓ Making Requests and Responding to them
 - ✓ Asking for Direction and Giving Directions

UNIT V- MULTIPLE CHOICE QUESTIONS

Based on the prescribed text Unit I & II only.

Internal Assessment

Viva- Voce

- A) Personal Interview
- B) Seminar- Presentation (Based on prescribed text: Prose & Poetry)

Examination System

Unit-I (16 Marks)

Prose i) The students will have to answer TWO out of THREE short answer questions of 3 each = 6 marks.

ii) The students will have to answer TWO out of THREE long answer questions of 5 each = 10 marks.

Unit-II (16 Marks)

Poetry i) The students will have to answer TWO out of THREE short answer questions of 3 each = 6 marks.

ii) The students will have to answer TWO out of THREE long answer questions of 5 each = 10 marks.

Unit-III (16 Marks)

Grammar :

- i) Clauses = 06 Marks
- ii) Types of Sentences = 10 Marks

Unit-IV (16 Marks)

Communication Skills:

- i) Telephonic Conversation = 8 Marks
- ii) Interpersonal conversation = 8 Marks

Unit-V (16 Marks)

Multiple Choice Questions (MCQ)

Based on Unit I & II : The students will have to answer SIXTEEN out of SIXTEEN MCQ's
= 16 Marks

Internal Assessment

i) Viva- Voce = 20 Marks

- a) Personal Interview = 10 Marks
- b) Seminar – Presentation = 10 Marks

Note :

1. The teachers are expected to impart formal training in Grammar Composition, Making Introduction. Greeting People, Talking about Family, Describing People, Place & Animals, Expressing Feeling, Inviting, Suggesting, Accepting & Refusing, Reading & Oral Skills in the tutorial classes.

2. Internal examiner shall interview an examiner to test his or her spoken skills

3. There shall be separate passing for theory & Internal Assessment.

बी. ए. भाग - २ मराठी (आवश्यक)

सत्र ३ रे

॥ गुण विभागणी ॥

वेळ - ३ तास

एकूण गुण - १००

लेखी गुण - ८०

अंतर्गत मूल्यमापन - २०

Course outcome: पुर्वपेक्षित

मातृभाषेच्या अभ्यासातून व्यक्तिच्या अस्तित्वाला अर्थ येतो महाविद्यालयीन स्तरावर मातृभाषा मराठीवर प्रभुत्व असणे अपेक्षित आहे. मराठी साहित्यातील ललित, काव्य, वैचारिक, व तात्वीक वाङ्मयीन प्रकाराचा विद्यार्थ्यांना परिचय व्हाव व यातून व्यक्तिमत्व विकास साधता येईल.

उद्दिष्ट्ये/ हेतू

- कला शाखेच्या अभ्यासक्रमानुसार बी. ए. योगशास्त्र भाग २ या वर्षासाठी मराठी विषयाचे निश्चित उद्दिष्टनुसार संपादित केलेले 'वैखरी भाग - २' हे पुस्तक आहे.
- सर्वसामान्यांना कळतील अशा शब्दात सामाजिक जाणीव करून देणा-या संत गाडगेबाबांचे विचार तरुण पिढीच्या विचारांना आकार देईल त्यातून मुल्यशिक्षणाचे घडे मिळतील.
- युवापिढीच्या विचारांना आकार देण्याच्या दृष्टिने महापुरुषांचे विचारधन या पुस्तकातील पाठांच्या द्वारे तरुणांपर्यंत पोहचावे हा एक उद्देश आहे.
- पत्रलेखन, निबंधलेखन हा मराठी भाषेच्या अभ्यासातील महत्वाचा घटक आहे या घटकाचा विशेष अभ्यास पदवीस्तरावर केल्या जावा या हेतूने याचा अभ्यासक्रमात समावेश केला आहे.
- भाषा संवादाचे प्रभावी साध आहे. यादृष्टीने मराठी भाषेच्या अभ्यासाचे महत्व लक्षात घेवून अभ्यास क्रमाची रचना केली जावी हा हेतू प्रमुख ठरतो.

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक

--

'मृदंग' भाग २ (विभाग 'अ', 'ब', आणि 'क' साठी)

विभाग - अ	वैचारिक	—	१६ गुण
विभाग - ब	ललित	—	१६ गुण
विभाग - क	कविता	—	१६ गुण
विभाग - ड	उपयोजित मराठी	—	१६ गुण
	वैचारिक, ललित व कविता या	—	१६ गुण
	विभागांवर वस्तुनिष्ठ बहुपर्यायी प्रश्न		

विभाग 'अ' व 'ब' यावर प्रत्येकी सोळा गुणांचा एक दीर्घोत्तरी प्रश्न -- ३२ गुण

विभाग 'क' यावर प्रत्येकी आठ गुणांचे दोन लघुत्तरी प्रश्न -- १६ गुण

विभाग 'ड' मधील उपयोजित मराठीवर प्रत्येकी आठ गुणांचे दोन लघुत्तरी प्रश्न -- १६ गुण

वस्तुनिष्ठ प्रश्न - उपरोक्त अभ्यासक्रमातील विभाग 'अ', 'ब' आणि 'क' यावर -- १६ गुण

आधारित वस्तुनिष्ठ स्वरूपाचे एकूण १६ बहुपर्यायी प्रश्न

विचारले जातील. प्रत्येक प्रश्नास एक गुण याप्रमाणे हा

प्रश्न १६ गुणांचा असेल.

विभाग 'ड' साठी संदर्भग्रंथ म्हणून 'उपयोजित मराठी' संपादक - केतकी मोडक व इतर, पद्मगंधा प्रकाशन, पुणे हा ग्रंथ

असेल. या ग्रंथातील प्रकरण ३ रे 'वक्तृत्व कला' व प्रकरण २३ वे 'सुत्रसंचालन' या प्रकरणांवर प्रत्येकी ०८ गुणांचा एक लघुत्तरी प्रश्न विचारण्यात येईल.

अंतर्गत मूल्यमापन : एकूण २० गुणांची अंतर्गत मूल्यमापन परीक्षा राहील.

- गुण विभागणी :

१) गृहपाठ -- १० गुण

२) मौखिक परीक्षा -- १० गुण

लेखी परीक्षा व अंतर्गत मूल्यमापन या दोन्ही परीक्षांमध्ये स्वतंत्रपणे उत्तीर्ण होणे आवश्यक राहील. त्यासाठी किमान गुण खालीलप्रमाणे आवश्यक असतील.

- लेखी परीक्षा -- ८० पैकी ३२ गुण आवश्यक

- अंतर्गत मूल्यमापन -- २० पैकी ०८ गुण आवश्यक

सूचना : १) गृहपाठ हा पाठ्यपुस्तकांव्यतिरिक्त अन्य कोणत्याही भाषिक व वाङ्मयीन कौशल्य विकसित करणाऱ्या विषयावर असावा.

२) मौखिक परीक्षा ही गृहपाठावर आधारित असेल.

Course Code: 17BA202
बी. ए. भाग १ मराठी (आवश्यक)
सत्र ३

विभाग अ) वैचारिक

- | | | |
|---|---|--------------------------------|
| १) शुद्ध चारित्र्याचा प्रज्ञावंत राजकारणी | — | तर्कतीर्थ लक्ष्मणशास्त्री जोशी |
| २) मीपण स्वत्वाच्या सीमेत दरवळल, तोपर्यंतच ते सुगंधी असत! | — | आ. ह. साळुंखे |
| ३) भाषाभिवृद्धीची सामाजिक दृष्टी | — | श्री. म. माटे |

विभाग ब) ललित

- | | | |
|--------------------|---|--------------------|
| १) आज्ञापत्र | — | रामचंद्रपंत अमात्य |
| २) माझे दत्तक वडील | — | चिं. वि. जोशी |
| ३) दिवस असे होते | — | दया पवार |

विभाग क) कविता

- | | | |
|--------------------|---|-------------------------|
| १) संतवाणी | — | अ) चोखामेळा ब) सोयराबाई |
| २) अखेर कमाई | — | कुसुमाग्रज |
| ३) पाखरे | — | केशव मेश्राम |
| ४) जातं | — | श्रीकांत देशमुख |
| ५) सात बाराची नोंद | — | लक्ष्मण महाडिक |
| ६) शांतता | — | सिध्दार्थ भगत |

विभाग ड) व्यावहारिक मराठी

- | | | |
|-----------------|---|--|
| १) वक्तृत्व कला | संदर्भ ग्रंथ : 'उपयोजित मराठी'
मधील प्रकरण २२ वे | संपा. केतकी मोडक व इतर
पद्मगंधा प्रकाशन, पुणे |
| २) सूत्रसंचालन | संदर्भ ग्रंथ : 'उपयोजित मराठी'
मधील प्रकरण २३ वे | |

Course Code: 17BA202
अनिवार्य हिन्दी
तृतीय सत्र

कुल अंक — १००

लिखित परीक्षा — ८०

आंतरिकमूल्यांकन — २०

नियोजित पाठ्यपुस्तक 'आभा' राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स, नागपुर यह पुस्तक अध्ययन तथा अध्यापन के लिए निर्धारित की गई है . यह पुस्तक प्रथम तृतीय तथा चतुर्थ सत्र के लिए निर्धारित है
 संपूर्ण पाठ्यक्रम पाँच इकाइयों में विभाजित है.

- १) प्रथम इकाई — गद्यविभाग (१ से ६ पाठ)
- २) द्वितीय इकाई — पद्य विभाग (१ से ६ कविताएँ)
- ३) तृतीय इकाई- : व्यावहारिक भाषा और हिन्दी

I. पल्लवन

II. संक्षेपण

- ४) चतुर्थ इकाई : सामान्य भाषायी ज्ञान

I. समश्रुत भिन्नार्थक शब्द

II. समानार्थी शब्दों में सूक्ष्म अंतर

III. एक शब्द और विभिन्न प्रयोग

IV. अन्वय

V. संधि

VI. समास

VII. पदान्वय

VIII. विग्रह

५) इकाई पाँच - संपूर्ण पाठ्यक्रम से वस्तुनिष्ठ / अतिलघूत्तरी प्रश्न
अंक विभाजन एवं प्रश्नपत्र का स्वरूप (तृतीय सत्र)

समय — ३ घंटे

पूर्णांक-८०

प्रश्न क्रं.१ - अ) दीर्घोत्तरी प्रश्न (एक)- प्रथम इकाई से - (1x8 = 8 अंक)

आ) लघूत्तरी प्रश्न (दो) प्रथम इकाई से - (2x4 = 8 अंक)

प्रश्न क्रं.२ — दो कविताओं का केन्द्रीय भाव — द्वितीय इकाईसे - (2x8 = 16 अंक)

प्रश्न क्रं.३ — अ) पल्लवन — ८ अंक

आ) संक्षेपण — ८ अंक

प्रश्न क्रं.४ — सामान्य भाषायी ज्ञान

I. समश्रुत भिन्नार्थक शब्द—	२ अंक
II. समानार्थी शब्दों में सूक्ष्म अंतर	२ अंक
III. एक शब्द और विभिन्न प्रयोग	२ अंक
IV. अन्वय	२ अंक
V. संधि	२ अंक
VI. समास	२ अंक
VII. पदान्वय	२ अंक
VIII. विग्रह	२ अंक

प्रश्न क्रं.५ संपूर्ण पाठ्यक्रम से (वस्तुनिष्ठ / अतिलघूत्तरी) १६ प्रश्न पूछे जायेंगे प्रत्येक प्रश्न के लिए एक अंक होगा। (1x16 = 16 अंक)

सूचना :- इकाई एक, दो, तीन एवं चार से सभी प्रश्न विकल्प के साथ पूछे जायेंगे

इकाई एक में जिन पाठों से दीर्घोत्तरी प्रश्न पूछे जायेंगे उनसे लघूत्तरी प्रश्न न पूछे जाय

आंतरिक मूल्यांकन - कुल अंक २०

I. साक्षात्कार (लेखक/पत्रकार/कृषक/प्राध्यापक/नाटककार/पुलिस/नेता/कामकाजी महिला)—१० अंक

II. विभागीय गतिविधियाँ में सहभागिता—०५ अंक

III. भितीपत्रक निर्मिती—०५ अंक

B.A. (Yogashastra) Semester-III
Course Code: 17BA203
Yoga Methodology
(Implemented from 2018-19 Session)

Time: 3 hours

Theory Marks: 80 Marks
Internal Assessment: 20 Marks
Practical: 30 Marks

Course outcome: Students should acquire knowledge of curriculum, course, lesson or activity in terms of demonstrable skills or knowledge that will be acquired by a student as a result of instruction.

- Unit-I** a) Meaning, Definition and Need of Lesson Planning, Principles of Lesson Planning.
b) Different format of lesson Plan, Planning and observation and Field Activity Lesson and classroom Teaching Lesson.
- Unit-II** a) Types of Lesson plans, Knowledge lesson, Skill lesson, Appreciation Lesson and Factors affecting the Teaching and Planning.
b) Activity Lesson on Asanas, Shatkarm.
- Unit-III** a) Meaning, Characteristics and Methods of Micro Teaching and Factors of Micro Teaching.
b) Meaning, Importance and Methods of Team Teaching.
- Unit-IV** a) Meaning, Definition and Need of Teaching Aid.
b) Classification of Teaching Aid:- Traditional Teaching Aid and Modern Teaching Aid.
- Unit-V** a) Meaning, Definition and Types of Teaching Methods
(Lecture, Demonstration, Home Assignment and Project)
b) Teaching Environment and Principles of Teaching Methods.

Distribution of Marks for External Examination

Total -80 Marks

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on five units.

Internal Assessment

20 Marks

- 1) Attendance Regularity and Discipline
2) Assignments

10 Marks
10 Marks

Reference Books:

- | | |
|--|--|
| 1. Teaching Methods for Yogic practices: | – M. L. Gharote, S. K. Ganguli. |
| 2. Principles of Education: | – Dr. R. S. Pandey. |
| 3. Principles of Methods of Teaching: | – Bhatia. |
| 4. Introduction to Teaching: | – Bernard H. C. |
| 5. शारीरिक शिक्षा अध्ययन पद्धति | – प्रा. करमरकर, डॉ. तिवारी, प्रा. शर्मा |
| 6. शिक्षा के सामान्य सिद्धांत तथा विधियाँ | – प्रा. के. के. भाटीया, प्रा.सी. एल. नारंग |
| 7. शिक्षा के सामान्य सिद्धांत | – प्रा. पाठक और प्रा. त्यागी |
| 8. शिक्षण, कला, प्रशिक्षण तकनीक एवं मनवीन पद्धतियाँ | – डॉ. एस.एस. माथूर |
| 9. सफल पाठ योजना | – डॉ. आर. एच. तिवारी |
| 10. अध्ययन शास्त्र और पद्धतियाँ | – श्री. कुंडले |
| 11. आजची अध्ययन पद्धति | – प्रा. लीला पाटील. |
| 12. Information brochures and booklets of different Yoga Institutions. | |
| 13. Syllabuses of different Yoga courses of various institutes. | |
| 14. Yoga periodicals and journals. | |

Course Code: 17BA204
Subject: - Environmental Education

Theory Marks: 50 Marks

Course outcome:

- To gain the knowledge, scope and importance of environmental studies.
- To understand the importance of environmental studies and public awareness.
- To acquire the knowledge of historical background of environmental studies.
- To understand structure, functions of ecosystem and ecological pyramids
- To understand the meaning of producers consumers and decomposers
- To acquire the knowledge of different types of ecosystem
- To understand the knowledge of effect of control measures of different types of

- 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

Distribution of Marks

Internal Examination

Total- 50 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 Ten marks each (The question can be split into subquestions of any denominations aggregating to 10 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

B.A. (Yogashastra) Semester-III

Course Code: 17BA205

Political Science

(Selected Constitutions and International Relations U.K., U.S.A. & China)

Theory Marks: 80 Marks**Internal Assessment: 20 Marks****Course outcome:**

- This course is very important to get knowledge of political systems and politics in the world.
- This course is so useful to get knowledge of political system and politics of other main countries i.e. America, England, China, Switzerland.
- This course helps students to develop their political personality.
- This course is useful for your comparative examination.
- This is very useful for your speeches, discussion and writing.
- Students can get the knowledge of international politics.

- Unit-I**
- Salient features of the Constitution of U.K.
 - Historical Background of Crown.
 - Powers of the Crown
 - Prime Minister – Appointment, Role and Function.
 - Cabinet – Structure and Function

- Unit-II** Parliamentary System of U. K.
- House of Lords – Composition, Powers and Functions (with Reference to Constitutional Reforms Act-2005)
 - House of Commons- Composition, Power and Functions
 - Role of Opposition and Shadow Cabinet.

- Unit-III**
- Salient features of the Constitution of U.S.A.
 - President – Election Process, Powers and Functions.
 - Cabinet- Structure and Functions.
 - Vice- President – Election Process, Powers and Functions.

- Unit-IV** Legislature of U.S.A. – Congress.
- Senate- Composition, Powers and Functions.
 - House of Representative- Composition, Powers and Functions
 - Supreme Court – Composition, Powers and Functions.

- Unit-V** South Asian Association for Regional Co-operation (SAARC)
- Objectives
 - Structure
 - Function.

Distribution of Marks for External Examination**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on five units.

Internal Assessment**20 Marks**

- Group Discussion
- Project

10 Marks
10 Marks

Reference Book:

- | | | |
|--|---|--|
| 1. Griffith | : | The American Government System |
| 2. Norman Hill | : | International Organization |
| 3. Khanna V.W. | : | Comparative study of Government and politics |
| 4. Show Edgas | : | Red China today |
| 5. कुळकर्णी गो. मा. | : | निवडक संविधानं |
| 6. डॉ. शा. कृ. भोगले | : | प्रमुख देशांची शासन पद्धती |
| 7. शर्मा ब्रिजमोहन | : | प्रमुख देशांची शासन प्रणालियाँ |
| 8. पोतदार के. ए. | : | चार निवडक राज्यघटना |
| 9. पाटिल बी. बी. | : | चार घटनांचा तौलनिक अभ्यास |
| 10. प्र. ग. मुळे | : | निवडक आधुनिक राजकीय व्यवस्था |
| 11. प्रा. तिजारे, प्रा. इंदापवार, प्रा. कानेटकर, | : | आधुनिक राजकीय व्यवस्था |
| 12. प्रा. रा. ज. लोटे | : | आधुनिक राजकीय व्यवस्था |
| 13. डॉ. टी. डी. मुदलीयार डॉ. ए. एस. माडे | : | चीनची राजकीय व्यवस्था |
| 14. तुलनात्मक शासन आणि राजकारण | : | डॉ. श्रीराम येरणकर |
| 15. तुलनात्मक शासन आणि राजकारण | : | प्रा. राज लोटे |

Semester-III
Course Code: 17BA206
Yoga Practical

Total Marks: 100

a) Asana, Sukshma Vyayam (25 to 48), Suryanamaskar

30Marks

Asana

20 Marks

i) Any two Asana by examiner's choice

10 Marks

ii) Any two – by examinee's choice

10 Marks

Swastikasana, Siddhasana. Chakrasana, Bhujangasana, Shalabhasana, Dhanurasana, Ardha Matsyendrasana, Simhasana, Karnapidasana, Baddha Padmasana, Kukutasana, Bakasana, Halasana, Gurudasana, Trikonasana, Konasana.

Sukshma Vyayam (25 to 48), Suryanamaskar

10 Marks

i) Any one Yogic Sukshma Vyayam-by examiner's choice

05 Marks

ii) Any one by examinee's choice

05 Marks

b) Pranayam

10 Marks

i) Two Pranayam by examiner's choice

06 Marks

ii) Two Pranayam by examinee's choice

04 Marks

c) Shatkarma

20 Marks

i) Two Shatkarma by examiner's choice

10 Marks

ii) Two Shatkarma by examinee's choice

10 Marks

d) Bandhas Mudras- Mulbandhas, Jalandharbandha, Uddiyana bandha, Mudras-

Shambhavi Mudras

10 Marks

i) One Bandhas / Mudras by examiner's choice-

05 Marks

ii) One Bandhas / Mudras by examinee's choice-

05 Marks

Practical Note Book

10 Marks

Sessional assessment

20 Marks

Semester-III
Course Code: 17BA207
Methods in Physical Education-I

Theory: 50 Marks
Internal Assessment: 20 Marks

Course outcome:

- To understand the knowledge and importance of methods in physical education & sport
- To understand the concept importance of lesson planning and importance of teaching aids.
- To understand and well equipped with the knowledge of tournaments & competition
- To gain knowledge regarding track and play fields.

Unit I : Introduction to Method

- a) Meaning, Definition and importance of teaching methods
- b) Types of method in physical education
- c) By Part method, Imitation method, Demonstration method
- d) Project method, Discussion method, Command method

Unit II : Lesson Planning

- a) Classification of pupils
- b) Methods of Classification
- c) General lesson Plan preparation of field activity
- d) Need and Importance of lesson plan

Unit III : Organisation and conduct of competition Track and Play field

- a) Athletics meet
- b) Basketball
- c) Volleyball
- d) Kho-Kho

Unit IV : Method of teaching physical Acativity

- a) Calisthenics
- b) Games and sports
- c) Atheletics
- e) Indigenous Activity

Distribution of Marks for External Examination

Total -50 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 ten marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment

20 Marks

- 1) Attendance Regularity and Discipline
- 2) Assignments

10 Marks
10Marks

Course Code: 17BA208
Practical of Physical Education
General Lesson Plan

Total: 30 Mark
30 Marks

One lesson:	:	20 Marks
Preparation of lesson Plan	:	5 X 2 = 10 Marks
Dumbbell, Lathi, Marching, Yoga, M.P.T. & any Drill		

Text Books:

१) शारीरिक शिक्षण अध्यापन पद्धती — प्रा. स. के. शिंदे

Reference Books:

१) शारीरिक शिक्षण अध्ययन व अध्यापन	—	डॉ. मकरंद जोशी
२) शारीरिक शिक्षा में शिक्षा विधियाँ	—	एम.एस. कमलेश, एम. एस.संथाल
३) शारीरिक शिक्षा की पद्धतियाँ	—	डी.पी.कविक्ष्वर
४) शारीरिक शिक्षा की पद्धतियाँ	—	डॉ. आर. सी. कंवर
५) शारीरिक शिक्षा की शिक्षण पद्धती	—	लक्ष्मीकांत पांडे

Semester-III
Course Code: 17BA207
Introduction to Positive Psychology

Marks Theory : 50
 Practical : 30
 Int.Ass. : 20

Course outcome:

- To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.
- To make students understand importance of well-being at different stages of life.
- To acquaint the students with Happiness and Positive Traits of Personality.

Objective:

- To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.
- To make students understand importance of well-being at different stages of life.
- To acquaint the students with Happiness and Positive Traits of Personality.

Unit-I What is Positive Psychology?

- A) Traditional Psychology
 - i) Why the Negative Focus?
- B) Positive Psychology: Assumption, Goals and Definitions.
 - i) Life above Zero
 - ii) Culture and the meaning of a Good Life
- C) Related fields of Positive Psychology
 - i) Health Psychology
 - ii) Clinical Psychology
 - iii) Developmental Psychology
 - iv) Social Psychology
 - v) Personality Psychology
 - vi) Psychology of Religion

Unit-II The Meaning and Measure of Happiness

- A) Why a Psychology of Well Being?
 - i) Objectives Versus Subjective Measures
 - ii) Negative Versus Positive Functioning
- B) What is Happiness? Two Traditions
 - i) Hedonic Happiness
 - ii) Eudemonic Happiness
- C) Subjective Well Being: The Hedonic Basis of Happiness
 - i) Measuring Subjective Well Being
 - ii) Life Satisfaction
 - iii) Positive Affect Negative Affect and Happiness
 - iv) Global Measures of Happiness.
- D) Self Realization: The Eudemonic Basis of Happiness
 - i) Psychological Well Being and Positive Functioning
 - ii) Need fulfilment and Self Determination Theory
 - iii) Comparing Hedonic and Eudemonic Views of Happiness

Unit-III Positive Emotion and Well Being

- A) What Are Positive Emotions?
 - i) The Broaden and Build Theory of Positive Emotion
- B) Positive Emotion Health Resources
 - i) Physical Resources
 - ii) Psychological Resources
 - iii) Social Resources
 - iv) The Limits of Positive Emotions
- C) Positive Emotions and Well Being
 - i) Happiness and Positive Behavior
 - ii) Positive Emotions and Success
 - iii) General Theory of Positivity
 - iv) Positive Emotions and Flourishing
- D) Cultivating Positive Emotions
 - i) Flow Experiences
 - ii) Savoring

Unit-IV RESILIENCE

- A) What is Resilience?
 - i) Developmental Perspective
 - ii) Clinical Perspective
 - B) Resilience Research
 - i) Sources of Resilience
 - ii) The Danger of Blaming the Victim
 - iii) Sources of Resilience in Children
 - iv) Sources of Resilience in Adulthood and Later Life
 - v) Successful Aging
 - C) Growths Through Trauma
 - i) Negative Effects of trauma
 - ii) Positive Effects of trauma
 - iii) Explanations for Growth through Trauma.
 - D) Statistics : Measures of Central Tendency (Mean, Median and Mode)
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Course Code: 18BA208**Practicals: (Any Five)**

- 1) Mental Health inventory-K. Sharma
- 2) Life satisfaction Scale- Q.G. Alam
- 3) Self perception Scale- Dr. A. Pande
- 4) PGI General Wellbeing Measure–Dr. Santosh Verma& Mrs. Amita Verma
- 5) PGI Quality of Life (R. Form)- Dr. A.C. Moudgal& S.K. Verma
- 6) Emotional Stability Questionnaire- Dr. Sanjay Verma
- 7) Emotional Competencies Scale- Dr. Harish Sharma & Rajive Lochan Bhardwaj
- 8) Achievement Motivation- Bhargawa/ Deo-Mohan

Reference Books:

1. Baumgartner S.R, Crothers M.K. (2009) Positive Psychology: Pearson Education.
 2. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
 3. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
 4. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
 5. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
 6. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
 7. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
 8. Vishwanath Shinde (2016) सकारात्मक मानसशास्त्र (Positive Psychology). Dimond Publication.
 9. Savdekar S. Labhane C & Sontakke (2013). सकारात्मक मानसशास्त्र (Positive Psychology), Prashant Publication Jalgaon.
 10. Savdekar S. Labhane C & Sontakke (2018). सकारात्मक मानसशास्त्र (Positive Psychology), Prashant Publication Jalgaon.
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**SYLLABUS
PRESCRIBED FOR
B.A. PART II EXAMINATION
SEMESTER-IV
Course Code: 17BA209
COMPULSORY ENGLISH**

Time: 3 Hours

Theory: 80 Marks

Internal Assessment: 20 Marks

Min Passing : 32 Marks

Min Passing : 08 Marks

Course outcome: To improve the ability of the students in Interpersonal Conversation and Casual Conversations

Prescribed Textbook: Blossoming flowers by Board of Editors & Published by Orient Blackswan.

UNIT I - PROSE

1. Why Are Beggars Despised – George Orwell
2. On the Conduct of Life (extract) – William Hazlitt
3. The Girl – O Henry
4. The Magic Shop – H. G. Wells

UNIT II- POETRY

5. Where the mind is without fear – Rabindranath Tagore
6. A Lament – P. B. Shelley
7. Love in Life – Robert Browning
8. Up – Christina Rossetti

UNIT III - GRAMMAR

9. Transformation of Sentences:

- ✓ Interchange of Affirmative & Negative Sentences
- ✓ Interchange of Assertive & Interrogative Sentences
- ✓ Interchange of Assertive & Exclamatory Sentences
- ✓ Conversion of Simple to Compound Sentences
- ✓ Conversion of Simple to Complex Sentences
- ✓ Conversion complex to simple sentences
- ✓ Conversion Compound to complex sentences
- ✓ Conversion of complex to Compound sentences

10. Synthesis of Sentences:

Combination of two or more simple sentences into a single simple sentence / Compound Sentence / Complex Sentence

UNIT IV- COMMUNICATION SKILLS

- 11 . Interpersonal Conversation

- ✓ Congratulating and Responding to Congratulations
- ✓ Paying Compliments, showing Appreciation, Offering Encouragement and Responding
- ✓ Asking for, Giving and Refusing Permission

- 12 . Casual Conversation

- ✓ Talking about the weather
- ✓ Describing Daily Routines
- ✓ Talking about Current Activities

UNIT V- MULTIPLE CHOICE QUESTIONS

Based on the prescribed text Unit I & II only.

Internal Assessment**Viva- Voce**

- A) Personal Interview
- B) Seminar- Presentation (Based on prescribed text: Prose & Poetry)

Examination System**Unit-I (16 Marks)**

- Prose** i) The students will have to answer TWO out of THREE short answer questions of 3 each = 6 marks
- ii) The students will have to answer TWO out of THREE long answer questions of 5 each = 10 marks.

Unit-II (16 Marks)

- Poetry** i) The students will have to answer TWO out of THREE short answer questions of 3 each = 6 marks.
- ii) The students will have to answer TWO out of THREE long answer questions of 5 each = 10 marks.

Unit-III (16 Marks)

C) Grammar : Prescribed Text Blossoming Flowers by Board of Editors & published by Orient Blackswan

- i) Transformation of Sentences = 08 Marks
- ii) Synthesis of Sentences = 10 Marks

Unit-IV (16 Marks)**D) Communication Skills:**

- i) Interpersonal Conversation = 8 Marks
- ii) Casual conversation = 8 Marks

Unit-V (16 Marks)**E) Multiple Choice Questions (MCQ)**

Based on Unit I & II : The students will have to answer SIXTEEN out of SIXTEEN MCQ's
= 16 Marks

F) Internal Assessment**i) Viva- Voce = 20 Marks**

- a) Personal Interview = 10 Marks
- b) Seminar – Presentation = 10 Marks

Note :

1. The teachers are expected to impart formal training in Grammar Composition, Making Introduction. Greeting People, Talking about Family, Describing People, Place & Animals, Expressing Feeling, Inviting, Suggesting, Accepting & Refusing, Reading & Oral Skills in the tutorial classes.
 2. Internal examiner shall interview an examiner to test his or her spoken skills
 3. There shall be separate passing for theory & Internal Assessment.
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बी. ए. भाग - २ मराठी (आवश्यक)

सत्र ४ थे

॥ गुण विभागणी ॥

वेळ - ३ तास

एकूण गुण - १००

लेखी गुण - ८०

अंतर्गत मूल्यमापन - २०

Course outcome: पुर्वपेक्षित

मातृभाषेच्या अभ्यासातून व्यक्तित्वाला अर्थ येतो महाविद्यालयीन स्तरावर मातृभाषा मराठीवर प्रभुत्व असणे अपेक्षित आहे. मराठी साहित्यातील ललित, काव्य, वैचारिक, व तात्वीक वाङ्मयीन प्रकाराचा विद्यार्थ्यांना परिचय व्हाव व यातून व्यक्तिमत्व विकास साधता येईल.

उद्दिष्ट्ये/ हेतू

- कला शाखेच्या अभ्यासक्रमानुसार बी. ए. योगशास्त्र भाग २ या वर्षासाठी मराठी विषयाचे निश्चित उद्दिष्टनुसार संपादित केलेले 'वैखरी भाग - २' हे पुस्तक आहे.
- सर्वसामान्यांना कळतील अशा शब्दात सामाजिक जाणीव करून देणा-या संत गाडगेबाबांचे विचार तरुण पिढीच्या विचारांना आकार देईल त्यातून मुल्यशिक्षणाचे घडे मिळतील.
- युवापिढीच्या विचारांना आकार देण्याच्या दृष्टिने महापुरुषांचे विचारधन या पुस्तकातील पाठांच्या द्वारे तरुणांपर्यंत पोहचवे हा एक उद्देश आहे.
- पत्रलेखन, निबंधलेखन हा मराठी भाषेच्या अभ्यासातील महत्वाचा घटक आहे या घटकाचा विशेष अभ्यास पदवीस्तरावर केल्या जावा या हेतूने याचा अभ्यासक्रमात समावेश केला आहे.
- भाषा संवादाचे प्रभावी साध आहे. यादृष्टीने मराठी भाषेच्या अभ्यासाचे महत्त्व लक्षात घेवून अभ्यास क्रमाची रचना केली जावी हा हेतू प्रमुख ठरतो.

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक

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'मृद्गंध' भाग २ (विभाग 'अ', 'ब', आणि 'क' साठी)

विभाग - अ	वैचारिक	—	१६ गुण
विभाग - ब	ललित	—	१६ गुण
विभाग - क	कविता	—	१६ गुण
विभाग - ड	उपयोजित मराठी	—	१६ गुण
	वैचारिक, ललित व कविता या	—	१६ गुण
	विभागांवर वस्तुनिष्ठ बहुपर्यायी प्रश्न		

विभाग 'अ' व 'ब' यावर प्रत्येकी सोळा गुणांचा एक दीर्घोत्तरी प्रश्न — ३२ गुण

विभाग 'क' यावर प्रत्येकी आठ गुणांचे दोन लघुत्तरी प्रश्न — १६ गुण

विभाग 'ड' मधील उपयोजित मराठीवर प्रत्येकी आठ गुणांचे दोन लघुत्तरी प्रश्न — १६ गुण

वस्तुनिष्ठ प्रश्न - उपरोक्त अभ्यासक्रमातील विभाग 'अ', 'ब' आणि 'क' यावर — १६ गुण

आधारित वस्तुनिष्ठ स्वरूपाचे एकूण १६ बहुपर्यायी प्रश्न विचारले जातील. प्रत्येक प्रश्नास एक गुण याप्रमाणे हा प्रश्न १६ गुणांचा असेल.

विभाग 'ड' साठी संदर्भग्रंथ म्हणून 'उपयोजित मराठी' संपादक - केतकी मोडक व इतर, पद्मगंधा प्रकाशन, पुणे हा ग्रंथ

असेल. या ग्रंथातील प्रकरण ९ वे 'माहितीपत्रक' व प्रकरण १० वे 'निमंत्रणपत्रिका व कार्यक्रमपत्रिका' या प्रकरणांवर प्रत्येकी ०८ गुणांचा एक लघुत्तरी प्रश्न विचारण्यात येईल.

अंतर्गत मूल्यमापन : एकूण २० गुणांची अंतर्गत मूल्यमापन परीक्षा राहील.

- गुण विभागणी :

१) गृहपाठ — १० गुण

२) मौखिक परीक्षा — १० गुण

लेखी परीक्षा व अंतर्गत मूल्यमापन या दोन्ही परीक्षांमध्ये स्वतंत्रपणे उत्तीर्ण होणे आवश्यक राहील. त्यासाठी किमान गुण खालीलप्रमाणे आवश्यक असतील.

● लेखी परीक्षा — ८० पैकी ३२ गुण आवश्यक

● अंतर्गत मूल्यमापन — २० पैकी ०८ गुण आवश्यक

सूचना : १) गृहपाठ हा पाठ्यपुस्तकांव्यतिरिक्त अन्य कोणत्याही भाषिक व वाङ्मयीन कौशल्य विकसित करणाऱ्या विषयावर असावा.

२) मौखिक परीक्षा ही गृहपाठावर आधारित असेल.

17BA210
बी. ए. भाग १ मराठी (आवश्यक)
सत्र — ४

विभाग अ) वैचारिक

- | | |
|-----------------------|-------------------------|
| १) स्त्रि-पुरुष तुलना | — ताराबाई शिंदे |
| २) आरसा | — डॉ. बाबासाहेब आंबेडकर |
| ३) विज्ञानयुगात भारत | — जयंत नारळीकर |

विभाग ब) ललित

- | | |
|---|---------------------------|
| १) गाडगेबाबांच्या किर्तनातले तत्वज्ञान | — प्रबोधकार के. सी. ठाकरे |
| २) स्मशानातील सोनं | — अण्णाभाऊ साठे |
| ३) स्त्रीवादी चळवळीने आम्हाला आमच्या अस्तित्वाची जाणीव दिली | — दया पवार |

विभाग क) कविता

- | | |
|------------------------------|----------------------------|
| १) संतवाणी | — अ) एकनाथ ब) कान्होपात्रा |
| २) सारेच दिप कसे मंदावले आता | — अनिल |
| ३) जिवलगा | — शांता शेळके |
| ४) जागजागी | — भ.मा.परसावळे |
| ५) पेटवू नकां देश | — मिर्झा रफी अहमद बेग |
| ६) माती | — राजेश महल्ले |

विभाग ड) व्यावहारिक मराठी

- | | | |
|----------------------|--|---|
| १) माहितीपत्रक | संदर्भ ग्रंथ : 'उपयोजित मराठी' मधील प्रकरण ९ वे | संपा. केतकी मोडक व इतर पद्मगंधा प्रकाशन, पुणे |
| २) निमंत्रणपत्रिका व | संदर्भ ग्रंथ : 'उपयोजित मराठी' मधील प्रकरण १० वे | |

17BA210
अनिवार्य हिन्दी
चतुर्थ सत्र

कुल अंक — १००

लिखित परीक्षा — ८०

आंतरिकमूल्यांकन — २०

नियोजित पाठ्यपुस्तक 'आभा' राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स, नागपुर यह पुस्तक अध्ययन तथा अध्यापन के लिए निर्धारित की गई है संपूर्ण पाठ्यक्रम पाँच इकाइयों में विभाजित है.

- १) प्रथम इकाई — गद्यविभाग (७ से १२ पाठ)
२) द्वितीय इकाई — पद्य विभाग (७ से १२ कविताएँ)
३) तृतीय इकाई : व्यावहारिक भाषा और हिन्दी

I. विज्ञापन लेखन

II. वृत्तांत लेखन

- ४) चतुर्थ इकाई : सामान्य भाषायी ज्ञान

I. पदनाम

II. पारिभाषिक शब्दावली

III. समूहार्थक शब्द

IV. ध्वन्यात्मक शब्द

V. सम्मानसूचक शब्द

VI. अनेक शब्दों के लिए एक शब्द

VII. वाक्य परिवर्तन

VIII. हिन्दी और मराठी में प्रयुक्त समान शब्दों में अंतर

- ५) इकाई पाँच - संपूर्ण पाठ्यक्रम से वस्तुनिष्ठ / अतिलघूत्तरी प्रश्न

अंक विभाजन एवं प्रश्नपत्र का स्वरूप (चतुर्थ सत्र)

समय — ३ घंटे

पूर्णांक-८०

प्रश्न क्रं.१ - अ) दीर्घोत्तरी प्रश्न (एक)- प्रथम इकाई से - (1x8 = 8 अंक)

आ) लघूत्तरी प्रश्न (दो) प्रथम इकाई से - (2x4 = 8 अंक)

प्रश्न क्र.२ – दो कविताओं का केन्द्रीय भाव – द्वितीय इकाईसे - (2x8 = 16 अंक)

प्रश्न क्र.३ – व्यावहारिक भाषा और हिन्दी

I. विज्ञापन लेखन— ८ अंक

II. वृत्तांत लेखन — ८ अंक

प्रश्न क्र.४ – सामान्य भाषायी ज्ञान

I. पदनाम	२ अंक
II. पारिभाषिक शब्दावली	२ अंक
III. समूहार्थक शब्द	२ अंक
IV. ध्वन्यात्मक शब्द	२ अंक
V. सम्मानसूचक शब्द	२ अंक
VI. अनेक शब्दों के लिए एक शब्द	२ अंक
VII. वाक्य परिवर्तन	२ अंक
VIII. हिन्दी और मराठी में प्रयुक्त समान शब्दों में अंतर	२ अंक

प्रश्न क्र.५ संपूर्ण पाठ्यक्रम से (वस्तुनिष्ठ / अतिलघुत्तरी) १६ प्रश्न पूछे जायेंगे प्रत्येक प्रश्न के लिए एक अंक होगा। (1x16=16 अंक)

सूचना :- इकाई एक, दो, तीन एवं चार से सभी प्रश्न विकल्प के साथ पूछे जायेंगे

इकाई एक में जिन पाठों से दीर्घोत्तरी प्रश्न पूछे जायेंगे उनसे लघुत्तरी प्रश्न न पूछे जाय

आंतरिक मूल्यांकन - कुल अंक २०

I. निबंध परियोजना (हिन्दी का महत्व/हिन्दी की दशा और दिशा/तकनीकी हिन्दी/वैश्वीकरण और हिन्दी)—१० अंक

II. श्रवण कौशल्य —०५ अंक

III. आशुभाषण कौशल—०५ अंक

B.A. (Yogashastra) Semester-IV

17BA211

Subject Name: Science of Yoga (Compulsory)

Course outcome:

Yoga Education is based on four aspects - Bhavas or attitudes: Dharma (Duty and Discipline), Jnana (Knowledge), Vairagya (Detachment) and Aishvarya (Self-realization). Students would realise the same.

Unit –I	a) Introduction and General Consideration of Patanjali Yoga darshan. b) Concepts of Chittavritti and their control.
Unit –II	a) Concepts of Panchklesha : P.Y.S.II-3 (Avidya, Asmita Rag, Dwesh and Abhinivesh). b) Concepts of Antaraya P.Y.S.II : (Vyadhi, Sthyan, Sansaya Pramad, Alasya, Avirati, Bhuranridarshan, Alabdhabhumikatva, Anavasthitatva.
Unit – III	a) Concept of Kriyayoga: P.Y.S.II-1 and 2 (Tap, Swadhyaya and Ishwarpranidhana) b) Concepts of Asana as per Patanjali: P.Y.S.II-46,47 and 43 and Types of Asanas as per Hathayoga.
Unit – IV	a) Concept of Pranayama as per Patanjali P.Y.S.II-49,50,51 and 52 and Types of Kumbhaka as per Hathayoga. b) Concept of Dharana as per Patanjali P.Y.S.III-1 and Types of Dharana as per Hathayoga.
Unit –V	a) Concept of Dhyana as per Patanjali P.Y.S.II-2 and Types of Dhyana as per Hathayoga. b) Concept of Samadhi as per Patanjali P.Y.S.III-3 and P.Y.S.III-4 and Types of Samadhi.

Reference Books:**1. योगाभ्यास सुखी जीवन**

1. पतंजल योगसुत्र
2. पतांजली योगसुत्र
3. Patanjali Yoga Sutra
4. योग स्वास्थ्य कुंजी
5. योग, प्रवेश व परिचय
6. योग के सिद्धांत एवं अभ्यास
7. Science of Yoga
8. Gharend Samhita

- प्रा. श्रीपाद जर्दे चंद्रमा प्रकाशन, 246 अ/ई, गायत्री नागाळा पार्क, कोल्हापूर-3
- गोयनका, गीताप्रेस, गोरखपुर
- डॉ. डॉ. अरुण खोडस्कर, श्री. ह.व्या. प्र मंडळ, अमरावती
- Dr. P. V. Karambelkar
- डॉ. अरुण खोडस्कर, श्री. ह.व्या. प्र मंडळ, अमरावती
- विश्वास मंडलिक, योग विद्याघात, नासिक
- डॉ. कालिदास जोशी, सागर विद्यापीठ, सागर
- I.K.Taimni
- Swami Digamberji

Distribution of Marks for External Examination**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on five units.

Internal Assessment**20 Marks**

1) Group Discussion

10 Marks

2) Project

10 Marks

B.A. (Yogashastra) Semester-IV

17BA212

Subject Name: Disaster Management**Theory Internal Marks: 50 Marks****Course outcome:**

- To acquire the knowledge of different types of disaster management
- To study the different social environmental issues like water conservation, global warming and conservation acts.
- To understand the need of knowledge of human pollution, population, human health and effect of fire environment

Unit –I	Introduction to Disasters: Concepts, and definitions (Disaster, Hazard, Vulnerability, Resilience, Risks) Disasters: Classification Causes, Impacts (including social, economic, political, environmental, health, psychosocial, etc.) Differential impacts- in terms of caste, class, gender, age, location, disability Global trends in disasters, urban disasters, pandemics, complex emergencies, Climate change.
Unit –II	Approaches to Disaster Risk reduction: Disaster cycle - its analysis, Phases, Culture of safety, prevention, mitigation and preparedness community based DRR, Structural- nonstructural measures, roles and responsibilities of- community, Panchayati Raj Institutions/Urban Local Bodies (PRIs/ULBs), states, Centre, and other stake-holders.
Unit –III	Inter-relationship between Disasters and Development: Factors affecting Vulnerabilities, differential impacts, impact of Development projects such as dams, embankments, changes in Land-use etc. Climate Change Adaptation. Relevance of indigenous knowledge, appropriate technology and local resources
Unit –IV	Disaster Risk Management in India Hazard and Vulnerability profile of India Components of Disaster Relief: Water, Food, Sanitation, Shelter, Health, Waste Management Institutional arrangements (Mitigation, Response and

Preparedness, DM Act and Policy, Other related policies, plans, programs and legislation).

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, IAS and Sage Publishers, New Delhi.

References:

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.
7. Document on World Summit on Sustainable Development 2002.

Govt. of India: Disaster Management Act 2005, Government of India, New Delhi.

Note: There will be a Project Work (Field Work, Case Studies) for this subject. The project/fieldwork is meant for students to understand vulnerabilities and to work on reducing disaster risks and to build a culture of safety. Project must be conceived creatively based on the geographic location and hazard profile of the region where the college is located.

Distribution of Marks

Internal Examination

Total- 50 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 Ten marks each (The question can be split into subquestions of any denominations aggregating to 10 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Subject Code: 17BA213

Political Science

(Selected Constitutions and International Relations U.K., U.S.A. & China)

Theory Marks: 80 Marks

Internal Assessment: 20 Marks

Course outcome:

- This courses is very important to get knowledge of political systems and politics in the world.
- This courses so useful to get knowledge of political system and politics of other main countries i.e. America, England, China, Switzerland.
- This courses help students to develop their political personality
- This courses is useful for their competitive examination.
- Student can get the knowledge of international politics.

- Unit-I**
- i) Salient features of the Constitution of China (1982).
 - ii) National People Congress (NPC)-Composition, Power and Functions.
 - iii) Standing Committee-Composition, Power and Function

- Unit-II**
- i) President of China-Appointment, Role and Function
 - ii) State Council of China-Composition, Powers and Functions
 - iii) Prime Minister of China- Appointment, Role and Function
 - iv) Role of Communist Party in China

Unit-III United Nation organization (UNO)

- i) Charter
- ii) Aims and Basic Principles.
- iii) General Assembly of UNO-Composition and Functions.

Unit-IV i) Security-Council of UNO-Composition and Functions

- ii) Secretary General-Appointment, Powers and Function
- iii) International Court of Justice – Composition and Powers.

Unit-V Indo-China Relations – Major Issues:

- i) Tibet Dispute
- ii) Role of China about India in UNO
- iii) Impact of Chinese goods and market on Indian Economy.

Distribution of Marks for External Examination**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining Five questions based on Five units with internal choice will have Fourteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on five units.

Internal Assessment**20 Marks**

- 1) Group Discussion
- 2) Project

10 Marks

10 Marks

Reference Book:

1. Griffith	:	The American Government System
2. Norman Hill	:	International Organization
3. Khanna V.W.	:	Comparative study of Government and politics
4. Show Edgas	:	Red China today
5. कुळकर्णी गो. मा.	:	निवडक संविधानं
6. डॉ. शा. कृ. भोगले	:	प्रमुख देशांची शासन पद्धती
7. शर्मा ब्रिजमोहन	:	प्रमुख देशांची शासन प्रणालियाँ
8. पोतदार के. ए.	:	चार निवडक राज्यघटना
9. पाटिल बी. बी.	:	चार घटनांचा तौलनिक अभ्यास
10. प्र. ग. मुळे	:	निवडक आधुनिक राजकीय व्यवस्था
11. प्रा. तिजारे, प्रा. इंदापवार, प्रा. कानेटकर,	:	आधुनिक राजकीय व्यवस्था
12. प्रा. रा. ज. लोटे	:	आधुनिक राजकीय व्यवस्था
13. डॉ. टी. डी. मुदलीयार डॉ. ए. एस. माडे	:	चीनची राजकीय व्यवस्था
14. डॉ. श्रीराम येरणकर	:	तुलनात्मक शासन आणि राजकारण
15. प्रा. राज लोटे	:	तुलनात्मक शासन आणि राजकारण

Practice Teaching**Subject Code: 17BA214****TEACHING PRACTICE EXAMINATION****Practice Teaching****Total Marks: 100****Note:**

- a) 5 lessons taken throughout the Year 5 x 10 = 50 **Total = 50 Marks**
(Each lesson 10 Marks to be assessment internal)

- b) One lesson to be given at the annual Examination **Total = 50 Marks**

- 1. Teaching Ability 10 Marks
- 2. Control in Class 10 Marks
- 3. Personality of Pupil Teacher 10 Marks 5 x 10 = 50
- 4. Use of Teaching Aid 10 Marks
- 5. Demonstration 10 Marks

Methods in Physical Education-II
Subject Code: 17BA215

Theory: 50 Marks
Internal Assessment: 20 Marks

Course outcome:

- To understand the knowledge of different teaching techniques.
- To gain the knowledge and well equipped with different teaching aids.
- To understand the different types of lesson planning and teaching innovations.

Unit I : Tournaments

- a) Meaning and Definition of Tournament
- b) Types of Tournaments
- c) Knock out Tournaments
- d) Advantage and disadvantage of Tournaments

Unit II : Teaching Techniques

- a) Presentations of Technique
- b) personal presentations & Technical presentations
- c) Steps of presentations
- d) Types of class formations

Unit III : Specific lesson Planning

- a) Specific lesson Plan- Kho-Kho, Kabaddi, Volley ball, Handball, Athletic.
- b) Construction and Layout-Track and field.
- c) Play Ground
- d) Incentives state and National Award.

Unit IV : Leadership and Supervision

- a) Meaning and definition of leadership
- b) Definition and meaning of Supervision
- c) Quality of good supervision
- d) Quality of good Leadership

Distribution of Marks for External Examination

Total -50 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 ten marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Internal Assessment

20 Marks

- 1) Attendance Regularity and Discipline
- 2) Assignments

10 Marks
10 Marks

17BA216
Practical of Physical Education

Total: 30 Marks

Preparation of specific lesson Plan	:	5 X 2 = 10 Marks
Volleyball, Handball, Kho-Kho, Kabaddi, Athletics.		
Final Exam Specific Lesson One lesson	:	20 Marks

Text Books:

१) शारीरिक शिक्षण अध्यापन पद्धती	—	प्रा. स. के. शिंदे
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Reference Books:

१) शारीरिक शिक्षण अध्ययन व अध्यापन	—	डॉ. मकरंद जोशी
२) शारीरिक शिक्षा में शिक्षा विधियाँ	—	एम.एस. कमलेश, एम. एस. संथाल
३) शारीरिक शिक्षा की पद्धतियाँ	—	डी.पी. कविवर
४) शारीरिक शिक्षा की पद्धतियाँ	—	डॉ. आर. सी. कंवर
५) शारीरिक शिक्षा की शिक्षण पद्धती	—	लक्ष्मीकांत पांडे

Course Code: 17BA215
Positive Psychology

Marks Theory : 50
Practical : 30
Int.Ass. : 20

Course outcome:

- To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.
- To make students understand importance of well-being at different stages of life.
- To acquaint the students with Happiness and Positive Traits of Personality.

Unit-I Happiness and the Facts of Life

- A) Happiness across the life span
 - i) Stability in well-being despite life changes
- B) Gender and Happiness
 - i) Gender differences in emotional experience.
 - ii) Explaining the paradox of gender
- C) Marriage and Happiness
 - i) Benefits of marriage
 - ii) Selection effects
 - iii) Gender differences in benefits of marriage.
- D) Other facts of life
 - i) Physical and mental health
 - ii) Work and unemployment
 - iii) Intelligence and education
 - iv) Religion
 - v) Race, ethnicity and stigma.

Unit-II Personal Goals as Windows to Wellbeing

- A) What are personal goals?
 - i. Defining personal goals.
 - ii. Goals and related motivational concepts.
 - iii. Measuring personal goals.
 - iv. Goal organization
- B) The search for universal human motives
 - i. Goals and fulfillment of basic human needs

- ii. Goals expressing fundamental values
- iii. Personal goals across cultures
- C) What goals contribute most to well-being?
 - i. Goal progress achievement and importance.
 - ii. The matching hypothesis
 - iii. What explains the matching hypothesis?
- D) Materialism and its discontents
 - i. Why are materialists unhappy?
 - ii. Why do people adapt materialistic values?
 - iii. Affluence and materialism
 - iv. Are we all materialists?

Unit-III Positive Traits

- A) What makes a trait positive?
- B) Personality, emotions and biology
 - i. Positive and negative affectivity
 - ii. Genetics and happiness
 - iii. Personality and happiness: The big Five
 - iv. Neurobiology an approach motives
- C) Positive beliefs
 - i. The world through happy and unhappy eyes.
 - ii. Self esteem
 - iii. Personal control
 - iv. Optimism: Dispositional Optimism, and Style
- D) Virtue and Strength of Character
 - i. Developing a classification of Human Virtues
 - ii. Measuring strengths of Character

Unit-IV Self- Regulation and Self-Control

- A) The Value of Self-Control
 - B) Personal Goals and Self-regulation
 - i) Control Theory
 - ii) Self-Discrepancy Theory
 - C) Planning for Self-Regulation Success
 - i) Why Planning Helps
 - ii) Commitment and Confidence
 - D) Goals That Create Self-Regulation Problems
 - i) Approach versus Avoidance Goals
 - ii) Goal Conflict
 - iii) Goal Difficulty
 - E) Everyday Explanation for Self-control Failure
 - i) Excuses
 - ii) Irresistible Impulses
 - F) Statistics : Average Deviation and Standard Deviation
-

Course Code:17BA216

Practicals: (Any Five)

- 1) Religious Attitude Scale-Prof. M. Rakamanickam
- 2) Marriage Attitude Scale-Pramod Kumar
- 3) Optimism- Pessimism Scale- Monika Mohan & M. Jain
- 4) Self Esteem Scale-Ambika Prasad Panday
- 5) Self -Control Scale- Dr. A.K. Sing & Dr. A. Sen Gupta (Patna)
- 6) Conflictive Thought Analysis Inventory- C.G. Deshpande
- 7) Happiness Scale
- 8) Dimensional Personality Inventory-Mahesh Bhargawa

Reference Books:

1. Baumgartner S.R, Crothers M.K. (2009) Positive Psychology: Pearson Education.
 2. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
 3. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
 4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
 5. Snyder, C.R., &Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
 6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
 7. VishwanathShinde (2016) सकारात्मक मानसशास्त्र (Positive Psychology). Dimond Publication.
 8. Savdekar S. Labhane C &Sontakke (2013). सकारात्मक मानसशास्त्र (Positive Psychology), Prashant Publication Jalgaon.
 9. Savdekar S. Labhane C &Sontakke (2018). सकारात्मक मानसशास्त्र (Positive Psychology), Prashant Publication Jalgaon.
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Scheme of examination

The Final Year B.A. (Yogashastra) Examination shall consist of two parts as mentioned below:

Part – I	Theory	500 Marks
Part – II	Practical Yoga	200 Marks
Part-III	Project Work	100 Marks

Total 800 Marks

Curriculum Scheme For FINAL YEAR B.A. (Yogashastra) 2015-16 & onwards													
Sr. No.	Subject Code No.	Short Name	Subject Name	Teaching Scheme				Theory Examination			Max. Marks :500		
	Part – I			L	T	P	Total Periods/Week	Duration of Paper (Hrs)	Maximum Marks	Sessional Marks	Total Marks	Min. Pass Marks	
Compulsory Subjects													
1.	133BA1	ENG	English	4	-	-	4	3	80	20	100	35	
2.	133BA2	MAR OR HIN	Marathi OR Hindi	4	-		4	3	80	20	100	35	
3.	133BA3	H&Y	Health and Yoga	4	-	-	4	3	80	20	100	35	
4	133BA4		Elective I:	Select two different subjects from the following list one subject each for Elective I & Elective II.									
5	133BA5		Elective II:										
	Part-II	Practical Examination										Max. Marks : 200	
	INYP	YP	Yogic Practices			6	6		200	_____	200	100	
	Part –III	Project Work Examination										Max. Marks: 100	
	PW	Project Work							60	40	100	50	

List of Elective Subjects

Sr. No.	Short Name	Subject Name	Teaching Scheme				Theory Examination			Max. Marks :500	
			L	T	P	Total Periods/Week	Duration of Paper (Hrs)	Maximum Marks	Sessional Marks	Total Marks	Min. Pass Marks
1.	MPE	Management Physical Education & Sports	3	-	2	5	3	80	20	100	35
2.	PAHL	Psychology : Psychology Applied to Healthy life	3	-	2	5	3	80	20	100	35
3.	PT	Political Science: Political Theory	4	-	-	4	3	80	20	100	35

SYLLABUS PRESCRIBED FOR
Final Year B.A. (Yogashastra) Examination 2015-16 & onwards
Subject Code: 133BA1
Subject Name: ENGLISH (Compulsory)
Subject Short Name: ENG

Course outcome:

To promote students' **language** development through all four **language** domains: reading, writing, speaking and listening.

Text Prescribed: Bliss of Solitude

(An Anthology of Prose and Poetry- Edited by Board of Editors, Pub. by Orient Longman)

Unit-I : Prose: Following prose selections are prescribed:

- | | | |
|---|---|---|
| 1) Making History Along the Way: Barack Obama | - | Domenick Dipasqual |
| 2) Our Urgent Need for Self-esteem | - | Nathaniel Branden |
| 3) Not Just Oranges | - | Isai Tobolsky,
Translated by Kamakshi
Balasubramaniam |
| 4) The Homecoming | - | Rabindranath Tagore |
| 5) The Thief | - | Ruskin Bond |
| 6) Speech on Indian Independence | - | Jawaharlal Nehru |
| 7) The Romance of a Busy Broker | - | O. Henry |
| 8) The Cuddalore Experience | - | Anu George |

Unit - II: Poetry:

The Following poems are prescribed:

- | | | |
|--|---|------------------|
| 1) The Road Not Taken | - | Robert Frost |
| 2) Do Not Go Gentle into That Good Night | - | Dylan Thomas |
| 3) An Old Woman | - | Arun Kolatkar |
| 4) A Psalm of Life | - | H. W. Longfellow |
| 5) Ecology | - | A. K. Ramanujan |
| 6) I, too | - | Langston Hughes |

Unit – III (A) WRITTEN COMMUNICATION

1. Notices, Circulars, Agendas, & Minutes
 2. Resume Writing, Bio-data & Curriculum Vitae
 3. E-communication: Email, Fax, Voice Mail, Teleconference
 4. Report Writing: Newspaper Reports, Official Reports or Business Report
- (B)** General Essay of about 300 words.

Viva – Voce

- a. Personal Interview
- b. Group Discussion
- c. Presentation Skill
- d. Assignment

Distribution of Marks External Examination

Part-A

Total -80 Marks

Total – 10 Marks

The examinees shall have to attempt five multiple choice questions, of two mark each, based on whole Syllabus.

Part-B

Total – 70 Marks

**B.A. Final (Compulsory English)
Scheme of Marking**

Mark (Theory)	80 marks
Marks (Viva - Voce)	20 marks

Distribution of Marks**Unit-I : Prose**

1. The student have to answer two out of five long answer question, carrying Five marks each $2 \times 5 = 10$
2. The students shall have to answer Five out of Eight short answer questions, carrying three marks each. $5 \times 3 = 15$

Unit-II : Poetry

1. The student have to answer three out of five long answer question, carrying Five marks each $3 \times 5 = 15$

Unit-III : (A) Written Communication

The students shall have to answer any one out of two questions based on the topics mentioned in A-1, A-2, A-3 and A-4 separately, Each question Shall carry Five marks $4 \times 5 = 20$

- (B) The students shall have to answer any one out of five topics in about 300 words.
 $1 \times 10 = 10$

Viva- Voce (Marks: 20):**Distribution of Marks**

- | | |
|-----------------------|-----------|
| 1) Personal Interview | - 5 Marks |
| 2) Group Discussion | - 5 Marks |
| 3) Presentation Skill | - 5 Marks |
| 4) Assignment | -5 Marks |

Final Year B.A. (Yogashastra) Examination

Subject Code: 133BA2

Subject Name: Marathi (Compulsory)

Subject Short Name: MAR

Course outcome: पुर्वपेक्षित

भाषा हे माहिती संपादनाचे महत्वाचे साधन आहे. तसेच संवादाचे माध्यम आहे. या दृष्टीने मराठी या विषयाकडे बघावे. मातृभाषेच्या आधिष्ठानाशिवाय व्यक्तीचा विकास अपूर्णच म्हणूनच महाविद्यालयीन स्तरावर मातृभाषा मराठीवर प्रभुत्व असण अपेक्षित आहे.

उद्दिष्टे/ हेतु

बी. ए. भाग ३ ला आवश्यक मराठी विषयासाठी 'वैखरी भाग-३' हे पुस्तक अभ्यासास आहे.

- प्रस्तुत अभ्यासक्रमात समाविष्ट असलेले साहित्य तरूण पिढीला मृत्यूशिक्षणाचे धडे देईल तसेच त्याच्यांत सामाजिक जाणीव वाढीस लागेल.
- भाषेमध्ये माणासाच्या विचारांना दिशा देण्याचे सामर्थ्य आहे. भाषा काळानुसार बदलते साहित्यातून त्याची ओळख विद्यार्थ्यांना होते.
- आधुनिक काळात जाहिरात व बातमी लेखनाला महत्व आहे त्यादृष्टीने अभ्यासक्रमात याचा समावेश केला आहे.
- मुलाखतीचे तंत्र विद्यार्थ्यांना आत्मसात व्हावे यासाठी त्याचाही समावेश आहे. या सर्व तंत्राचा पदवी नंतर स्पर्धात्मक परीक्षांसाठी उपयोग विद्यार्थ्यांना व्हावा हा यामागील हेतू स्पष्ट आहे.

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक वैखरी भाग – 3 (तीन)

गुणांची विभागनी (बाह्य मुल्यमापन परीक्षा)

भाग- 1

बहुपर्यायी वैकल्पीक प्रश्न

10 गुण

भाग- 2

विभाग अ : वैचारीक

60 गुण

विभाग ब : ललित

20 गुण

विभाग क : कविता

20 गुण

20 गुण

प्रत्येक विभागावर 1 दीर्घोत्तरी प्रश्न अंतर्गत पर्यायासह –12 गुण

प्रत्येक विभागावर 1 लघुत्तरी प्रश्न अंतर्गत पर्यायासह – 08 गुण

विभाग ड : व्यावहारिक मराठी

10 गुण

जाहिरात लेखन

05 गुण

अपाठित उता-यावरील प्रश्न

05 गुण

भाग-3

अंतर्गत मुल्यमापन परीक्षा-

20 गुण

अ) श्रवण कौशल्य

05 गुण

ब) वाचन कौशल्य

05 गुण

क) आकलन कौशल्य

05 गुण

ड) संवाद कौशल्य

05 गुण

अ) श्रवण कौशल्य

05 गुण

अंतर्गत परीक्षा 20 विद्यार्थ्यांचा गट करून पाठ्यपुस्तकातील 100 शब्दांपर्यंतच्या कुठल्याही उता-याचे वाचन करतील त्यानुसार विद्यार्थी श्रुत लेखन करतील. याप्रमाणे सर्व विद्यार्थ्यांची परीक्षा घेतल्यानंतर त्यांना गुणदान करतील.

ब) वाचन कौशल्य**05 गुण**

अंतर्गत परीक्षक पाठ्यपुस्तकातील 100 शब्दापर्यंतचा उतारा निवडून विद्यार्थ्यास वाचन करण्यास सांगतील. विद्यार्थ्याचे उच्चार विरामचिन्हाचे भान, आवाजातील चढउतार व अस्खलितपणा ह्या बाबी लक्षात घेवून प्रत्येक विद्यार्थ्याच्या वाचन कौशल्याचे मूल्यमापन करून अंतर्गत परीक्षक गुणदान करतील.

क) आकलन क्षमता**05 गुण**

अंतर्गत परीक्षक 20 विद्यार्थ्यांचा गट करून पाठ्यपुस्तकातील वैचारीक ललित व कविता या विभागावर प्रत्येकी 4 प्रश्न असे एकूण 12 वस्तुनिष्ठ स्वरूपाचे बहुपर्यायी प्रश्न तयार करून विद्यार्थ्यांची परीक्षा (स्पर्धात्मक परीक्षेप्रमाणे) घेतील. याप्रमाणे सर्व उपस्थित विद्यार्थ्यांच्या आकलन कौशल्याचे मूल्यांकन करून गुणदान करतील.

ड) संवाद कौशल्य.**05 गुण**

अंतर्गत परीक्षक प्रत्येक विद्यार्थ्यांची प्रत्यक्ष मुलाखत घेऊन त्यास पाठ्युस्तकावर आधारित प्रश्न विचारतील. याद्वारे त्याचे विषयाचे आकलन, विचारतील स्पष्टता, संवादातील धीटपणा, भाषेतील शुद्धता, आत्मविश्वास, वर्तमानातील सभ्यता व शिष्टाचार इत्यादि बाबींच्या आधारे त्यांच्या संवाद कौशल्याचे मूल्यमापन करून गुणदान करतील.

अंतर्गत मूल्यमापन परीक्षा—**अ) अहवाल लेखन — (खालील पैकी कुठल्याही विषयावर)**

1) दहशतवाद 2) जागतिकीकरण 3) स्त्रीभ्रूण हत्या 4) भ्रष्टाचार 5) बेरोजगारी 6) जागतिक पर्यावरण —ग्लोबल वार्मिंग 7) कृषी अर्थ संस्कृती 8) शेतकरी—यांच्या आत्महत्या 9) भटक्याविमुक्तांचे जगणे 10) बालमजुरांचे प्रश्न 11) पाण्याचा प्रश्न 12) बचत गट 13) आपल्या गावातील ग्रंथालय चळवळ 14) स्थानिक राजकीय, सामाजिक चळवळी 15) लोकसाहित्यांचे संकलन व विवेचन वाक्प्रचार, म्हणी, उखाने, ओव्या, गाणी इ. 16) आपल्या गावाचा / आपल्या कुटुंबाचा इतिहास 17) या व्यातिरिक्त योग्य वाटणारे कुठलेही विषय निवडता येतील.

ब) प्रत्यक्ष मुलाखत

विद्यार्थ्याने सादर केलेल्या प्रकल्प अहवालावर आधारित प्रत्येक विद्यार्थ्याची तोंडी परीक्षा घेऊन संवाद कौशल्याचे मूल्यमापन करून गुणदान करावे.

क) क्षेत्रीय कार्य — (मुलाखत तंत्र)

लोक कलावंत/साहित्यिक /समाजसेवक / उद्योगपती / पुढारी/ अधिकारी / व्यावसायिक /प्रगतीशील शेतकरी यांच्या मुलाखती,

(लेखन कार्य — 5 गुण, तोंडी परीक्षा —5 गुण)

विद्यार्थ्यांना मुलाखत तंत्र अवगत व्हावे यासाठी विद्यार्थ्याने कुठलीही एक मुलाखत घेऊन लेखी अहवाल परिशिष्टासह सादर करावा. अंतर्गत परीक्षक त्याचे मूल्यांकन करून व त्यावर मौखिक परीक्षा घेऊन गुणदान करतील.

OR**Final Year B.A. (Yogashastra) Examination****Subject Code: 133BAH2****Subject Name: Hindi (Compulsory)**

Subject Short Name: HIN

समय : 3 घंटे

पूर्णांक : 100 अंक
लिखित परीक्षा : 80 अंक
अंतर्गत गुण : 20 अंक

अंको का विभाजन (बाह्य मूल्यमापन परीक्षा)

भाग— अ 20 अंक

बहुपर्यायी वैकल्पिक 05 प्रश्न

भाग—ब 60 अंक

1. नियोजित पाठ्यपुस्तक अभिव्यक्ती भाग — 3 अमरावती विद्यापिठ
2. नोट — इकाईकरण एवं प्रश्नों का स्वरूप निम्नलिखित है।
- इकाई 1 आधारभूत पाठ्यक्रम 14 अंक
 - प्रश्न 1 — दीर्घोत्तरी एक प्रश्न विकल्प के साथ 08 अंक
 - प्रश्न 2 — लघुत्तरी दो प्रश्न विकल्प के साथ 06 अंक
- इकाई 2 भाषागत पाठ्यक्रम 14 अंक
 - प्रश्न 3 दीर्घोत्तरी एक प्रश्न विकल्प के साथ 08 अंक
 - प्रश्न 4 लघुत्तरी दो प्रश्न विकल्प के साथ 06 अंक
- इकाई 3 भावसंप्रपण 14 अंक
 - प्रश्न 5 चार कविताओं में से कविताओं का केंद्रीयभाव एक प्रश्न
- इकाई 4 एक प्रश्न 14 अंक
 - प्रश्न — 6 हिंदी का राजभाषा के रूप में सामान्य परिचय विशेष रूप से राजभाषा अधिनियम 1976 के प्रकाश में, हिंदी की संविधानिक स्थिति द्विभाषिक और उससे उत्पन्न समस्याएं। अथवा प्रयांजपमूलक हिंदी का स्वरूप और क्षेत्र।
- इकाई 5 कार्यालयीन हिंदी एवं अनुवाद 14 अंक
 - प्रश्न 7 कार्यालयीन परीपत्र अधिसूचना टिप्पण ज्ञापन एवं प्रारूपन। अथवा अनुवाद का अर्थ महत्व व अनुवाद के प्रकार (शब्दानुवाद एवं भावानुवाद)

निर्देश — 1) जिन पाठों से दीर्घोत्तरी प्रश्न पूछे जाये. उनसे लघुत्तरी प्रश्न ने पूछे जाये।

2) दीर्घोत्तरी प्रश्न का उत्तर लगभग 50 पंक्तियों में अपेक्षित है।

3) लघुत्तरी प्रश्न का उत्तर लगभग 20 पंक्तियों में अपेक्षित है।

संदर्भग्रंथ — 1) अनुवाद की समाजिक भूमिका — डॉ. रीनारानी पालीवाला

2) अनुवाद कला — डॉ. कैलाशचंद्र भाटिया

भाग—3 20 गुण

अंतर्गत मूल्यमापन परीक्षा—

- अ) श्रवण कौशल्य 05 गुण
- ब) वाचन कौशल्य 05 गुण
- क) आकलन कौशल्य 05 गुण
- ड) संवाद कौशल्य 05 गुण

Final Year B.A. (Yogashastra) Examination**Subject Code: 133BA3****Subject Name: Health and Yoga (Compulsory)****Subject Short Name: H & Y****Course outcome:**

The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature. The purposes of yoga is to **cultivate** discernment, **awareness**, self-regulation and higher consciousness in the individual.

- Unit – I a) Brief introduction of Gnyana Yog, Karma Yoga & Bhakti Yoga
 b) Brief introduction of Kundalini Yoga with Shat Chakras.
- Unit – II – a) Teaching of Bhagwad Geeta
 b) Value Education and Yoga
- Unit – III – a) Health and fitness: meaning, concept and definition.
 b) Role of Yoga in Health and fitness.
- Unit – IV a) Concept of mental health, characteristic of mentally healthy person
 b) Role of yoga in mental health
- Unit – V a) Brief life sketch of Swami Vivekanand, Swami Arbindo, Swami Kuvlyananda &
 Their contribution in the field of yoga
 b) Contribution of Yoga Research Centers.

Reference Books:

- | | | |
|---------------------------------------|---|---|
| 1) शिक्षा मनोविज्ञान | – | पी. डी. पाठक, विनोद पुस्तक मंदीर, आग्रा |
| 2) कर्मयोग | – | स्वामी विवेकानंद, रामकृष्ण पेठ, धंतोली, नागपूर |
| 3) ज्ञानयोग | – | स्वामी विवेकानंद, रामकृष्ण पेठ, धंतोली, नागपूर |
| 4) योग के सिद्धांत एवं अभ्यास | – | डॉ. कालीदास जोशी, डॉ. गणेश शंकर – सागर विद्यापीठ |
| 5) सुक्ष्म व्यायाम | – | स्वामी धिरेन्द्र ब्रम्हछारी, मोरारजी देसाई, योग इन्स्टिट्यूट, 68 अशोका रोड, नवी दिल्ली. |
| 6) आसन | – | स्वामी कुवलानंद, लोणावळा |
| 7) योग प्रक्रियाचे मार्गदर्शन | – | डॉ. एम. एल. घरोटे, कैवल्यधाम, लोणावळा, |
| 8) योग आरोग्य सुख संपदा | – | डॉ. अरुण खोडस्कर, श्री. ह.व्या.प्र.मडळ, अमरावती |
| 9) दृढप्रदिपीका – स्वामी दिगांबर | – | कैवल्यधाम, लोणावळा |
| 10) धेरण्डसंहिता – स्वामी दिगांबर | – | कैवल्यधाम, लोणावळा |
| 11) शुद्धिक्रिया – प्रयोजन आणि प्रयोग | – | ग. द. दातार |

Distribution of Marks

Time: 3 Hours

Max. Marks: 100

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

Sessional

20 Marks

- | | |
|-------------------|----------|
| 1) Terminal tests | 10 Marks |
| 2) Assignments | 10 Marks |

Final Year B.A. (Yogashastra) Examination
Elective Subject (any two of the following)

Subject Code: 133BA01

Subject Name: Management of Physical Education & Sports

Subject Short Name: MPE

Course outcome:

- To understand the concept, principles, functions, types in sports management.
- To understand the concept, importance of programme planning.
- To study and acquire the knowledge of public relation and supervision.

Unit -I

- A) Meaning of Management in Physical Education & Sport.
- B) Scope & fundamental of Management in Physical Education

Unit - II

- A) Duties & responsibilities of administrator in Physical education.
- B) Qualities of good administrator.

Unit - III

- A) Management of Physical Education & Sports in the School, Management of Intramural & Extramural competitions Programme.
- B) Management of Competitions and Tournaments

Unit - IV

- A) Office management & Class Management
- B) Management of equipment and supplies; Management of playing facilities.

Unit - V

- A) Supervision of Physical Education and Sports, Duties of Supervisor
- B) Method & Technique of Supervision

Book Recommended:

- | | | |
|--|---|----------------------------------|
| १) प्रबन्ध एवं प्रशासन | - | डॉ. उपाध्याय, शर्मा, बन्सल |
| २) प्रबन्धन के सिद्धांत | - | डॉ. जी. डी. शर्मा, जी.सी. खुराणा |
| ३) शारीरिक शिक्षा के सिद्धांत तथा इतिहास | - | मलेश संजाल |
| ४) शारीरिक शिक्षा संघटन व प्रशासन | - | ए.के. करमरकर |
| ५) स्कूल प्रबन्ध प्रशासन | - | एम.एस. सचदेव |
| ६) विद्यालय प्रशासन एवं संगठन | - | एस. पी. सुखिया |

Distribution of Marks

Time: 3 Hours

Max. Marks: 100

External Examination

Total -80 Marks

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

PRACTICALS (Internal) (Physical Education)

Sessional works

Sessional: 20 Marks

Specialization in any two games five marks each

10 Marks

System of Examination:-

The Examination will be conducted in any TWO games selected by the examinee. The examinee has to select any two games for the examination from the following. But both games should not be Indian Games for the examination.

Foot Ball, Hockey, Basket Ball, Volley Ball, Cricket, Hand Ball, Kabaddi, Kho-Kho, Table Tennis, Badminton and Water polo.

Distribution of marks for a game examination is given below:

i) Maintaining of Note Book

05 Marks

ii) Viva-Voce

05 Marks

Final Year B.A. (Yogashastra) Examination

Subject Code: 133BAO2

Subject Name: Psychology: Psychology Applied to Healthy life

Subject Short Name: PAHL

Course outcome:

- Student can get the knowledge of mental health as well as it's remedy.
- This course is very useful for higher education like M.A.Psychology as well as counselor.

SECTION-A

Unit-I : A) Current status of Applied psychology in India. Psychology of Health and Illness. The body and health , Body Image: How we feel about our bodies ? Our ideal body. Body image & psychological well-being. Psychological Factors & Physical Illness: Stress related illness. Stress and the immune system. Health hazards. Coping with illness: Noticing Symptoms. Getting help. Adherence to treatment. Promoting wellness: Taking charge of your health. Eating Sensibly, Keeping physically fit.

B) Stressful life events; Meaning of stress. Environmental stressful events. Stressful work related events. Some major effects of stress. Heart disease. Hypertension, Cancer, Burnout, Reaction to stress. Physiological & Psychological reactions. How do you react to stress ?

C) Stress management : Biofeedback technique, relaxation training, Yoga and exercise, Modifying cognitive antecedents of stress.

Behavior modification: work & Time management. Super human syndrome.

Assertive training. Loneliness, Avoiding loneliness.

Unit-II :A) Meeting people, making friends: Meeting people, First impression, Mistaken impression, Shyness. Interpersonal Attraction: Interaction and liking, physical attractiveness, Likes or dislikes. Friendship: when friends get together, mutual self-disclosure, same sex and opposite- sex, friends, keeping friendship or breaking up.

B) Marriage and intimate relationships: Love, Intimacy and Marriage. Marital Adjustment. Sharing marital responsibilities. Communication and conflict. Managing money. Sex in marriage. Changes in marriage over time. Divorce and Re-marriage: The divorce experience, Single parent families, Re-marriage. Late Adulthood: Physical and Cognitive changes, Personal and Social adjustment, retirement, successful aging.

C) Choosing a career : Taking stock of yourself. Identifying compatible careers Arriving at a decision. Preparing for your career. Getting along on the job. Job satisfaction. Career out look Projected growth, changing jobs or careers. Leisure: What is leisure? Work & leisure. Using leisure positively.

Unit-III : A) Psychological Disorders : Understanding Psychological disorders. What are Psychological disorders ? Classifying disorders. Anxiety Disorders. Generalized Anxiety disorder, Phobia obsessive- compulsive disorders. Depression, The range of depression. Bipolar disorder. Suicidal tendency Selected disorders The eating disorders. Personality disorders. Schizophrenia.

B) Psychotherapeutic methods :Biomedical therapies :

Electroconvulsive therapy. Psychosurgery, psycho active drugs. Psychological therapies. Hypnosis, psycho analytical therapy, person centered therapy. Rational Emotive therapy. Behavior therapy, Cognitive Therapy

C) Group And Social Therapies, Marital Therapy: Couple therapy, family therapy, Psychodrama, supportive therapy.

- Unit-IV :** A) Psychological Testing: Nature, definition, uses, types & classification of tests functions and origins of psychological testing, social and ethical considerations in testing.
- B) Characteristics of Good psychological test, reliability, nature, definition the correlation coefficient types reliability of speeded tests. Validity nature, definition, types validity coefficient test validity and decision theory. Norms, nature, definitions and types of norms.

Section - B

Statistics

- Unit-V :** A) Correlation : Meaning of the term correlation. Types of correlations. Rank Difference correlation. Product moment correlation.
- B) Testing of Null Hypothesis:- What is Null Hypothesis ? Chi-square Test:- Testing equal probability Hypothesis Testing Normal probability Hypothesis, Two by Two chi-square, Testing Independence Hypothesis,
- C) Standard error of mean, Fiducial limits of mean, testing significance of Difference between mean :- Critical Ratio, 't' Test Internet, Interpretation of results.

Reference Books :

- | | |
|------------------------------------|--|
| 1) Eastwood Atwater | - "Psychology for Living: Adjustment, Growth and Behavior Today." 5th edition 1995. Prentice Hall India Pvt. Ltd. New Delhi. |
| 2) Qamar Hasan | - "Applied psychology: Indian perspective" 1998. Gyan Publishing House, 5, Ansari road New Delhi. |
| 3) Wolman Benjamin (edti. 1965) | - Hand book of clinical psychology" Mac Graw-Hill Book Company-Newyork. |
| 4) Anastasi A. (Edition 1966) | - "Psychological testing" 6th edition. Mac Millan. Newyork. |
| 5) H.E.Garrett | - "Statistics in psychology and education." |
| 6) Anne Anastasi | - "Fields of Applied psychology" |
| 7) Sarason I.Gand Sarason B.R. | - Abnormal Psychology, Prentice Hall India Publication, New Delhi. |
| 8) पंडीत, गोरे , | - कुळकर्णी उपयोजित मानसशास्त्र |
| ९) डॉ. राजहंस प्रा.. पाटील, सुर्वे | - आपसामान्याचे मानसशास्त्र अन्मैय प्रकाशन, पूणे |
| १०) प्रा. बडगुजर | - मनोविकृती मानसशास्त्र, महालक्ष्मी प्रकाशन, नाशिक. |

Distribution of Marks

Time: 3 Hours

Max. Marks: 100

External Examination

Total -80 Marks

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

Sessional work
Practicals (Internal)

Total Marks -20
20 Marks

(Any Ten)
(At least one from each section i.e. A, B, C, D, E)

- A) 1. Standard Progressive Matrices.
- 2. Stress Scale
- 3. Mental Health Inventory.
- B) 4. Eysenck Personality Inventory.
- 5. Introversion-Extroversion test
- 6. Interest Record.
- C) 7. Adjustment inventory for college students.
- 8. Marital Attitude Scale
- 9. Social Competence Scale.
- D) 10. Mental Depression Scale
- 11. Prolong Deprivation scale
- 12. Self Confidence scale
- E) 13. Neurosis-Measurement scale.
- 14. Aggressive tendency scale
- 15. Level of aspiration test.
- 16. Anxiety Scale.

Distribution of Marks for Practical

Total -20 Marks

- | | | | |
|----|---------------------|---|----------|
| 1) | Practical Note book | - | 10 Marks |
| 2) | Viva-voce | - | 10 Marks |

Final Year B.A. (Yogashastra) Examination

Subject Code: 133BAO3

Subject Name: POLITICAL SCIENCE: Political Theory

Subject Short Name: PT

Course outcome:

- Student would gain knowledge about many important political theories which is popular in politics.
- Student can get the knowledge of different political theories which are useful and dangerous to human being.
- By this courses students would learn the values of Democracy, Right, Justice, Equality, Freedom.
- This course is very useful for discussion. Speeches, writing etc.

- | | |
|---------|--|
| Unit-I | Nature and significance of Political Theory Meaning and definition
Development of Political Theory scope of Political theory: Political Theory and Political analysis. Nature and definition of power and Authority Concept of Legitimacy |
| Unit-II | State: Origin and development theory of Divine origin of the state, Social contract Theory of the origin of the state Historical of Evolutionary |

	theory of the origin of the state. State about step Idealist perspective. Legal juristic perspective.
Unit-III	Sovereignty Meaning and definition attributes of sovereignty Austin Theory of Sovereignty citizenship rights and liberty meaning and definition of citizenship meaning of right theory of natural rights, legal Theory of rights social welfare Theory of rights Meaning of liberty, Relationship between rights and liberty.
Unit-IV	Equality and justice:- Meaning of equality, kinds of equality, relationship between equality and liberty Justice:- Meaning and definition of the concept o justice Democracy: Meaning and Definition, Attributes of democracy, Conditions for the successful working of democracy.
Unit-V	Development and welfare State: Concept of development, its meaning and definition, concept of welfare state, salient features of welfare state, Theories of social change Meaning of Social change viz. Theory of deterioration, The cyclic theory, the deterministic Theory of social change, Factors effecting social change.

Books Recommended:-

1. An Introductions to political Theory – C. J. Fredrick
2. Substance of Politics: A. A. Appadorai
3. Political Theory E. Asirvathan
4. Political Theory V. P. Verma
5. Recent political Thought : Francis Coker
6. राजकीय सिध्दांत : आधारभुत संकल्पना – प्राचार्य प. सि. काणे पिंपळापुरे अँड कं. नागपुर
7. राजकीय सिध्दांत : डॉ. भा. ल. भोळे, पिंपळापुरे अँड कं. नागपुर
8. राज्यशास्त्रीय सिध्दांत : प्रा. शेख हाशम, डॉ. जोगेन्द्र गवई
9. भारतीय राजकारणाची संवैधानिक मिमांसा लेखक: डॉ. वामन गवई

Distribution of Marks

Time: 3 Hours

Max. Marks: 100

External Examination

Total -80 Marks

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

Sessional

20 Marks

a) Terminal tests

10 Marks

b) Assignments

10 Marks

विद्यापीठाच्या NOTIFICATION नुसार

Unit – I	हर्षचरितसार प्रथम, द्वितीय उच्छ्वास	३० गुण
Unit – II	काव्यप्रकाश मम्मट, दशम उल्लास अ) खालील अलंकार उपमा, रूपक, (प्रकार, पिरहित,) उत्प्रेक्षा, श्लेषा, निदर्शना दृष्टांत, स्वभावोक्ति, व्याजस्तुती, भ्रान्तिमान, उत्तर	१५ गुण

Unit – III	लघुसिद्धांत कौमुदी, व्यञ्जन व विसर्ग संधी	१० गुण
Unit – IV	अभिज्ञान शाकुन्तलम्	४५ गुण
	महाकवि कालिदास अंक १ ते ३, अंक ४ ते ५	
प्रश्न १ ला अ)	भाषांतर करा ३ पैकी २	१० गुण
	ब) संसंदर्भ स्पष्टीकरण करा ४ पैकी २	१० गुण
	क) दीर्घोत्तरी प्रश्न २ पैकी १ किंवा टिपणे लिहा ३ पैकी २	१० गुण
प्रश्न २ रा खालील	अंलकाराची व्याख्या देऊन सोदाहरण स्पष्ट करा ५ पैकी ३	१५ गुण
प्रश्न ३ रा खालील	पाच पैकी दोन सुत्रांचे स्पष्टीकरण	१० गुण
प्रश्न ४ था अ)	भाषांतर करा. पाच श्लोकांपैकी ३ चे भाषांतर	१५ गुण
	ब) संसंदर्भ स्पष्टीकरण ४ पैकी २	१० गुण
प्रश्न ५ वा अ)	दीर्घोत्तरी प्रश्न दोन पैकी एक	१० गुण
	ब) टिपणे - ४ पैकी २	१० गुण

PART- II PRACTICAL (Yogashastra)

1. Sthula Vyayama :

- | | | |
|---------------|-------------------|--------------|
| 1) Rekha-gati | 2) Hird-gati | 3) Utkurdana |
| 4) Urdva-gati | 5) Sarvanga-pusti | |

2. Shatkarma

- | | | |
|-----------|---|---|
| 1. Neti | : | A. Jalneti,
B. Sutraneiti, |
| 2. Dhauti | : | A. Danta Dhauti.
B. Jivhashodhan.
C. Karnarandhra.
D. Kapalrandhra.
E. Danda Dhauti.
F. Vaman Dhauti.
G. Vastra Dhauti.
H. Moolshodhan |

- | | | |
|----------------|---|---|
| 3. Basti | : | A. Jala Basti (Theory only)
B. Sthala Basti (Theory only) |
| 4. Nauli | : | A. Madhya Nauli.
B. Vam Nauli.
C. Dakshin Nauli
D. Naulichalan |
| 5. Trataka | : | Samip and Sudoor |
| 6. Kapalbhathi | : | Vatkarm, Sitkarm and Vyutkarm. |

3.Asana:

Sarvangasana, Shirshasana, Siddhasana, Bhadrasana, Simhasana, Padmasana, Virasana, Mayurasana (for boys), Kukkutasana, Kurmasana, Gomukhasana, Ardha-Matsyendrasana, Dhanurasana, Uttanakurmasana, Paschimottanasana, Svastikasana, Shavasana, Baddhapadmasana, Garudasana, Ushtrasana, Shalabhasana, Makarasana, Bhujangasana, Vrikshasana, Sankatasana, Utkatasana, Guptasana, Matsyasana, Vajrasana, Viparitkarani, Trikonasana, Parvatasana, Akarnadhanurasana, Tadasana.

4. **Pranayama:** Nadishodhan, Suryabhedhan, Ujjai, Shitali, Sitkari, Bhastrika, Bhramari.
5. **Mudra :** Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi.
6. Dhyana

Scheme of Examination:

Max. Marks: 200Marks

- | | | |
|----|---|----------|
| 1. | Sthula Vyayam (1to 5)-
a) any two of examiner's choice for five marks each
b) any two of student's choice for five marks each | 20 Marks |
| 2. | Shat karmas-
a) any two instrumental kriya by examiner's choice for ten marks each
b) any two non-instrumental kriya by student's choice for ten marks each | 40 Marks |
| 3. | Asanas-
a) any four asanas of examiner's choice for five marks each
b) any four asanas of student's choice for five marks each | 40 Marks |
| 4. | Pranayam-
a) any two pranayam of examiner's choice for ten marks each
b) any two pranayam of student's choice for ten marks each | 40 Marks |
| 5. | Mudras-
a) any two Mudras of examiner's choice for ten marks each
b) any two Mudras of student's choice for ten marks each | 40 Marks |
| 6. | Dhyana-
Seating silently with closed eyes in any meditative asana for thirty minutes without any voluntary movement is at least expected. | 20 Marks |

PART – III PROJECT WORK**Part-III Project works****100 Marks**

The examination under part-III project work shall be divided into two sections –

Section-I: Project works**60 Marks**

In section – I Project record / report on any one of the following

- i) Organization of yoga treatment camps for two weeks
- ii) Educational Tour
- iii) Participation / Organization of Seminar or Conference or Workshop.
- iv) Research paper / Poster presentation at State / National level seminar or conference or workshop.

Distribution of marks for Project Work will be as Follows

Report of the above

30Marks

Viva – voce

30Marks

Section – II Sessional Marks**40Marks**

Sessional Marks shall be given by supervisor / guide / teacher in-charge

40 Marks