

**Multidisciplinary Course From YOGA**  
**SEMESTER-1**

Course code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Fundamental of Yoga	240/YOG/MD106	2		2	2		1	3	15	35	5	20	75

**Fundamental of Yoga**

Course Code: 240/YOG/MD106	Credits:3
TI:15 TE: 35	PI: 5 PE: 20

**Instruction for External Examination:** This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

**Note:-** Practical will be conducted on the basis of theory.

**Objectives:**The Course entitled 'Fundamental of Yoga' has the following objectives:  
Students of the UG course will have an understanding about origin, history, and development of Yoga. They will have an idea about the insights of different Yoga streams.

**Outcome:** After completing this course, the learner will be able to:

1. Describe the Aims, Objectives, and scope of Yoga.
2. Explain the historical development of Yoga.
3. Illustrate the basic knowledge of biological aspects of Yoga

**UNIT-1: GENERAL INTRODUCTION TO YOGA**

- 1.1 Brief about origin of Yoga
- 1.2 Yoga Prior to the Vedic period, Vedic period, Medieval period,
- 1.3 modern era; Etymology and Definitions of Yoga,
- 1.4 Aims and Objectives of Yoga

**UNIT-2: DIFFERENT STREAMS OF YOGA -1**

- 2.1 Jnana Yoga: Meaning of Jnana and Jnana-
- 2.2 Yoga, Sadhana-chatushtaya, Means of Jñāna,
- 2.3 Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga,
- 2.4 Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga;

**Unit -3 DIFFERENT STREAMS OF YOGA -2**

- 3.1 Karma Yoga: Meaning of Karma and Karma-Yoga,
- 3.2 Concept of Nishkama Karma, Means of Karma Yoga;
- 3.3 Inter-relationship between Bhakti Yoga, Karma-Yoga and Jnana Yoga.
- 3.4 Meaning of rajyog, Steps to Achieve Raj Yoga

**Practicum**

Prayer, Surya Namaskar

**Asana**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Ardha Chakrasana, Pada Hastasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Mandukasana, Ushtrasana, Shashankasana; Bhujangasana, Utthana-padasana, Ardha Halasana, Shavasana

**Pranayama**

Anulom Viloma ( nadi shodhan), Ujjai, Brahmari

**Suggested Books –**

- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013  
Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012  
Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010  
Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010  
Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010  
Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009  
Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009  
Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008  
Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008  
Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008  
SwamiKuvalyananda:Asana,Kaivalyadhama,Lonavla,1993  
SwamiSatyanandaSaraswati:Asana,Pranayama,Bandha,Mudra,BiharSchoolof Yoga, Munger, 2006

**Semester-1**  
**MDC-1 Indian Polity**

**MDC- 1 Indian Polity (Credits 03)**  
**Course ID: 240/PS/MD101**

**Maximum Marks: 75**  
**Theory Examination: 50**  
**Theory Internal Assessment: 25**  
**Examination Time: 3 hrs**

**Course Outcomes**

- Understand the fundamentals of constitutional democracy.
- Analysis the policy and reforms in the system.
- Develop deep understanding about the important features of the Indian politics.
- Update their knowledge about recent trends and changes in Indian political system. ➤ Develop a perspective to understand and analyze Indian politics.

1. Seven Questions will be set in all and students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will consist of 7 short answer type questions of 2 marks spread over the entire syllabus (2x7=14 marks).
3. For the remaining six questions, students will attempt 1 out of 2 questions from each of the three units (12 marks each).

**Unit 1**

Indian Constitution: Salient Features, Fundamental Rights and Fundamental Duties.

**Unit 2**

Union Executive: President, Prime Minister and Council of Minister  
Union Legislature: Lok Sabha, Rajya Sabha

**Unit 3**

Judiciary: Supreme Court, Judicial Review, Judicial Activism.

**Reading:**

1. G. Austin, *The Indian Constitution: Corner Stone of a Nation*, Oxford, Oxford University Press, 1966.
2. D.D. Basu, *An Introduction to the Constitution of India*, New Delhi, Prentice Hall, 1994.
3. D.D. Basu and B. Parekh (ed.), *Crisis and Change in Contemporary India*, New Delhi, Sage, 1994.
4. C.P. Bhambhri, *The Indian State: Fifty Years*, New Delhi, Shipra, 1997.
5. P. Brass, *Politics of India Since Independence*, Hyderabad, Orient Longman, 1990.
6. R. Kothari, *Politics in India*, New Delhi, Orient Longman, 1970.
7. W.H. Morris Jones, *Government and Politics in India*, Delhi, BL Publications, 1974.
8. J.R. Siwach, *Dynamics of Indian Government & Politics*, New Delhi, Sterling Publishers, 1985.

**Semester 1**

**Course Code - AEC- 1**

**English Language and Communication: Level-1**

**Max Marks: 50**

**Theory: 35**

**Internal Assessment: 15**

**Course objectives:-**

CO	Description
CO-1	To develop a strong command of English grammar, vocabulary, and syntax to enhance overall language proficiency and clarity in communication.
CO-2	To enhance verbal communication skills through effective public speaking, presentations, and interpersonal interactions, focusing on clarity, persuasion, and engagement.
CO-3	To understand and apply key principles of effective communication, including active listening, non-verbal cues, and empathetic responses, in both personal and professional contexts.

**Course outcomes:-**

CO	Description
CO-1	The students will learn various types of verbal and non-verbal communication.
CO-2	They will understand the importance of interpersonal communication on workplaces and different ways of behaviour and communication.
CO-3	They will comprehend the importance of listening skills and its types.

**Contents of the Course:**

**Unit I: Theory and Types of Communication Verbal and Non-Verbal Communication**

**Unit II: Workplace and Interpersonal Communication Introducing Oneself, Introducing Others, Making Requests, Offering Help, Congratulating, Making Enquiries and Seeking Permission**

**Unit III: Importance of Listening Skills and their types Barriers to Effective Listening and how to overcome them Note-taking Techniques to capture the main ideas**

**Suggested Readings:**

Hargie, Owen. The Handbook of Communication Skills. Routledge, 2006.

Knapp, Mark L., et al. Nonverbal Communication in Human Interaction. Cengage Learning, 2013.

West, Richard, and Lynn H. Turner. Understanding Interpersonal Communication:

- Making Choices in Changing Times. Cengage Learning, 2010.

**Instructions to the Paper Setters:**

1. Question No 1 will be compulsory and have 5 questions based on all the three Units and the students will be required to write answers in 30 words. (5\*1=5)

2. Question No 2 and 3 will be set on Unit-I covering the entire Unit. Students will be required to attempt any two out of given three. (2\*5=10)

3. Question No 4 and 5 will be set on Unit-II covering the entire Unit. Students will be required to attempt any two out of given three. (2\*5=10)

4. Question No 6 and 7 will be set on Unit-III covering the entire Unit. Students will be required to attempt any two out of given three. ( $2*5=10$ ).

Evaluation of Internal Assessment Internal Assessment (Theory) will be based on the following components.

i. Class Participation	4 Marks
ii. Seminar/Presentation/Assignments/ Quiz	4 Marks
iii. Class Test	7 Marks
Exam Total	15 Marks

## Undergraduate Hindi

### Ability Enhancement Course from the department for pool of the Courses in the University

(These courses are offered by department of Indian and Foreign Languages for students of other departments/same department and leads to enhancement in the ability of learn Regional and foreign languages)

#### Semester-1

Course ID- 240/HIN/AE101

#### AEC1-हिंदी भाषा और संप्रेषण

अधिकतम अंक 50

लिखित परीक्षा 35

आंतरिक निर्धारण 15

#### **Course Objective(2-3)**

- 1 स्नातक स्तर के छात्रों को भाषीय संप्रेषण की समझ और संभाषण से संबंधित अनेक पहलुओं से अवगत कराया जाएगा।
- 2 भाषीय संप्रेषण और संभाषण के अनेकों आयाम, उसके महत्त्व, प्रयोग विस्तार, शैली, भाषीय संस्कृति की समझ विकसित होगी।
- 3 भाषा के शुद्ध उच्चारण, सामान्य लेखन, रचनात्मक लेखन और तकनीकी शब्दों से अवगत हो सकेंगे।

#### **खंड (क) सैद्धांतिक पक्ष**

- 1) संप्रेषण: अर्थ, परिभाषा और स्वरूप
- 2) संचार और जनसंचार का अंतर
- 3) संप्रेषण के विभिन्न प्रकार- मौखिक, लिखित और इंगित (आंगिक, अंग विन्यास, अंग संचालन, स्पर्श, भाव भंगिमा, शारीरिक मुद्रा इत्यादि)
- 4) संप्रेषण के आधार तत्व
- 5) संप्रेषण में ज्ञानेंद्रियों की भूमिका
- 6) संप्रेषण की प्रक्रिया



### खंड (ख)

- 1) हिंदी भाषा और संप्रेषण
- 2) हिंदी वर्णमाला की व्यवस्था - स्वर, व्यंजन, अन्तस्थ, अयोगवाह, संयुक्त व्यंजन.
- 3) हिंदी की व्याकरणिक कोटियां - भेद एवं प्रभेद -  
संज्ञा, सर्वनाम, विशेषण, प्रविशेषण, क्रिया, सार्वनामिक इत्यादि
- 4) हिंदी भाषा : काल, लिंग, वचन, पुरुष, कारक, विभक्ति

### खंड (ग)

- 1) हिंदी की वाक्य संरचना और संप्रेषण
- 2) मौखिक वाक्य संरचना और संप्रेषण, उच्चारण संबंधी त्रुटियां, बलाघात- स्वर, शब्द, वाक्यांश और वाक्य
- 3) लिखित वाक्य संरचना और संप्रेषण - लेखन संबंधित, शब्दगत, वाक्यगत तथा अन्य व्याकरणिक त्रुटियां
- 4) (संप्रेषण में बाधक तत्व : वातावरण, वक्ता और श्रोता की पृष्ठभूमि, मनोवैज्ञानिक आधार

### खंड (घ)

- 1) आंगिक, ध्वन्यात्मक एवं अशाब्दिक संप्रेषण - अर्थ स्वरूप एवं महत्व
- 2) आंगिक संप्रेषण के प्रकार
- 3) आंगिक, ध्वन्यात्मक एवं अशाब्दिक संप्रेषण की सीमाएं
- 4) आंगिक, ध्वन्यात्मक और अशाब्दिक संप्रेषण - वाक, समय और लेखन की बचत का आधार

### प्रश्न पत्र निर्माण संबंधी निर्देश

- 1) खंड क में से तीन विषयों में से किसी एक विषय पर परीक्षार्थी को टिप्पणी लिखनी होगी। यह टिप्पणी 5 अंक की होगी।  $5 \times 1 = 5$
- 2) खंड ख में से कुल 2 प्रश्न दिए जाएंगे जिनमें से परीक्षार्थी को कोई एक प्रश्न करना होगा। यह प्रश्न 10 अंक का होगा।  $10 \times 1 = 10$
- 3) खंड ग में से कुल 2 प्रश्न दिए जाएंगे जिनमें से परीक्षार्थी को कोई एक प्रश्न करना होगा। यह प्रश्न 10 अंक का होगा।  $10 \times 1 = 10$
- 4) खंड घ में से कुल 2 प्रश्न दिए जाएंगे जिनमें से परीक्षार्थी को कोई एक प्रश्न करना होगा। यह प्रश्न 10 अंक का होगा।  $10 \times 1 = 10$

# Value Added Courses (VAC)

## **PAPER: ENVIRONMENTAL STUDIES (Mandatory for UG Programs)**

**Max. Marks: 50**  
**Theory: 35**  
**Internal Assessment: 15**  
**Credit: 2**

**Note:** There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of eight short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

For Internal Assessment the students will be required to, but not limited to, any of the following Field work:

- Visit to a local area to document environmental assets - river/forest/grassland/hill/mountain
- Visit to a local polluted site-Urban/Rural/Industrial/Agricultural
- Study of common plants, insects, fish-fauna, amphibians, reptiles, birds or mammals.
- Study of simple ecosystems-pond, river, hill slopes, etc. Or any innovative work or model related to environment.

### **Unit-I**

Basic concepts: Environment - definition and significance; habitat and ecological niche; biosphere; atmosphere; lithosphere and hydrosphere.

Factors affecting environment: Abiotic factors – light, temperature, humidity, topography; Biotic factors – microorganisms, animals, plants and humans.

Sources of energy: Renewable and non-renewable sources.

### **Unit-II**

Ecosystem: Definition, types and functions; energy flow – food chains, food webs, trophic structure; concept of productivity.

Biogeochemical cycles: Hydrological, gaseous and sedimentary cycles.

Biological invasion and its impact on environment.

### **Unit-III**

Concept of population, population density, natality, mortality, carrying capacity, growth forms.

Human population: National and international concerns, Indian efforts to control the growing population; Sustainable development.

### **Unit-IV**

Environmental pollution: Air pollution; Water pollution; Soil pollution; Noise pollution; Plastic pollution and Marine pollution.

Solid waste management; Ozone depletion; Global warming and climate change.

### **Course Learning Outcomes**

The course will empower the under graduate students by helping them to:

1. Gain in depth knowledge on natural processes and resources that sustain life and govern economy
2. Understand the consequences of human actions on the web of life and quality of life
3. Develop critical thinking for shaping strategies (Scientific, social, economic and legal) for environmental protection
4. Explain sustainable development, its goal, targets, challenges and strategies for sustainable development

## Semester I

### Human Values and Ethics

VAC-1 Human Values & Ethics  
Credits:2 (Hrs./Week: 2)

Maximum Marks: 50  
Theory Examination: 35  
Internal Assessment: 15  
Time: 2 hrs.

#### Course Outcomes: -

- Students will demonstrate a comprehensive understanding of the importance of human values and Ethics in their personal lives and professional careers.
- Students will develop critical thinking abilities to assess how family, society, and educational institutions shape the incorporation of human values, clarifying their individual roles in fostering moral development.
- Students will be able to apply human values and ethics in real life settings and will be able to deal with the ethical challenges prevalent in the institutions.

#### Unit I

Human Values: Definitions & Types of Values: personal, social, and cultural, Core Values.  
Ethics: Definition, Ethics vs Values, Importance of Ethics, The Role of Ethics in Society.  
Integrity: Meaning and its role in Personal life.

#### Unit II:

Ethical Dilemma: Meaning and Nature, Common Ethical Dilemmas. Ethical Decision Making:  
Meaning & Steps in Ethical Decision Making; identifying the problem, considering options,  
evaluating consequences, making a decision.

Challenges for ethical practices in institutions: Ragging, suicide and need for educational  
counselling, violence and peaceful protest, conflict resolution.

#### Suggested readings:

1. Prof.D.R.Kiran "Professional Ethics and Human Values"



**Course Type: - Skill Enhancement Course (SEC)**  
**Offered by Department of Commerce**  
**Semester: 1st**

<b>Name of Subject: Entrepreneurial Skills</b>	<b>Maximum Marks: 75</b> <b>(TI + TE + PI + PE = 25 + 50 + - + -)</b>
<b>Course ID: 240/COM/SE110</b>	<b>Time Allowed: 2 Hrs.</b>
<b>Credits: 3 (L-T-P = 2-1--)</b>	<b>Skill Enhancement Course</b>

**Instructions for Paper Setter:** The question paper shall be divided into two sections. Section 'A' shall comprise five short answer type questions from the syllabus carrying two marks each, which shall be compulsory. The answer to each question should not normally exceed 100 words. Section 'B' shall comprise eight questions of 10 marks each (2 questions from each unit). The students will be required to attempt four questions from section B by selecting one question from each unit. All questions will carry equal marks. All the questions must be mapped with Course Outcomes (COs) and specified in the question paper against each question. All questions will carry equal marks.

**Course Outcomes:** - After completing the syllabus, students will be able to:

**CO1:** Gain a comprehensive understanding of the concept of entrepreneurship, including its significance in the economy and society.

**CO2:** Analyse skills level required for developing the detailed business plans, including market analysis, marketing strategies, operational plans, and financial projections.

**CO3:** Have the insights for recruiting and retaining the skilled manpower to manage businesses efficiently.

**CO4:** Evaluate the problems and opportunities financial planning, budgeting, and managing finances for startups.

**Course Contents:**

<p><b>Unit1: Entrepreneurship Development:</b> - Concept and Definition, Characteristics of an Entrepreneur, Types of Entrepreneurs, Entrepreneurial Motivation  <b>Creating and Managing a New Venture:</b> -Business Idea Generation, Feasibility Study and Business Planning, Legal Requirements, Financial Management</p>
<p><b>Unit 2: Marketing for Entrepreneurs:-</b>Market Research, Marketing Strategies, Sales Techniques  <b>Operations Management:</b> Production Planning, Quality Management, Supply Chain Management</p>
<p><b>Unit 3: Human Resource Management for Small Businesses:</b> - Recruitment and Selection, Team Building and Leadership, Employee Motivation and Retention  <b>Financial and Risk Management:</b> -Sources of Finance, Risk Management, Budgeting and Financial Planning</p>
<p><b>Unit 4: Innovation and Creativity in Business:-</b>Role of Innovation , Creative Problem Solving, Case Studies</p>

**Suggested Readings:**

1. Entrepreneurial Development by S. S. Khanka. Publisher: S. Chand Publishing
2. The Lean Startup: How Today's Entrepreneurs Use Continuous Innovation to Create Radically Successful Businesses" by Eric Ries Publisher: Crown Business
3. Zero to One: Notes on Startups, or How to Build the Future" by Peter Thiel with Blake Masters Publisher: Crown Business

**Skill Enhancement Course**

**Semester I**

**SEC 1 Your Laws, Your Rights**

**SEC 1 Your Laws, Your Rights (Credits 03)**  
**Course ID: 240/PS/SE101**

**Maximum Marks: 75**  
**Theory Examination: 50**  
**Theory Internal Assessment: 25**  
**Examination Time: 3 hrs**

**Course Outcomes**

- Students will be able to define and apply key legal terms, doctrines, and principles.
- Students will develop critical thinking skills to evaluate legal arguments, identify relevant facts, and apply legal rules to reach well-supported conclusions.
- Apply legal research skills\*: Students will learn to find, evaluate, and use legal authorities, such as statutes, cases, and regulations, to support legal arguments.
- Students will learn to write clearly, concisely, and persuasively in legal memoranda, briefs, and other documents.
- Students will gain an understanding of the structure and function of the legal system, including courts, legislatures, and administrative agencies.
- Students will learn about the professional responsibilities and ethical obligations of lawyers, including confidentiality, conflicts of interest, and candor.

1. Seven Questions will be set in all and students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will consist of 7 short answer type questions of 2 marks spread over the entire syllabus (2x7=14 marks).
3. For the remaining six questions, students will attempt 1 out of 2 questions from each of the three units (12 marks each).

**Unit 1**

**Law relating to criminal justice administration**

- A. How to file a complaint, First information report (FIR) B. Detention, arrest and bail

**Unit 2**

**Equality and non- discrimination**

- A. Gender: the protection of women against domestic violence, rape and sexual harassment. B. Caste: laws abolishing untouchability and providing protection against atrocities
- C. Class: laws concerning minimum wages.

D. Disability and equality of participation and opportunity.

**Unit 3**

**Redistribution, recognition and livelihood.**

- A. Traditional rights of forest dwellers and the issue of women's property rights.
- B. Rural employment guarantees.