

आधार पाठ्यक्रम- पत्र नप्रश् प्रथम : हिन्दी भाषा

(भाग- ए) परिचय			
कार्यक्रम: यूजी लेवल प्रमाण-पत्र	कक्षा: बी.ए. / बी.कॉम / बी. एस. सी. / बी. एच. एस. सी. / बी. सी. ए. / बी. बी. ए. (प्रथम वर्ष)	वर्ष : 2022	सत्र : 2022-2023
विषय: आधार पाठ्यक्रम			
1	कोर्स कोड:	X1-FCEA1T	
2	कोर्स का शीर्षक	भाषा और संस्कृति	
3	कोर्स का प्रकार	आधार पाठ्यक्रम	
4	कोर्स अपेक्षित	कक्षा 12वीं उत्तीर्ण किसी भी विषय समूह से	
5	कोर्स अधिगम उपलब्धि (लर्निंग आउटकम) (CLO)	<ul style="list-style-type: none"> उत्कृष्ट साहित्यिकपाठों के अध्ययन से रुचिकाविकासकरना। सांस्कृतिकचेतनाऔरराष्ट्रीय भावनाकाविकासकरना। भाषा-ज्ञान। सामान्य शब्दावलीऔरविशेष शब्दावली के अध्ययन द्वाराभाषा एवंसंस्कृतिबोध काविकासकरना। विशिष्ट शब्दावली (बीज शब्द/की वर्ड) सेपरिचितकरवातेहुए बोध के स्तरकोविकसितकरना। प्रतियोगीपरीक्षाओंहेतुतैयारकरना। 	
6	क्रेडिट मान	04 क्रेडिट	
7	कुल अंक	100 अंक	
8	उत्तीर्ण अंक	35 अंक	
(भाग - बी) कोर्स सामग्री			
व्याख्यान की कुल संख्या : वर्ष में अधिकतम 15 घंटे			
यूनिट	विषय	व्याख्यान की संख्या	
इकाई - एक	<ul style="list-style-type: none"> मैथलीशरणगुप्तपरिचय पाठ : मातृभूमि(कविता) प्रेमचन्द : परिचय पाठ : शतरंज के खिलाड़ी (कहानी) व्यंग्य :शरदजोशी: जीपपरसवारइल्लिया 	5 घण्टे	
इकाई -दो	<ul style="list-style-type: none"> वैचारिक-भारतीय भाषाओंमेंराम आचार्यरामचन्द्र शुक्लपरिचय पाठ : उत्साह (भावमूलक निबंध) रामधारी सिंह दिनकरपरिचय पाठ : भारत एक है (संस्कृति) 	5 घण्टे	

	<ul style="list-style-type: none"> • आदिशंकराचार्य- जीवन व दर्शन 	
इकाई -तीन	<ul style="list-style-type: none"> • पर्यायवाची शब्द : विलोम शब्द : अनेक शब्द के लिए एक शब्द (हिन्दी व्याकरण) • संधि औरउसकेप्रकार (हिन्दी व्याकरण) • बीज शब्द- धर्म, अद्वैत, भाषाअवधारणा, उदारीकरण। 	5 घण्टे
सारबिन्दू (की वर्ड) / टैग		
सर्चकरें :		
मैथिलीशरणगुप्त	मैथिलीशरणगुप्त की कवितामातृभूमि	
प्रेमचंद	प्रेमचंद शतरंज के खिलाड़ी	
रामधारी सिंह दिनकर	भारत एक हैरामधारी सिंह दिनकर	
आचार्यरामचन्द्र शुक्ल	उत्साहनिबंध रामचन्द्र शुक्ल	
स्वामीविवेकानन्द	शिकागोव्याख्यान	
धर्मक्याहै		
भाषाविकास		
भाषापरिभाषा		
अवधारणाकाअर्थ एवंपरिभाषा		
उदारीकरण की विशेषता		
पर्यायवाची शब्द		
विलोम शब्द		
अनेक शब्द के लिए एक शब्द		
संधि		

(भाग-सी)

अनुशंसित अध्ययन संसाधन

पाठ्य पुस्तकें, संदर्भपुस्तकें, अन्य संसाधन

- प्रेमचन्द-मानसरोवर, खण्ड-3
- आचार्यरामचन्द्र शुक्ल-चिन्तामणि, भाग-1
- डॉ. वासुदेवनन्दनप्रसाद, आधुनिकहिन्दीव्याकरणऔररचना, भारतीभवन, ठाकुरबाडीरोड, पटना, बिहार
- डॉ. राजेश्वरचतुर्वेदी, हिन्दीव्याकरण-उपकारप्रकाशन, आगरा उ.प्र.
- हिन्दीज्ञानकोश
- इन्टरनेटसामग्री-टैगमेंउल्लेखित

Part A Introduction			
Program : UG Level	Class : I Year[II SEM]	Year : 2022	Session : 2022-2023
Subject : FOUNDATION COURSE (ENGLISH)			
1	Course Code	X1-FCHB1T	
2	Course Title	English Language and Indian Culture	
3	Course Type (Core Course/Elective/Generic Elective/Vocational)	Foundation Course	
4	Pre-Requisite (if any)	To Study this course, a student should have basic knowledge of English language. This course will be studied by all the students of UG level under the Foundation course category.	
5	Course Learning outcomes (CLO)	Through this course the students will be able to: <ol style="list-style-type: none"> 1. Prepare for various competitive exams by developing their English language competence. 2. Promote their comprehension skills by being exposed to a variety of text and their interpretations. 3. Build and enhance their vocabulary. 4. Develop their communication skills by strengthening grammar and usages. 5. Inculcate values which make them aware of national heritage and environmental issues, making them responsible citizens. 	
6	Credit Value	(Credit) 4	
7	Total Marks	Max. Marks :100 / Min. Passing Marks :35	
Part B - Content of the Course			
Total No. of Lectures - Tutorials - Practical (in hours per week) : L-T-P			
Unit	Topics		No. of Lectures
1	Reading, Writing and Interpretation Skills: <ol style="list-style-type: none"> 1. Where the mind is without fear – Rabindranath Tagore (Key Word: Patriotism) 2. National Education – M.K. Gandhi (Key Word : Edification) 		05

Sri SatyaSai University of Technology & Medical Sciences, Sehore (M.P.)

	3. The Axe-R.K. Narayan (Key Word: Environment) 4. The wonder that was India – A.L. basham (an Excerpt) (Key Indianness) 5. Preface to the Mahabharata C. Rajagopalachari (Key Word: Indian Mythology)	
2	Comprehension Skill: Unseen passage followed by multiple choice questions	05
3	Basic language skills: 1. Vocabulary building: Suffix, Prefix, Synonyms, Antonyms, Homophones, Homonyms and One-word Substitution. 2. Basic Grammar: Noun, pronoun, adjective, verb, adverb, prepositions, articles, Time and tense.	18

Part C- Learning Resources			
Text Books, Reference Books, Other resources			
Suggested Readings :			
<ul style="list-style-type: none"> • Essential English Grammar – Raymond Murphy, Cambridge University Press. • Practical English Grammar Exercises 1 – A.J. Thomson & A.V. martinet, Oxford India. • Practical English Usage – Michael Swan, Oxford • English Grammar in Use – Raymond Murphy, Cambridge University Press. 			
Suggested web links:			
Suggested equivalent online courses:			
Part D- Assessment and Evaluation			
Max. marks : 100	Min. Marks:35	University Exam (UE)	Total:100
U.E. Time 2 Hours			
External Assessment (UE)	Time: 2 hours		
Fifty Multiple Choice / Objective / True-False type questions to be asked. Each Question carries one mark.			

Part A Introduction			
Program : UG Level	Class : I Year[II	Year : 2022	Session : 2022-2023

SEM]		
Subject : FOUNDATION COURSE (ENVIRONMENTAL EDUCATION)		
1	Course Code	X1-FCAC1T
2	Course Title	Environmental Education
3	Course Type (Core Course/Elective/Generic Elective/Vocational)	Foundation Course
4	Pre-Requisite (if any)	<p>A Course intended to create awareness about the life of human beings which is an integral part of environment: and to inculcate the skills required protecting the environment from all sides.</p> <p>To study this course, the student must have a knowledge about the environmental components, pollution, biodiversity, and ecosystem at senior secondary, Class 12th level.</p>
5	Course Learning outcomes (CLO)	<ol style="list-style-type: none"> 1. To understand various aspects of life forms, ecological processes, and the impacts on them by the human during anthropogenic era: 2. To build capabilities to identify relevant environmental issues, analyze the various underlying causes, evaluate the practices, and policies, and develop framework to make inform decisions. 3. To develop empathy for all life forms, awareness, and responsibility towards environmental protections and nature preservation. 4. To develop the critical thinking for shaping strategies such as scientific, social, economics, administrative & legal, environmental protection, conservation of biodiversity, environmental equity and sustainable development. 5. To prepare for the competitive exams.
6	Credit Value	(Credit) 4
7	Total Marks	Max. Marks :100 / Min. Passing Marks :35
Part B - Content of the Course		
Total No. of Lectures -15 Hrs. (01 Hours per week): Total No. of Lectures: 15		
Unit	Topics	No. of Lectures
1	Reading, Writing and Interpretation Skills: <ul style="list-style-type: none"> • Multidisciplinary nature, scope and importance of 	05 Hrs.

	<p>environment.</p> <ul style="list-style-type: none"> • Components of environment: Atmosphere, Hydrosphere, Lithosphere, and biosphere. • Brief account of natural resources and associated problems: Land resources, water resources, energy resource. • Concept of sustainability and sustainable development. <p>Keywords: Environment, Forest Mineral, Food, land, Energy, Sustainable development.</p>	
2	<p>Biome, Ecosystem and biodiversity:</p> <ul style="list-style-type: none"> • Major biomes: Tropical, Temperate, Forest, Grassland, Desert, Tundra, Wetland, Estuarine and marine. • Ecosystem: Structure function and types their preservation & restoration. • Biodiversity and its conservation practices. <p>Keywords: Biome, Ecosystem, Biodiversity</p>	04 Hrs.
3	<p>Environmental pollution, management and social issues:</p> <ul style="list-style-type: none"> • Pollution: Types, control measures, management and associated problems, • Environmental law and legislation: Protection and conservation acts. • International agreement & programme. • Environmental movements, communication and public awareness programme. • National and international organizations related to environment conservation and monitoring. • Role of information technology in environment and human health. <p>Keywords: Pollution, Environmental Legislation, Environmental Movement, Environmental programme and organization.</p>	06 Hrs.
<p>Suggested activates: (At least one)</p> <ol style="list-style-type: none"> 1. Visit to an area to document environmental assets: Rivers/forest/flora/fauna. 2. Visit to a local polluted site Urban/Rural/Industrial/Agriculture. 3. Study of simple ecosystem. 		

Part C- Learning Resources
Text Books, Reference Books, Other resources
<p>Suggested Readings :</p> <ul style="list-style-type: none"> • Singh J.S. S. P. and Gupta S.R.; "Ecology; Environment science and conservation, "S Chand Publishing, New Delhi (2018) • Divan, S. and Rosencranz, A., "Environmental Law and Policy in India: Cases, Material & Status" Oxford University Press, India, (2002) 2nd Edition. • Odum, E.P., "Fundamentals of Ecology", Philadelphia Saundres, (1971). • Bharucha, Erach, "Environmental Studies" Universities press India Pvt. Ltd. Hyderabad (2014) (Hindi Edition also available). • Kaurik, Annaba, Kaurik, C.P. "Perspective in Environmental Studies", New age International Publishers, (2018), 6th Edition.

- Astana D.K AstanaMe era, "A Textbook of Environmental Studies," S. Chand Publishing New Delhi, (2007).
- National Digital Library(<https://ndl.iitkgp.ac.in/homestudy/science>)
- Epg-Pathshala (<https://epgp.inflibnet.ac.in/Home/Download>)
- NPTEL (<https://nptel.ac.in/course.html>)
- Coursera (<https://www.coursera.org/search?query=environmental+science&page=1>)
- इराका भरूचा, पर्यावरण अध्ययन, ओरियन्ट ब्लैकस्वान प्राइवेट लिमिटेड नई दिल्ली (2014)
- दयाशंकर त्रिपाठी, पर्यावरण अध्ययन, मोतीलाल बनारसीलाल पब्लिशर्स दिल्ली (2005)
- रतन जोशी, पर्यावरण अध्ययन, साहित्य भवन पब्लिकेशन्स (2018)

Suggested web links:

Suggested Equivalent Online Courses:

1. The health effects of climate change (edx)
2. Climate change: Financial risk and opportunities (edx)
3. Introduction to environmental law and policy (coursera)
4. Women in environmental Biology (coursera)
5. Our Earth; It's Climate, History and process (coursera)
6. Ecology, physiology, environmental science (national digital library)

Program :Certificate Course	Class:1 st Year[II SEM]	Year: 2022	Session :2022-2023
Subject :YOGIC SCIENCE			
1	Course Code	A1-FCEA1T	
2	Course Title	YOGA AND MEDITATION (PAPER-2)	
3	COURSE TYPE	FOUNDATION COURSE	
4	Pre-requisite (if any)	For BBAI year student, this course is compulsory for all.	
5	Course Learning outcomes (CLO)	1. After studying this course, student will be able to : <ul style="list-style-type: none"> • Take care of their own physical mental emotional, social and spiritual health. 	
6	Credit Value	Theory-4	
7	Total Marks	Max. Marks; 100	Min. Passing Marks: 35
Part B- Content of the Course			
Total no of Lectures –Tutorials –Practical (in hours per week): 2 hours per week			
Unit	Topics	No. of Lectures	
I	Introduction to yoga and yogic practices <ol style="list-style-type: none"> 1. Yoga: Etymology, definition, aim. Objectives and misconceptions. 2. Yoga: its origin history and development. 3. Rules and regulations to be followed by yoga practitioners 4. Introduction to yoga practices 5. Shatkarma: meaning, purpose and their significance in yoga sadhna 6. Key words: history and development of yoga ,shatkarma, common yogic practices. 	10	
II	Breathing Practices And Pranayama <ol style="list-style-type: none"> 1. Sectional breathing (Abdominal, thoracic Clavicular) 2. Yogic deep Breathing 3. Concept of puraka and kumbhaka 4. Concept of Bandha and Mudra 5. Anumoaviloma/ Nadishodhna 6. Shitali 7.bhramari Keywords: sectional breathing, Deep breathing, Bandha& Mudra, shitali, bhramari.	10	

III	<p>Practices leading to meditation</p> <ol style="list-style-type: none"> 1. Recitation of pranava Mantra 2. Recitation of Hymns, in vocation and prayers 3. Anter Maun 4. Breath Meditation 5. Om Dhyana <p>Key words: pranava Mantra, Antermaun, Breath meditation, omdhiyan.</p>	10
Part C-Learning Resources		
Text BOOKS, REFERENCES BOOKS, OTHER RESOURCES		
Suggested Readings:		
<ol style="list-style-type: none"> 1. Singh S.P&yogiMukesh: foundation of yoga, standard publication, New Delhi, 2010. 2. Swami DhinrendraBrahachari: yogasanavijnana, Dhinrendra yoga, publication, New Delhi, 1966. 3. Saraswati, Swami Satynand: Asana, pranayam, mudra, Bandha (apmb), yoga publication trust, Munger, 2013. 4. H.R Nagendra: asana, pranayama, Mudra, Bandha, swami vivekanand, yogprakashan, Banglore, 2002. 5. IshwarBhardwaj: saralyogasana, satyam publishing House, New Delhi, 2018. 6. ShiriRaisinghchouhan: Mudra Rahsya, Bhartiayogsansthan ,new delhi,2014 7. Dr. Vishwanathan Prasad sanha: Dhiyan yoga, Bhartiayogsansthan, New Delhi, 1987. 8. Shirideshraj: Dhiyansadhna, Bhartiya yoga sansthan, NewDelhi, 2015. 		
Suggestive digital platforms web links		
1. www.rishikeshnathyogshala.com		
Suggestive equivalent online courses:		
2. http://theoyoginstitute.org		
Part D-Assessmentand Evaluation		
Maximum Marks:100 University Examination (objective) 100 Time : 01.00 Hour		
External Assessment: University Examination	Objective questions	100
	Total	100