

BA/B.Com./ B.Sc./ BBA/ BCA – I Year

Part A- Introduction			
Program : UG Level	Class: I Year	Year : 2021-22	Session : 2021-2022
Subject: Foundation Course (English)			
Course Code	NBA (y-106 F-2)		
Course Title	English Language and Indian Culture		
Course Type (Core/Elective/ Generic Elective/Vocational/...)	Foundation Course		
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.		
Course Learning Outcomes (CLO)	Through this course the student will be able to: 1 Prepare for various competitive exams by developing their English language competence. 2 Promote their comprehension skills by be exposed to a variety of text and their interpretations 3 Build and enhance their vocabulary. 4 Developed 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.		
Credit Value	2 Credit		
Total Marks	Max. Marks: 50	Minimum passing Marks: 17	

Part B- Content of the Course		
Total numbers of Lectures – Tutorials Practical (in hours per weeks)		
Unit	Topics	Numbers of Lectures
1	Reading, Writing and Interpretation Skills: 1 Where The Mind is Without Fear- Rabindranath Tagore [Key Word: Patriotism} 2 National Education- M.K. Gandhi [Key Word: Edification] 3 The Axe- R.K. Narayan [Key Word: Environment] 4 The Wonder That was India: A .I Basham (an excerpt) [Key Word : Indianness] 5 Preface to the Mahabharata- C. Rajagopalachari [Key Word : Indian Mythology]	5

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II	<p>Comprehension skills</p> <p>Unseen passage followed by multiple choice questions</p>	5
III	<p>Basic Languages Skills</p> <p>1: Suffix, prefix, synonyms, antonyms, homophones, homonyms, and one word substitution.</p> <p>2: Basic Grammar: Noun, pronoun, Adjective, Verb, Adverb, Preposition, Articles, Time and Tense</p>	5

Part C-Learning Resources

Text Books, Reference Books, Other resources

Suggested Readings:

Essential English Grammar - Raymond Murphy, Cambridge University Press

Practical English Grammar Exercises1- A.J .Thomas and A.V Martinet , Oxford India.

Practical English Usage -Michael Swan oxford

English Grammar in use Raymond Murphy Cambridge University Press

Part D-Assessment and Evaluation

Max Marks : 50	Minimum Marks : 17	University Exam :	Total: 50
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U.E Time 2 Hours

External Assessment (U.E)	Time : 2 Hours	
<p>Fifty Multiple Choice/Objective/True-False questions to be asked. Each questions carries one mark.</p>		

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Part A Introduction			
Program U.G, Level Certificate	Class: UG I Year	Year :FIRST Year	Session :2021-2022 onwards
Subject :Environmental Education			
1	Course Code	NBA (y-106 F-3)	
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 to protect the environment from all sides.</p> <p>To study this course, the student must have knowledge about the environmental components, pollution, ,and ecosystem at senior secondary, class level12th level.</p>	
5	Course Learning outcomes (CLO)	<p>This paper is expected to bring familiarity among student about Indian society.</p> <p>It will present a comprehensive. Integrated and empirical profile of Indian society.</p> <p>It is supposed that the structure and presented in this paper will also enable student to gain a better understanding of their own situation and region.</p> <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 protection and nature preservation. 4.To develop the critical thinking for shaping strategies such as Scientific, social, economic, administrative & legal environmental protection, conservation of biodiversity, environmental equity and sustainable development. 5.To prepare for the competitive exams. 	

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6	Credit Value	2 Credit	
7	Total Marks	Max. Marks; 50	Minimum Passing Marks: 17
Part B- Content of the Course			
Total no of Lectures –15Hrs.(01 hours per week)			
Total No. of Lectures: 15			
	Topics	No. of Lectures	
I	<p style="text-align: center;">Environmental and Natural Resources</p> <ul style="list-style-type: none"> • Multidisciplinary nature, Scope and Importance of Environment • Components of Environment; Atmosphere, Hydrosphere, Lithosphere and Biosphere. • Brief account of natural resources and associated problems: Land Resources, Water Resources, Energy Resources. • Concept of sustainability and Sustainable development. • Keywords Environment, Forest, Mineral, Food, Land, Water, Energy Sustainable Development., 	18	
II	<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>	18	
III	<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. 		

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	<ul style="list-style-type: none"> • National and International organization related to environment conservation and monitoring. • Role of information technology in environment and human health. <p><i>Keywords: Pollution, Environmental Legislations, Environmental Movement, Environmental programme and organization</i></p>	
	<p>SUGGESTED ACTIVITIES: (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/Agricultural 3. Study of simple ecosystem. 	
Part C-Learning Resources		
Text books, Reference Books, Other resources		
Suggested Readings:		
<ul style="list-style-type: none"> • Singh; J.S., Singh S.P. and Gupta, S.R.; “ Ecology; Environment Science and Conservation” Chand publishing, New Delhi, (2018) • Divan, S. and Rosecrans, A., “ENVIRONMENTAL Law and Policy in India: Cases, Material & Status” Oxford University Press, India, (2002) 2nd Edition. • Odium, E.P. “Fundamental of Ecology” ,Philadelphia Saundra’s, (1971) • Bharuch a, Erath, “ 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 Astana Me era, “A Textbook of Environmental Studies,” S. Chand Publishing New Delhi, (2007) • National Digital Library(https://ndl.iitkgp.ac.in./homestudy/science) • pegs- pathshala (https://nptel.ac.in/course.html) • Coursera (https://www.coursera.org/search?query=environmental) 		
Suggested Equivalent Online Courses:		
<ol style="list-style-type: none"> 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 5. Our Earth; It’s Climate, History and process 6. Ecology, physiology, environmental science (national digital library) 		

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आधार पाठ्यक्रम: प्रथम प्रश्न पत्र 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)	सत्र 21-22
	विषय :-	आधार पाठ्यक्रम	
1	कोर्स कोड	NBA (Y-106 F-1)	
2	कोर्स का शीर्षक	हिन्दी भाषा और संस्कृति	
3	कोर्स का प्रकार	आधार पाठ्यक्रम	
4	कोर्स अपेक्षित	कक्षा 12वीं उत्तीर्ण किसी भी विषय समूह से	
5	कोर्स अधिगम उपलब्धि (लनिंग आउटकम) (CLO)	<ol style="list-style-type: none"> 1. उत्कृष्ट साहित्यिक पाठों के अध्ययन से रुचि का विकास करना। 2. सांस्कृतिक चेतना और राष्ट्रीय भावना का विकास करना। 3. भाषा - ज्ञान। 4. सामान्य शब्दावली और विशेष शब्दावली के अध्ययन द्वारा भाषा एवं संस्कृति बोध का विकास करना। 5. विशिष्ट शब्दावली (बीज शब्द/की वर्ड) से परिचित करवाते हुए बोध के स्तर को विकसित करना। 6. प्रतियोगी परीक्षाओं हेतु तैयार करना। 	
6	क्रेडिट मान	02 क्रेडिट	
7	कुल अंक	50 अंक	
8	उत्तीर्ण अंक	17 अंक	

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(भाग-बी) कोर्स सामग्री

व्याख्यान की कुल संख्या : वर्ष में अधिकतम 15 घंटे

यूनिट	विषय	व्याख्यान की संख्या	
इकाई-एक			
	1. मैथलीशरण गुप्त परिचय पाठ : मातृभूमि (कविता)	5 घण्टे	
	2. प्रेमचन्द : परिचय पाठ : शतरंज के खिलाड़ी (कहानी)		
इकाई-दो			
	1. वैचारिक-भारतीय भाषाओं में राम	5 घण्टे	
	2. आचार्य रामचन्द्र शुक्ल परिचय पाठ : उत्साह (भावमूलक निबंध)		
	3. रामधारी सिंह दिनकर परिचय पाठ : भारत एक है (संस्कृति)		
	4. आदिशंकराचार्य - जीवन व दर्शन		
इकाई-तीन			
	1. पर्यायवाची शब्द : विलोम शब्द : अनेक शब्द के लिए एक शब्द (हिन्दी व्याकरण)	5 घण्टे	
	2. संधि और उसके प्रकार (हिन्दी व्याकरण)		
	3. बीज शब्द - धर्म, अद्वैत, भाषा अवधारणा, उदारीकरण।		
सार बिन्दू (की वर्ड) /			

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	टैग		
	सर्च करें :		
	मैथिलीशरण गुप्त	मैथिलीशरण गुप्त की कविता मातृभूमि	
	प्रेमचंद	प्रेमचंद शतरंज के खिलाड़ी	
	रामधारी सिंह दिनकर	भारत एक है रामधारी सिंह दिनकर	
	आचार्य रामचन्द्र शुक्ल	उत्साह निबंध रामचन्द्र शुक्ल	
	स्वामी विवेकानन्द	शिकागो व्याख्यान	
	धर्म क्या है		
	भाषा विकास		
	भाषा परिभाषा		
	अवधारणा का अर्थ एवं परिभाषा		
	उदारीकरण की विशेषता		
	पर्यायवाची शब्द		
	विलोम शब्द		
	अनेक शब्द के लिए एक शब्द		
	संधि		

(भाग-सी)

अनुशंसित अध्ययन संसाधन

पाठ्य पुस्तकें, संदर्भ पुस्तकें, अन्य संसाधन

1	प्रेमचन्द - मानसरोवर, खण्ड-3		
2	आचार्य रामचन्द्र शुक्ल - चिन्तामणि, भाग-1		
3	डॉ. वासुदेव नन्दन प्रसाद, आधुनिक हिन्दी व्याकरण और रचना, भारती भवन, ठाकुर बाडी रोड, पटना, बिहार		

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4	डॉ. राजेश्वर चतुर्वेदी, हिन्दी व्याकरण - उपकार प्रकाशन, आगरा उ.प्र.		
5			
6	हिन्दी ज्ञान कोश		
7	इन्टरनेट सामग्री - टैग में उल्लेखित		

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Program :certificate Course	Class:B.A.1st Year	Year: 2021	Session :2021-2022
Subject :YOGIC SCIENCE			
1	Course Code	NBA (y-106 F-4)	
2	Course Title	YOGA AND MEDITATION (PAPER-2)	
3	COURSE TYPE	FOUNDATION COURSE	
4	Pre-requisite (if any)	For I 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-2	
7	Total Marks	Max. Marks; 50	Min. Passing Marks: 17
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 practioners 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. Anumoa viloma/ Nadishodhna 6. Shitali 7.bhramari Keywords: sectional breathing, Deep breathing, Bandha& Mudra, shitali, bhramari.	10	

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III	Practices leading to meditation <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, om dhiyan.</p>	10
Part C-Learning Resources		
Text BOOKS, REFERENCES BOOKS, OTHER RESOURCES		
<p>Suggested Readings:</p> <ol style="list-style-type: none"> 1. Singh S.P & yogi Mukesh: foundation of yoga, standard publication, New Delhi, 2010. 2. Swami Dhinrendra Brahachari: yogasana vijnana, 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, yog prakashan, Bangalore, 2002. 5. Ishwar Bhardwaj: saral yogasana, satyam publishing House, New Delhi, 2018. 6. Shiri Rai singh chouhan: Mudra Rahsya, Bharti yog sansthan ,new delhi,2014 7. Dr. Vishwanathan Prasad sanha: Dhiyan yoga, Bhartiya yog sansthan, New Delhi, 1987. 8. Shiri deshraj: Dhiyan sadhna, Bhartiya yoga sansthan, New Delhi, 2015. 		
Suggestive digital platforms web links		
<ol style="list-style-type: none"> 1. www.rishikeshnathyogshala.com 		
Suggestive equivalent online courses:		
<ol style="list-style-type: none"> 2. http://theoyoginstitute.org 		
Part D-Assessment and Evaluation		
Maximum Marks:		50
University Examination (objective)		50
Time : 01.00 Hour		
External Assessment: University Examination	Objective questions	50
	Total	50