



अध्यादेश १८१ अंतर्गत व्यावसायिक अभ्यासक्रम



● महाविद्यालयाचे नांव :- ग्रामविकास संस्था संचालित,  
कला महाविद्यालय बामखेडे त.त.  
ता.शहादा , जि.नंदुरबार

● अभ्यासक्रमाचे नांव :- Certificate Course in  
*functional* Spoken English

● विद्याशाखा :- कला

शैक्षणिक वर्ष :- २०१६-१७

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Certificate Course in Spoken English



**Paper-I : Spoken English and Basic Conversation**

**Objectives:-**

1. To enable the students to acquire phonetic skills for spoken English.
2. To enable students to acquire greater skills in speech mechanism.
3. This course is oriented to introduce students to word accent and speech rhythm.

Teaching hours :- 50 Periods of 45 minutes in each term.

Marks :- 100 Marks for theory

**First Term:-**

1. Introduction to English language learning ; difficulty areas for Indian speakers and second language learners; discord between English spellings and pronunciation; mother tongue pull; need for English language learning. ( 8 teaching periods)
2. Speech organs ( 2 Periods)
3. Production for speech sounds- vowels, consonants, diphthongs. ( 16 Periods)
4. Minimal pairs; consonant clusters ( 6 periods)
5. Phonemic transcription of isolated words related to the students daily life. ( 10 Periods)
6. Use of the phonetic dictionary ( 8 Periods)

**Second Term :-**

7. Problems of Indian speakers with regard to  
a) /r/ /v/ /θ/ /ω/ /s/ /ʃ/ /p/ etc.

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# Certificate Course in Spoken English



## Paper-I: Spoken English and Basic Conversational Skills

### Objectives:-

1. To enable the students to acquire phonetic skills for spoken English
2. To enable students to acquire greater skills in speech mechanism
3. This course is intended to introduce students to word accent and speech rhythm

Teaching hours - 50 Periods of 45 minutes in each term  
Marks - 100 Marks for theory

### First Term:-

1. Introduction to English language learning: difficulty areas for Indian speakers and second language learners: similarity between English spelling and pronunciation: mouth tongue pull, need for English language learning  
( 8 teaching periods)
2. Speech organs ( 7 Periods)
3. Production of speech sounds: vowels, consonants, diphthongs ( 10 Periods)
4. Minimal pairs, suprasegmentals ( 5 periods)
5. Phonemic transcription: use of reduced words related to the students daily life ( 12 Periods)
6. Use of the phonetic dictionary ( 8 Periods)

### Second Term:-

7. Problems of spelling: practice with requests for
- 8) /t/ /f/ /θ/ /d/ /s/ /ʃ/ /r/ /z/

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8. The Sullable: division of words into syllables; marking the structure of syllables; consonant clusters. ( 8 Periods)
9. Strong and weak forms ( 4 Periods)
10. Accent; word accent; primary and secondary stress; stress/accent shift; accent in connected speech. ( 6 periods)
11. Intonation: falling tone; rising tone; falling-rising tone ( 6 periods)
12. Phonemic transcription of assertive, interrogative, imperative, exclamatory sentences with stress and intonation. ( 8 Periods)
13. Situational conversations ( 10 periods)

**Recommended Books:-**

1. The study of language-George Yule ( Cambridge University Press 1995)
2. The English Language-C.L.Wrenn,Vikas publishing House,Delhi,1992
3. A Textbook of English phonetics for Indian Students-T Balasubramaniam, Macmillan Indian Ltd.Bombay 1996.
4. English phonetics for Indian Students-A workbook T.Balasubramanjam,Macmillan India Ltd.,Bombay 1996.
5. Spoken English for India-R.K.Bansal and J.B.Harrison.
6. A course in Phonetics and Spoken English-J.Sethi and P.V.Dhamaija;Prentice Hall,New Delhi,1997
7. Effective English Communication for you- V.Syamala,Emerald Publishers,2002.
8. Spoken English for you-G.Radhakrishna Pillai,Emerale publishers, 2002
9. An Introduction to the Pronunciation of English-A.C.Gimson
10. Exprcises in spoken English ( A set of three cassettes from CIEFL, Hyderabad)
11. Spoken English ( audio cassettes) P.V.Dhamiya and V.Sasikumar; Tata McGraw Hill; New Delhi 2001.
12. English Pronouncing Dictionary-Daniel Jones( ELBS)
13. Advance Learners Dictionary-A.S..Hornby ( ELBS)

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## Paper II :- Basic English Grammar and Writing

### Objectives:-

1. To introduce students to correct use of English grammar.
2. To eradicate grammatical errors in written and spoken English skills.
3. To introduce students to basic writing skills.

Teaching hours: 50 periods of 45 minutes duration in each term.

Marks : 100 marks of theory.

### First term:-

1. Parts of speech ( 10 periods)
2. Types of sentences-assertive,imperative,interrogative and Exclamatory ( 4 periods)
3. Verbs forms and phrasal verbs ( 6 periods)
4. Tenses ( 8 periods)
5. Vocabulary items- Single word substitutes;antonyms,synonyms, words which differ in meaning according to spellings and pronunciation. ( 8 periods)
6. Use of words and phrases in context-related sentences ( 6 periods)
7. Errors in sentence-constructions ( 8 periods)

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### Second Term: Basic writing skills

1. Paragraph writing-topic sentences ( 6 periods)
2. Writing of daily activities in the form of a diary ( 6 periods)
3. Descriptive and Narration ( 6 periods)
4. Note-taking/Note-making ( 6 periods)
5. Information transfer ( 6 periods)
6. Newspaper reading and collection of news terms ( 6 periods)
7. Personal letters and applications for leave,scholarships, admission,job under Earn and Learn Scheme in college ( 6 periods)
8. Use of dictionary and vocabulary building exercises ( 8 periods)

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### Recommended Books:-

1. Intermediate English Grammar-N.L.Tickoo
2. The sentence-Different Types ( EEC), V.Syam
3. Effective English Communication by V.Syama
4. An Intensive Course in English Grammar-C.D.Singh
5. Examine your English-Margaret Maisson
6. A Communicative Grammar of English-Leech & Svartik
7. Modern English Grammar-Krishnaswami
8. Writing with a Purpose-Tickoo & Sasikumar,Oxford University press,1979,
9. English for Colleges-Sarah freeman
10. Strengthen your English-Bhaskaran and Horsburgh
11. The New oxford Guide to Writing-Kane Thomas,Oxford University Press,1988.
12. Strengthen your writing-Narayanswamy.



### Paper III | Practical Work | :

Two clock hours of practical work per week with optimum use of the language laboratory, The practicals should be based on the application of the theory courses.

Marks of Practical	: 100
Internal Marks	: 40
External Marks (Written Test Exam.)	: 60

Internal Evaluation on the following guidelines :

- 1) Class tests ( at least one in each term) = 10 Marks
- 2) Journal = 10 Marks
- 3) Participation in various activities/attendance = 10 Marks
- 4) General Performance = 10 Marks

A Student is expected to maintain a journal and complete & practical-4 in each term-out of which 4 practicals based on spoken English,2 practicals on grammar and 2 on basic writing skills,visit to radio stations and doordarshan centers should be arranged.Group discussions,excursions, seminars,panel discussions,role-plays may be included in the Practical.

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Six Months Module Syllabus  
for  
Environmental Studies  
for  
Under Graduate Courses



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conserve them in ex-situ and in-situ situations. Intellectual property rights (IPRs) have become important in a biodiversity-rich country like India to protect microbes, plants and animals that have useful genetic properties. Destruction of habitats, over-use of energy resource and environmental pollution have been found to be responsible for the loss of a large number of life-forms. It is feared that a large proportion of life on earth may get wiped out in the near future.

In spite of the deteriorating status of the environment, study of environment have so far not received adequate attention in our academic programmes. Recognizing this, the Hon'ble Supreme Court directed the UGC to introduce a basic course on environment at every level in college education. Accordingly, the matter was considered by UGC and it was decided that a six months compulsory core module course in environmental studies may be prepared and compulsorily implemented in all the University/Colleges of India.

The experts committee appointed by the UGC has looked into all the pertinent questions, issues and other relevant matters. This was followed by framing of the core module syllabus for environmental studies for undergraduate courses of all branches of Higher Education. We are deeply conscious that there are bound to be gaps between the ideal and real. Genuine endeavour is required to minimize the gaps by intellectual and material inputs. The success of this course will depend on the initiative and drive of the teachers and the receptive students.

## SYLLABUS

### Unit 1 : Multidisciplinary nature of environmental studies

Definition, scope and importance

(2 lectures)

Need for public awareness.

  
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## Unit 2 : Natural Resources :

### Renewable and non-renewable resources :

Natural resources and associated problems.

- a) Forest resources : Use and over-exploitation, deforestation, case studies.  
Timber extraction, mining, dams and their effects on forest and tribal people.
  - b) Water resources : Use and over-utilization of surface and ground water,  
floods, drought, conflicts over water, dams benefits and problems.
  - c) Mineral resources : Use and exploitation, environmental effects of extracting  
and using mineral resources, case studies.
  - d) Food resources : World food problems, changes caused by agriculture and  
overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water  
logging, salinity, case studies.
  - e) Energy resources : Growing energy needs, renewable and non renewable  
energy sources, use of alternate energy sources. Case studies.
  - f) Land resources : Land as a resource, land degradation, man induced  
landslides, soil erosion and desertification.
- Role of an individual in conservation of natural resources.
  - Equitable use of resources for sustainable lifestyles.

(8 lectures)

## Unit 3 : Ecosystems

- Concept of an ecosystem.

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- Structure and function of an ecosystem.
- Producers, consumers and decomposers.
- Energy flow in the ecosystem.
- Ecological succession.
- Food chains, food webs and ecological pyramids.
- Introduction, types, characteristic features, structure and function of the following ecosystem :-
  - a. Forest ecosystem
  - b. Grassland ecosystem
  - c. Desert ecosystem
  - d. Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

(6 lectures)

#### Unit 4 : Biodiversity and Its conservation

- Introduction – Definition : genetic, species and ecosystem diversity.
- Biogeographical classification of India
- Value of biodiversity : consumptive use, productive use, social, ethical, aesthetic and option values
- Biodiversity at global, National and local levels.
- India as a mega-diversity nation

  
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- Bio-sphere of biodiversity
- Threats to biodiversity - habitat loss, poaching of wildlife, man-wildlife conflict.
- Endangered and extinct species of birds
- Conservation of biodiversity - In-situ and Ex-situ conservation of biodiversity.

(1 lecture)

#### Unit 5: Environmental Pollution

##### Definition

- Cause, effects and control measures of -
  - a. Air pollution
  - b. Water pollution
  - c. Soil pollution
  - d. Marine pollution
  - e. Noise pollution
  - f. Thermal pollution
  - g. Nuclear waste
- Solid waste Management: Cause, effect and control measures of urban and industrial waste.
- Role of an individual in prevention of pollution.
- Pollution case studies.
- Disaster management: Flood, earthquake, cyclone and landslides.

(5 lectures)

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#### Unit 6 : Social Issues and the Environment

- From Unsustainable to Sustainable development
- Urban problems related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people, its problems and concerns. Case Studies
- Environmental ethics : Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case Studies
- Wasteland reclamation
- Consumerism and waste products
- Environment Protection Act.
- Air (Prevention and Control of Pollution) Act
- Water (Prevention and control of Pollution) Act
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation.
- Public awareness.

(7 lectures)

#### Unit 7 : Human Population and the Environment

- Population growth, variation among nations.
- Population explosion – Family Welfare Programme

  
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VI






- Environment and human health
- Human Rights
- Value Education
- HIV/AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and human health
- Case Studies

(8 lectures)

#### Unit II : Field work

- Visit to a local area to document environmental aspects over forest grassland hill mountain
- Visit to a local polluted site-Urban Rural Industrial Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc. (Field work Equal to 5 lecture hours)

  
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**SIX MONTHS COMPULSORY CORE MODULE COURSE IN  
ENVIRONMENTAL STUDIES : FOR UNDERGRADUATES**

**Teaching Methodologies**

The core Module Syllabus for Environment Studies includes class room teaching and Field Work. The syllabus is divided into eight units covering 50 lectures. The first seven units will cover 45 lectures which are class room based to enhance knowledge skills and attitude to environment. Unit eight is based on field activities which will be covered in five lecture hours and would provide student first hand knowledge on various local environmental aspects. Field experience is one of the most effective learning tools for environmental concerns. This moves out of the scope of the text book mode of teaching into the realm of real learning in the field, where the teacher merely acts as a catalyst to interpret what the student observes or discovers in his/her own environment. Field studies are as essential as class work and form an irreplaceable synergistic tool in the entire learning process.

• Course material provided by UGC for class room teaching and field activities be utilized.

The universities/colleges can also draw upon expertise of outside resource persons for teaching purpose.

Environmental Core Module shall be integrated into the teaching programmes of all undergraduate courses.

Annual System : The duration of the course will be 50 lectures. The exam will be conducted along with the Annual Examination.

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**Semester System :** The Environment course of 50 lectures will be conducted in the second semester and the examination shall be conducted at the end of the second semester.

**Credit System :**

The course will be awarded 4 credits.

**Exam Pattern :**

In case of awarding the marks, the question paper should carry 100 marks. The structure of the question paper being.

- |  |            |
|--|------------|
| Part-A, Short answer pattern           | • 20 marks |
| Part-B, Essay type with inbuilt choice | • 40 marks |
| Part-C, Field Work                     | • 40 marks |

  
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- b) Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad - 380 013, India, Email mapin@scenet.net (R)
- c) Brunner R.C., 1989, Hazardous Waste Incineration, McGraw Hill Inc 480p
- d) Clark R.S., Marine Pollution, Clarendon Press Oxford (TB)
- e) Cunningham, W.P. Cooper, T.H. Gorham, E. & Hepworth, M.T. 2001, Environmental Encyclopedia, Jico Publ. House, Mumbai, 1196p
- f) De A.K., Environmental Chemistry, Wiley Eastern Ltd
- g) Down to Earth, Centre for Science and Environment (R)
- h) Gleick, H.P. 1993. Water in Crisis, Pacific Institute for Studies in Dev. Environment & Security. Stockholm Env. Institute Oxford Univ. Press. 473p
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- j) Heywood, V.H. & Waston, R.T. 1995. Global Biodiversity Assessment. Cambridge Univ. Press 1140p.
- k) Jadhav, H. & Bhosale, V.M. 1995. Environmental Protection and Law. Himalaya Pub. House, Delhi 284 p.
- l) McKinney, M.L. & School, R.M. 1996. Environmental Science systems & Solutions, Web enhanced edition. 639p.
- m) Mhaskar A.K., Matter Hazardous, Techno-Science Publication (TB)
- n) Miller T.G. Jr. Environmental Science, Wadsworth Publishing Co. (TB)
- o) Odum, E.P. 1971. Fundamentals of Ecology. W.B. Saunders Co. USA, 574p
- p) Rao M.N. & Datta, A.K. 1987. Waste Water treatment. Oxford & IBH Publ. Co. Pvt. Ltd. 345p.
- q) Sharma B.K., 2001. Environmental Chemistry. Geol Publ. House, Meerut
- r) Survey of the Environment, The Hindu (M)
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- d) Trivedi R.K., Handbook of Environmental Law, Rules Guidelines, Compliances and Standards, Vol I and II, Enviro Media (R)
- u) Trivedi R. K. and P.K. Goel, Introduction to air pollution, Techno-Science Publication (TH)
- v) Wanger K.D., 1998 Environmental Management, W.H. Saunders Co Philadelphia, USA 499p

(M) Magazine

(R) Reference

(TH) Textbook

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*Department of English*

**Value Added Course**

In

**Soft Skills Training and Development**

**Academic Year: 2017-18**

**Programme: UG**

**Course Coordinator: Shivanand Sahadu Duthade**

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**APPLICATION FOR CONDUCTING VALUE ADDED COURSES**

To

The Principal, GVS, Arts College, Bamkheda T.T.

1. Name of the Department: English
2. UG programme: B.A.
3. Details of the Value Added Courses:
  - a. Name of the Value Added Courses: Soft Skills Training and Development
  - b. Type of Value Added Courses (Theory/ Lab/ Lab integrated Theory/others): Theory and Project
  - c. Short Description Enclosure 1 enclosed - YES / NO
  - d. Syllabus including Reference Enclosure 2 enclosed - YES / NO
4. Target audience: Semester I, II, III, and IV  
Semester (indicate if more than one)
5. Academic Year: 2017-18
6. Details of Faculty handling the course:
  - a. Name of the Faculty handling the Value Added course: Mr. S.S. Duthade
  - b. Details including designation and expertise Enclosure 3 enclosed - YES / NO
  - c. Contact details  
Email ID: duthaders@gmail.com  
Phone No: 9423626589
7. Tentative Time Table including dates of internal assessments: Enclosure 4 enclosed - YES / NO
8. Number of students opting for the course: 13
9. Name and Designation of the Coordinator: Mr. S.S. Duthade, Asst. Professor

Faculty Handling the Course (Coordinator)

Head of the Department

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GRAM VIKAS SANSTHA'S

## ARTS COLLEGE BAMKHEDE T.T.

Tal. Shahada, Dist. Nandurbar-425423

[Re-Accredited with "B" Grade by NAAC and "A" Grade by Parent University]



### Value Added Course

in

### Soft Skills Training and Development

#### Preamble:

Soft skills are learned behaviours which require training and focused application. Soft skills will enable students with a strong conceptual and practical framework to build, develop and manage teams. They play an important role in the development of the students' overall personality, thereby enhancing their career prospects. Training in soft skills provides strong practical orientation to the students and help them in building and improving their skills in communication, the effective use of English, business correspondence, presentations, team-building, leadership, time management, group discussions, interviews and interpersonal skills. It also helps students in career visioning and planning, effective resume writing and dealing with placement consultants and head hunters. The focus will be on, Collaboration, Communication and interpersonal skills, Problem-solving, Time management, and Leadership.

#### Aims and Objectives:

- Develop effective communication skills
- Develop effective presentation skills
- Conduct effective business correspondence and prepare business reports which produce results
- Become self-confident individuals by mastering inter-personal, team management, and leadership skills
- Develop all-round personality with a mature outlook to function effectively in different circumstances
- Develop broad career plans, evaluate the employment market, identify the organizations to get good placement, match the job requirements and skill sets
- Take part effectively in various selection procedures adopted by the recruiters

#### Outcome after completing the Soft Skills Training:

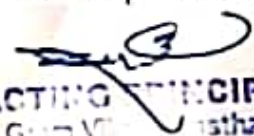
Big corporates provide complex tasks and soft skills are on demand as it is the life skill for the candidate. Handling complex tasks helps corporates to enhance productivity and thus

  
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**COORDINATOR**  
Gram Vikas Sanstha's  
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**ACTING PRINCIPAL**  
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॥ UDDHARE DATMANATMANAM ॥  
GRAM VIKAS SANSTHA'S

## ARTS COLLEGE BANKHEDE T.T.

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### Value Added Course in Soft Skills Training and Development

#### Preamble:

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the professionals with soft skills are paid rewardingly for the work. Soft Skill Training Course at Arts College will help you to get placed in a reputed company. Soft skills lay the difference among the employees. Soft skills motivate the employee to complete the jobs with perfection and speed. For completing the day to day task soft skill training makes the employee as the best employee.

Soft skills are required at the top of the management to handle the project and it yields the best return on investment. Learning soft skills is the best choice as it is the life skills which stands for a relatively long time with the learner. Soft skill workers work for the blue-collar jobs and hence they learn from the top management to handle the business. Ask for the Soft Skills Training Fees in Chennai and choose the best institute for your learning journey. Arts College proudly presents the soft skill training with a proven record in the placements.

#### Exit Options:

The course allows exit of a student from the course on successful employment. Scopes will be there for further continuation of study

#### Eligibility:

- 1) Those who have completed XII Arts, Commerce, Science OR equivalent/ MCVC / ITI (Two Years) with relevant / equivalent trade from any recognized Board/Institution are eligible for registration / admission.
- 2) No age bar

**Intake Capacity:** 20 seats on first come first serve basis

#### Admission / Promotion Process:

The students will have to clear / qualify at least 50% of theory papers / courses from second semester and all papers / courses (inclusive of theory and practical) from first semester for getting promoted to second year. Similarly the students will have to clear / qualify at least 50% of theory papers / courses from fourth semester and all papers / courses (inclusive of theory and practical) from third semester for getting promoted to third year. Dropout students will be allowed to register for second or third year as and when the concerned courses are offered by the Centre, however he/she should not exceed more than twice the duration of the course from the date of first registration at the Centre.

#### Choice Based Credit System (CBCS):

The choice based credit system is going to be adopted by this Centre. This provides flexibility to make the system more responsive to the changing needs of our students. The credit based system also facilitates the transfer of credits.

#### Credit-to-contact hour Mapping:

- (a) One Credit would mean equivalent of 12-14 periods of 60 minutes each for the lecture. (

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**Credit-to-contact hour Mapping:**

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- (b) For lab course/ workshops/internship/field work/project, the credit weightage equivalent hours shall be 50% that for lectures /workshop
- (c) For self- learning, based on e-content or otherwise, the credit weightage for equivalent hours of study should be 50% or less of that for lectures/workshop

#### Attendance:

Students must have 75 % of attendance in each course for appearing examination otherwise he / she will not be strictly allowed for appearing the examination of each course.

#### College Committee:

The College IQAC Committee of the College will monitor the smooth functioning of the course.

#### Results Grievances / Redressal Committee

Grievances / redressal committee will be constituted in the department to resolve all grievances relating to the evaluation. However, college has this committee.

**Evaluation Methods:** The assessment will be based on 50: 50 ratio of continuous internal assessment (CIA) and semester end examination (SEE).

#### Continuous Internal Assessment (CIA):

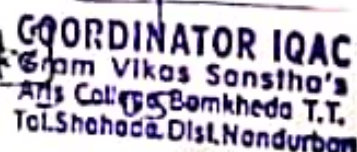
##### (A) For 3 credit course:


There will be 20 marks for Continuous Internal Assessment. Distribution of 20 marks will be as follows- 05 marks for tutorials, 05 marks for assignment, 05 marks for seminar presentation and 10 marks for weekly tests. Weekly tests of 10 marks each based on subjective short questions will be conducted every week during the semester as a part of continuous assessment. At the end of the semester, average of all weekly tests will be considered for calculation of final marks. The setting of the question papers and the assessment will be done by the concerned teacher.

#### Semester End Examination (SEE):

The semester end theory examination for each theory course will be of 40 marks. The total marks shall be **150 for 3 credit theory course (40 marks semester end exam + 20 marks CIA)**. Semester end examination (SEE) time table will be declared by the departmental committee (as per the university annual calendar). The paper setting and assessment of theory courses, laboratory courses and research project will done by external (50 %) and internal (50%) examiners. However, in case of non-availability of external examiner for either paper setting or assessment or both, department committee will be empowered to take appropriate decision.

  
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Pattern of semester end question paper will be as below:

(A) For 2 credit course:

Sr. No.	Paper	Credit	Lecture/Hours	Internal Marks	External Marks	Total
01	Paper I	01	10	20	40	60
02	Paper II	01	10	20	40	60
03	Practical/Project Work	01	10	—	—	30
Total		03	30	40	80	150

A) Internal: 20 Marks

- 1) Attendance and Behaviour: 05
- 2) Assignment/Tutorial: 10
- 3) Participation in Activities: 10

III) External: 40 Marks

Course End Examination


C) Practical/Project: 30

The semester end practical examination will be conducted at the end of each semester along with the theory examination. At the end of each semester the Departmental Committee will assign grades to the students. The result sheet will be prepared in duplicate. Every student will have privilege for revaluation of answer sheets or recounting of marks for each semester end examination. However, students will have to submit an application within 15 days from the date of declaration of results. Applications received for revaluation / recounting will be discussed in the Departmental committee and examiners will be appointed accordingly. The results of revaluation / recounting will be approved by Departmental committee and forwarded to Controller of Examination for further processing.

Earning Credits:

At the end of every semester, a letter grade will be awarded in each course for which a student had registered. A student's performance will be measured by the number of credits that he/she earned by the weighted Grade Point Average (GPA). The SGPA (Semester Grade Point Average) will be awarded after completion of respective semester and the CGPA (Cumulative Grade Point Average) will be awarded at the respective exit point.

Grading System: The grading reflects a student-own proficiency in the course. A ten point rating scale shall be used for the evaluation of the performance of the students to provide letter

  
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total number of marks obtained by him / her in all heads of the examination of the grade points and their equivalent range of marks are shown in Table-I

Table - I Ten Point Grade and Grade Description

Marks Obtained (%)	Grade Point	Letter Grade	Description
90-100	9 (90-100)	A	Outstanding
80-89	8 (80-89)	A++	Exceptional
70-79	7 (70-79)	A+	Excellent
60-69	6 (60-69)	A	A Very Good
55-59	5 (50-59)	B+	Good
50-54	5 (50-54)	B	Fair
45-49	4 (50-49)	C++	Average (Above)
41-44	4 (1-44)	C	Average
40	4 (0)	P	Pass
< 40	0 (0)	F	Fail (Unsatisfactory)
	0 (0)	All	Absent

Non-appearance in any examination / assessment shall be treated as the students have secured zero marks in that subject examination / assessment. Minimum P grade (4/0) grade points) shall be the limit to clear / pass the course /subject. A student with F grade will be considered as — failed in the concerned course and he / she has to clear the course by appearing in the next successive semester examinations. There will be no revaluation or recounting under this system. Every student shall be awarded grade points out of maximum 10 points in each subject (based on 10 point scale). Based on the grade points obtained in each subject, Semester Grade Point Average (SGPA) and then Cumulative Grade Point Average (CGPA) shall be computed. Results will be announced at the end of each semester and CGPA will be given at respective exit point.

**Computation of SGPA (Semester Grade Point Average) and CGPA (Cumulative Grade Point Average)**

Grade in each subject / course will be calculated based on the summation of marks obtained in all five modules. The computation of SGPA and CGPA will be as below:

Semester Grade Point Average (SGPA) is the weighted average points obtained by the students in a semester and will be computed as follows:

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अभ्यास विषय

: - अत्यावधी प्रमाणपत्र अभ्यासक्रम.

अभ्यासक्रमाचा हेतू / उद्देश

: - मराठी भाषेतील लेखन कौशल्यांचा सराव करणे.

अभ्यासक्रम कालावधी

: - ०६ महिने.

पेपर १ भाषिक कौशल्य

अभ्यासक्रम रचना



१/ भाषा म्हणजे काय?

२/ भाषिक कौशल्यांचा परिचय.

१/ श्रवण

२/ भाषण

३/ वाचन

४/ लेखन

पेपर २ लेखन कौशल्य

१/ निबंध लेखन

२/ सापंश लेखन

३/ उगाऱ्याचे आकलन

४/ संवाद लेखन कौशल्य

४.१/ संवादाचे स्वरूप

४.२/ संवादाचे महत्त्व

४.३/ संवादाचे प्रकार

४.४/ वादविवाद

४.५/ परिसंवाद

५/ मुलाखत

पेपर ३ पत्रलेखन कौशल्य (प्रात्यक्षिके)

१/ पत्रलेखनाचे स्वरूप

२/ पत्रलेखनाचे महत्त्व

३/ पत्रलेखनाचे प्रकार

३.१/ कौटुंबिक पत्रलेखन

३.२/ कार्यालयीन पत्रलेखन

३.३/ व्यावसायिक पत्रलेखन

३.४/ सांस्कृतिक पत्रलेखन

विद्यार्थी पात्रता : - शिदोप वर्ष मरुठी विषय घेवतेले सर्व विषय उर्जा विद्यार्थी.

परीक्षा पध्दत : - वार्षिक.

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प्रमुख शिक्षक  
अभ्यासक्रम, सन १९९५  
ता. शहदा, जि. नंदुरबार

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# अभ्यासक्रम

## भाषा आणि लेखन कौशल्य



### अध्ययन आणि अध्यापनाची उद्दिष्टे

- 1) मराठीचे अध्ययन करणाऱ्या विद्यार्थ्यांना प्रशासकीय सेवेसाठी मराठी विषयाचे मूलभूत ज्ञान देणे.
- 2) विद्यार्थ्यांना मुद्रित व श्राव्य माध्यमांसाठी आवश्यक लेखन व संवाद कौशल्ये आत्मसात करण्यासाठी उपयुक्त करणे.
- 3) मराठी विषयाच्या विद्यार्थ्यांचे सर्जनशील व उपयोजित लेखन कौशल्ये विकसित करण्यासाठी पुरक ठरवणे.
- 4) मराठीचे अध्ययन करणाऱ्या विद्यार्थ्यांचे कौशल्य विकसन माध्यमातून लेखन कौशल्ये विकसित करण्यासाठी प्रयत्नशील राहणे.
- 5) मराठीचे अध्ययन करणाऱ्या विद्यार्थ्यांचे कौशल्य विकसन माध्यमातून पत्र लेखन कौशल्ये विकसित करण्यासाठी प्रयत्नशील राहणे.
- 6) मराठीचे अध्ययन करणाऱ्या विद्यार्थ्यांचे भाषिक कौशल्य विकसन माध्यमातून संवाद लेखन कौशल्ये विकसित करण्यासाठी प्रयत्नशील राहणे.
- 7) मराठी भाषेतील लेखनासाठी उपयुक्त ठरतील अशी कौशल्ये आत्मसात करणे.
- 8) नाटयात्मक लेखनाचा सराव करणे.

### प्रमाणपत्र अभ्यासक्रमाची रचना

- १) पेपर १ = भाषिक कौशल्य (१.०५ श्रेयांक)
- २) पेपर २ = लेखन कौशल्य (१.०५ श्रेयांक)
- ३) पेपर ३ = **पत्रलेखन कौशल्य (१.०० श्रेयांक) प्रात्यक्षिक**
- ४) प्राप्ति = **द्वितीय वर्ष** मराठी सर्व विषय उत्तीर्ण विद्यार्थी.
- ५) गुणदान पध्दत =
  - १) पेपर ०१ : परीक्षा ४० (३० बहिःस्थ गुण+१० अंतर्गतगुण)
  - २) पेपर ०२ : परीक्षा ४० ( ३० बहिःस्थगुण+१० अंतर्गतगुण)
  - ३) पेपर ०३ : प्रात्यक्षिक (२० प्रात्यक्षिक /प्रोजेक्ट जमा करणे)

६) परीक्षा पध्दत = ४० गुण : ३० बहिःस्थगुण + १० अंतर्गतगुण

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अभ्यास विषय

: - अत्यावधी प्रमाणपत्र अभ्यासक्रम.

अभ्यासक्रमाचा हेतू / उद्देश

: - मराठी भाषेतील लेखन कौशल्यांचा सराव करणे.

अभ्यासक्रम कालावधी

: - ०६ महिने.

अभ्यासक्रम रचना

पेपर १ भाषिक कौशल्य

- १/ भाषा म्हणजे काय?
- २/ भाषिक कौशल्याचा परिचय.
- १/ श्रवण
- २/ भाषण
- ३/ वाचन
- ४/ लेखन

पेपर २ लेखन कौशल्य

- १/ निबंध लेखन
- २/ सापंश लेखन
- ३/ उताऱ्याचे आकलन
- ४/ संवाद लेखन कौशल्य
- ४.१/ संवादाचे स्वरूप
- ४.२/ संवादाचे महत्व
- ४.३/ संवादाचे प्रकार
- ४.४/ वादविवाद
- ४.५/ परिसंवाद
- ५/ मुलाखत

पेपर ३ पत्रलेखन कौशल्य ( प्रात्यक्षिके)

- १/ पत्रलेखनाचे स्वरूप
- २/ पत्रलेखनाचे महत्व
- ३/ पत्रलेखनाचे प्रकार
- ३.१/ कौटुंबिक पत्रलेखन
- ३.२/ कार्यालयीन पत्रलेखन
- ३.३/ व्यावसायिक पत्रलेखन
- ३.४/ सांस्कृतिक पत्रलेखन

विद्यार्थी पात्रता : - द्वितीय वर्ष मराठी विषय घेतलेले सर्व विषय उर्तीण विद्यार्थी.

परीक्षा पध्दत : - वार्षिक.



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प्राचार्य  
ग्रामविद्यालय संस्था संयोजित  
कला महाविद्यालय, शाहूगडे त.त.  
ता. शहादा, जि. नंदुरबार

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Gram V...  
Arts College...  
Tal. Shohada T.T.  
Dist. Nandurbar





पेपर ०२

## लेखन कौशल्य



उद्देश :

- १) निबंध लेखन कौशल्यांचा अभ्यास करणे.
- २) निबंध कौशल्याचे उपयोजन करणे.
- ३) सारांश कौशल्याचे स्वरूप समजून घेणे.
- ४) सारांश कौशल्याचे उपयोजन करणे.
- ५) संवाद कौशल्याचे स्वरूप समजून घेणे.
- ६) संवाद कौशल्याचे उपयोजन करणे.
- ७) पत्रलेखन कौशल्याचे महत्त्व जाणून घेणे.

एकूण तास :- २३ गुण :- ४० (३० बाह्यः १० गुण + १० अंतर्गत गुण)

विषय घटक : लेखन कौशल्य.

- १) लेखन म्हणजे काय ?
- २) लेखन कौशल्याचा परिघय.
  - अ) निबंध लेखन.
  - ब) सारांश लेखन.
  - क) पत्र लेखन.
  - ड) संवाद लेखन.

संदर्भ ग्रंथ

- १) उपयोजित मराठी लेखन-संपा. सत्यजित साळवे, दिपक पवार, अथर्व प्रकाशन, जळगाव.
- २) व्यावहारिक मराठी - यशवंतराव चव्हाण महाराष्ट्र मुक्तविद्यापीठ, नाशिक.
- ३) माध्यमांधी भाषा आणि लेखन कौशल्य-केशव तुपेश, धिन्मय प्रकाशन, औरंगाबाद
- ४) मराठी भाषिक कौशल्य-संपा. पृथ्वीराज तीर, अथर्व प्रकाशन, जळगाव..
- ५) उपयोजित मराठी - प्रभाकर जोशी, वासुदेव वले, प्रशांत प्रकाशन, जळगाव.
- ६) उपयोजित मराठी-संपा. द. दि. पुढे, कल्याण काळे, निराली, प्रकाशन पुणे.

प्रश्न प्रतिकेचे स्वरूप

गुण : ३० पेढे ०१ तास

प्रश्न १ ला वस्तुनिष्ठ प्रश्न ४० पैकी ३० सोडविणे.

(एका प्रश्नास एक गुण) एक ते चाळीस प्रश्न

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प्रश्ननिष्ठ प्रश्न प्रतिकेचे  
स्वरूप  
कक्षा महविद्यालय, बंधारा त. त.  
ता. नंदुरबार

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Tal. Shchada, Dist. Nandurbar





GVS, Arts College

Bamkhede T. T.

Department of Hindi

Structure and Syllabus  
of

Two Credit Certificate Course in

संचार माध्यम और पत्रकारिता

Proposed to be simultaneously implemented  
For

Under Graduate Students

From June - 2014 - 15

प्रचारित  
ग्रामविकास संस्था संघर्षित  
एनडा महाविद्यालय, बागछेडे ता. त.  
ता. शाहदा जि. नंदुरबार

  
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Tal. Shahada, Dist. Nandurbar



  
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Tal. Shahada, Dist. Nandurbar

# अभ्यासक्रम

पेपर - 1

1. संचार माध्यम और हिंदी भाषा
  - a) मुता और दृश्य माध्यम
  - b) रेडियो दूरदर्शन
  - c) लिन्नेगा
  - d) कंप्यूटर (संगणक) का सामान्य परिचय
  - e) माध्यमों की उपयोगिता और हिंदी भाषा

पेपर- 2 - मुद्रित माध्यम

- a) पत्र
- b) पत्रिका
- c) पोस्टर
- d) लॉन्ड विल में हिंदी भाषा प्रयोग

पेपर - 3 - मीडिया लेखन

- a) पत्रकारिता
- b) स्वरूप
- c) महत्त्व
- d) आवश्यकता

4. पत्रकारिता के प्रकार

- a) ग्रामिण पत्रकारिता
- b) कृषि पत्रकारिता
- c) दूरदर्शन पत्रकारिता
- d) फिल्मी पत्रकारिता
- e) खेल पत्रकारिता



Theory Exam Marks	: 60
Practical Exam Marks	: 20
Project work marks	: 20
<b>Total Marks</b>	<b>: 100</b>

Duration : One Month

Credits : 02

- उद्दिष्टे :-
- 1) विद्यार्थ्यांमध्ये पर्यटक व पर्यटनाविषयी आवड निर्माण करणे.
  - 2) आपल्या जिल्हातील/परिसरातील ऐतिहासिक स्थळांविषयी आवड कित्या गोडी निर्माण करणे.
  - 3) विद्यार्थ्यांमध्ये Tourist मार्गदर्शकाचे फौशल्य विकसित करणे.
  - 4) पर्यटन मार्गदर्शकाची गुणवैशिष्ट्ये विकसित करणे.

**Paper - I युनिट - १ पर्यटक व पर्यटन**

**अर्थ - स्वरूप व व्याप्ती**

१. पर्यटक अर्थ व व्याख्या
२. पर्यटन अर्थ व व्याख्या
३. पर्यटक व पर्यटनाची व्याप्ती
४. पर्यटक व पर्यटनाचे प्रकार
५. पर्यटक व पर्यटनाचे ऐतिहासिक महत्व

**युनिट - २**

**पर्यटनाची वैशिष्ट्ये**

१. पर्यटनाचे ठळक वैशिष्ट्ये
२. पर्यटनाला चालना देणारे घटक
३. पर्यटनाचे फायदे
४. पर्यटन मार्गदर्शन
५. पर्यटक मार्गदर्शकाची गुणवैशिष्ट्ये

  
ग्रामविकास संस्था संयोजित  
फक्त पर्यटन मार्गदर्शक संयोजित सं.स.  
रा.महाराष्ट्र जि. नंदुरबार

  
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Tal. Shahada, Dist. Nandurbar

  
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Paper - II युनिट - ३

भारतातील प्रमुख पर्यटन व ऐतिहासिक स्थळे

१. प्राचीन भारतातील प्रमुख पर्यटन व ऐतिहासिक स्थळे
२. मध्ययुगिन भारतातील प्रमुख पर्यटन व ऐतिहासिक स्थळे
३. शिवकालिन प्रमुख पर्यटन व ऐतिहासिक स्थळे

युनिट - ४

नंदुरबार जिल्ह्यातील पर्यटन व ऐतिहासिक स्थळे

१. तोरणमाळ
२. उनपदेव
३. प्रकाशा (श्रीकाशी क्षेत्र)
४. गदो / किल्ले

Paper - III - Project Work

संदर्भ ग्रंथ :-

- १) उपयोजित इतिहास : समन्वयक - डॉ. सोमनाथ रोडे

प्रकाशक महाराष्ट्र राज्य माध्यमिक व उच्च माध्यमिक शिक्षण  
मंडळ पुणे

- २) पर्यटन भूगोल : डॉ. एस. पी. शिंदे
- ३) सामाजिक संशोधन पद्धती : नाडगोंडे गुरुनाथ
- ४) Tourism Development in India : A Satis Babu
- ५) ऐतिहासिक यागदपत्रे व स्थळे यांचा अभ्यास : गायकवाड सरदेसाई हणूमणे

BOS - Certificate Course in Tourism Guide

- १) डॉ. ए. एम. गणेश, अध्यक्ष
- २) प्रा. वाय. सी. गावत, समन्वयक
- ३) प्रा. एम. एस. निकुंभे, सदस्य
- ४) प्रा. वाय. के. शिरसाठ, बहिष्कृत सदस्य

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Tal. Shaha, Dist. Nandurbar

*(Signature)*  
प्रमुख  
ग्राम विकास संस्था  
कला महाविद्यालय  
शहा

*(Signature)*  
PRINCIPAL  
Gram Vikas Sanstha's  
Art's College, Lamsheda T.T.  
Tal. Shaha, Dist. Nandurbar



# GVS, Arts College Bamkhede T.T.

Draft

Structure and Syllabus

Of

Two Credit Certificate Course in

## Fundamental Right

Proposed to be simultaneously implemented for

Under Graduate Students

from June 2019-20

(Subject to the modifications made from time to time)



A handwritten signature in blue ink, likely of the Principal, located above the title "PRINCIPAL".

**PRINCIPAL**

Gram Vikas Sanstha's  
Art's College Bamkheda T.T.  
Tal. Shahada Dist. Nandurbar

**COORDINATOR IQAC**  
Gram Vikas Sanstha's  
Art's College Bamkheda T.T.  
Tal. Shahada Dist. Nandurbar

**Certificate Course in fundamental right**  
**(Weightage- Two Credits, 30 Hours)**  
**To be introduced from 2019-2020**

**Relevance of the course**

- 1) To make student sensational to the norms and value of human right and duties educational programme.
- 2) To create awareness conviction commitment to the value of improving the quality of life through education
- 3) To make student of value of respect for social and wellseing
- 4) To aquint student with recent trends in the field of human welfare through the knowledge of human right.
- 5) The Course is designed for developing an understanding about gender fundamental right and their advantage..

**Course Structure:**


- 1) Weightage - Two Credits
- 2) Duration - 30 hours.
- 3) Theory examination- 90 minutes duration, maximum 40 marks.
- 4) **Internal assessment- Assignments/ Seminars/ Fieldwork maximum 10 marks.**

**Admission:**

1. Admission is open to any under graduate admitted student.
2. At least 75% attendance is required to enable to student to appear for theory examination.
3. Maximum intake for the course is 25.

  
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Tal. Shahad Dist. Nandurbar



**Fee:**

Free for all student

**Fee for the Certificate Course:**

Admission Fee - 0

Registration Fee - 0

Tuition Fee - 0

Total - 0 (To be paid at the time of admission)


Examination Fee - 0 (To be paid along with the examination form)

**Examination and assessment**

The examination for this course shall be by a theory paper of 40 marks and internal assessment for maximum 10 marks will be based on seminars/ project/ fieldwork or assignments

The student has to submit the assignments/ seminar papers before the date of the theory examination. Grading

Aggregate of Total Marks	Letter Grade	Class
35-50	O	Distinction
30-34	A	First Class
28-29	B+	Higher Second Class
25-27	B	Second Class
20-24	C	Pass
19 or less	D	Fail

  
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Arts College Bamkheda T.T.  
Tal. Shahada Dist Nandurbar

# Geography

Certificate Course in Gender Sensitisation

(Weightage- Two Credits, 30 Hours)

To be introduced from 2017-2018

## Relevance of the course

- 1) This course is designed for ensuring safety of women and programmes for gender sensitization.
- 2) The Course is designed for developing an understanding about gender inequalities and their adverse effects on women as well as men.
- 3) It aims at sensitising students about integrating gender sensitive practices in their private and professional life.

## Course Structure:

- 1) Weightage - Two Credits
- 2) Duration - 30 hours.
- 3) Theory examination- 90 minutes duration, maximum 40 marks.
- 4) Internal assessment- Assignments/ Seminars/ Fieldwork maximum 10 marks.

## Admission:

1. Admission is open to any under graduate admitted student.
2. At least 75% attendance is required to enable to student to appear for theory examination.
3. Maximum intake for the course is 25.

## Fee:

Tuition as well as examination fee is included in the fee for candidates respective programmes.

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Tal. Shahada, Dist. Nandurbar

# Geography

## Syllabus

### 1) Gender inequality and its impact on men and women.

- Understanding the nation of citizenship.
- Violation of women rights as citizens and individuals
- Nature of gender inequality.
- Access to and control over resources and position of power.

### 2) Understanding Patriarchy.

- Biological sex socially constructed gender.
- Femininity and Masculinity.
- Gender stereotypes and their impacts.
- Gender equality as liberation of men as well as women.

### 3) Understanding Violence.

- Understanding Sexual harassment as gender based violence.
- Nature, victims, causes and impact of gender based violence.
- Violence by men against men.
- Impact of violence.

### 4) Contribution to Prevention of sexual harassment.

- What is and not sexual harassment.
- Supreme Court Judgements and the provisions in the act of 2013 about prevention of sexual harassment.
- Preconditions for Effective working of sexual harassment complaints committees.
- Role of men in prevention of sexual harassment at workplace.
- Gender sensitive language, work culture and workplace.

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Tal. Shchada, Dist. Nandurbar



मा.प्र.वि.  
ग्रामविकास संस्था संकल्पित  
एन.ए. महाविद्यालय, बाणखेडे त.त.  
ता. शहादा, जि. नंदुरबार

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Tal. Shchada, Dist. Nandurbar



# संरक्षण व सागरिक शाळा.

## आपत्ती व्यवस्थापन प्रमाणपत्र कोर्स

विकसीत राष्ट्र असो किंवा विकसनशील राष्ट्र, त्या राष्ट्रावर नैसर्गिक आपत्ती कोसळते तेव्हा त्या राष्ट्राचे अगणित नुकसान होते. उदा. त्या राष्ट्राची अर्थव्यवस्था, भौगोलीक स्थिती, सामाजिक स्थिती इ. भारत हा जगातील सर्वात जास्त नैसर्गिक आपत्ती येणारा देश मानला जातो. लोकसंख्येच्या मानाने सुमारे ६% लोकसंख्या वेगवेगळ्या आपत्तींनी प्रभावीत होते. भारताने गेल्या काही दशकात स्फोटक शहरीकरण अनुभवले.

### आपत्ती व्यवस्थापन कोर्सची उद्दिष्टे : -

- १) आपत्ती विषयक हेतू मानवी कल्याण हा आहे.
- २) भविष्यात होणारी जी वित्तहानी, प्राणहानी, जिवीतहानी, वास्तुहानी टाळता येते.
- ३) आपत्ती क्षेत्र जाणून घेणे हे उद्दिष्ट असते.
- ४) नैसर्गिक आपत्ती क्षेत्र लक्षात घेवून विकास कार्याच्या योजना राबविणे शक्य होतात.
- ५) आपत्ती अभ्यासक्रमातून निश्चित योजना स्विकारून धोरण ठरविता येते.
- ६) हा अभ्यासक्रम म्हणजे समस्या प्रधान क्षेत्राशी यशस्वी सामना करण्याचा असतो.
- ७) मानवी विकासाला खिळ न घालता गतिशीलता निर्माण व्हावी हे उद्दिष्ट असते.
- ८) निरनिराळ्या क्षेत्राची माहिती घेवून संरक्षण विषयक उपाययोजना करता येते.
- ९) आपत्ती अभ्यासक्रमातूनच पर्यावरण, प्रदूषण टाळता येते.
- १०) आपत्तीग्रस्तांना जीवनावश्यक वस्तूंची पूर्तता, पुरवठा करणे.
- ११) मानवाने कार्य, व्यवसाय, त्यातील घोके त्यांच्या लक्षात आणून देणे, घोळ्याच्या सूचना देवून मानवी व्यवसायावर नियंत्रण लादणे.

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## आपत्ती व्यवस्थापन प्रमाणपत्र अभ्यासक्रम

### १) आपत्ती (Disaster) :-

व्याख्या

आपत्तीचे प्रकार

आपत्तीची उद्दिष्टे

आपत्तीचे ध्येय

### २) नैसर्गिक आपत्ती :

नैसर्गिक आपत्तीचे वैशिष्ट्ये

नैसर्गिक आपत्तीचे प्रकार

भुकंप -

भुकंपाची कारणे

भुकंपाचे परिणाम

भुकंपाचे व्यवस्थापन

वादळे

वादळांचे प्रकार

चक्रिय वादळे

चक्रिय वादळे आपत्ती व्यवस्थापन

पुर आपत्ती व्यवस्थापन

दुष्काळ

दुष्काळ आपत्ती व्यवस्थापन

### ३) मानवी आपत्ती

आग

आगीचे व्यवस्थापन

दहशतवाद आपत्ती

दहशतवाद आपत्ती व्यवस्थापन

आत्मघाती पधके

प्रति दहशतवादी हल्ले

प्रति दहशतवादी हल्ले व्यवस्थापन

अपघात आपत्ती



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पेपर

- ४) युद्ध :-  
युद्ध आपत्ती  
जैविक युद्ध  
जैविक युद्धाचे व्यवस्थापन  
रासायनिक युद्ध  
रासायनिक युद्ध व्यवस्थापन  
कार्यवाही  
आण्विक युद्ध  
अणु आपत्ती  
आपत्ती व्यवस्थापन

- ५) व्यवस्थापन :  
व्याख्या  
व्यवस्थापनाची दृष्टी  
व्यवस्थापनाची ध्येय व उद्दिष्टे  
आपत्ती व्यवस्थापन आणि नियोजन

प्राथमिक  
पेपर

- ६) आपत्ती व्यवस्थापन  
व्याख्या  
नैसर्गिक आपत्तीचे प्रकार  
नैसर्गिक आपत्तीमध्ये नागरिक आणि गैरसंस्था कार्य  
नागरी संरक्षण संघटना  
गृह रक्षक दल  
सशस्त्र सेना  
दुष्यम लष्करी सेना  
राष्ट्रीय छात्र सेना



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Department Of Phy. Education  
Art Collogo Bamkheda  
Tal. Shahada Dist. Nandurbar

## Certificate Course in Yoga

### A. General Objectives In Yoga

1. To make student use yoga skills needed for becoming an effective Training.
2. To enables Student to Understand the Types of yoga.
3. Student with the Practical of Yogasana, Kriyas, Pranayam. Yoga Therophy.

### B. Duration of the Courses :-

1. Duration :- 10 Days
2. Per Days :- Two Hrs Theoretical & Practical Work

### C. Eligibility of Admission :-

1. F.Y.B.A. Students - 15 (10 Male, 05 Female)

### D. Medium of Intraction & Examination.

1. Marathi Medium
2. Candidate Appearing for the Certificate course in Yoga course Exam.

### E. Structure in Yoga Course :-

1. Theory :- 60 Marks (Objective)
2. Practical :- 40 Marks (Internal Assesment)

### E - I : Eligibility for appearing at certificate course In Yoga.

1. Each Participation Students With 75% attendance
2. He / she the complete the practical work and Yogic Practice.

### E - II Annual Exam :-

#### E - II - 1 Theory Course & Exam.

1. Will be Held at the end of the Course.
2. The examination will be 60 marks and 2 hours
3. The examination Will Be 60 Objectives Questions.




#### E - II - 2 Practical :-

1. Practical Lesson Conducted by end of Course

#### ❖ Syllabus :-

➤ Yoga Concept

Yoga History & Nature  
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Course consistent of practical, Teaching method & Practical Theory.

1) Yoga Theory

1. Asanas
2. Pranayam
3. Kriyas
4. Mudras
5. Yogic Theory

2) Theoretical Understanding of yoga & Psychology.

- 3) Mental Health :- The Yogic Concept of Swastha
- 4) Concept of Normality Yoga, Modern Psychology.
- 5) Role of Astangyoga :-

1. Yam
2. Niyam
3. Asana
4. Pranayama
5. Dhyana
6. Dharana
7. Pratihara
8. Samadhi

6) Stress Management :-

7) Meditation :-

8) Surya Namaskar

9) Class Management

2. Asana :- Definition, Classification, Similarities, Dis Similarities, between Asanas, Exercise.
3. Pranayama :- Definition, Classification, Similarities, Dis Similarities, between Pranayama.
4. Introduction :- Kriyas, Mudras, Bandhanas.

Practicals :-

1) Asanas :-

1. Pawanuktasan
2. Nankashana
3. Sarvangasana.
4. Chakrasana
5. Halasana
6. Bhujangasana
7. Shalbasana
8. Dhannurasana



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9. Paschimotanasana
10. Shimhasana
11. Kukkutasana
12. Padmasana
13. Manurasana
14. Parvatasana
15. Virkasana
16. Tadasana
17. Shavasana

**2) Pranayama :-**

1. Annulom Vilom
2. Ujjayani
3. Shitali
4. Shitkali
5. Bharamni
6. Bhandana Shurya
7. Chandra Bhandana

**3) Bandhas & Mudras :-**

1. Jalandhar Bhandana
2. Uddiyana Bhandana

**4) Kriyas :-**

1. Jalnetti
2. Sutra netti
3. Dhaowti
4. Mauli
5. KapalBhali
6. Trataka

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