॥ कंदी वेदु हम्मेत ॥

KAVAYITRI BAHINABAI CHAUDHARI NORTH MAHARASHTRA UNIVERSITY, JALGAON

YOGA

AC-601 (B): Non-Credit Elective Audit Course

With effect from Academic year: 2020-21

Name of the Paper : YOGA
Paper Code : AC-601(B)
Class : **UG (T.Y.B.A., T.Y.B.Com, T.Y.B.Sc)**
Year : **2020-21**
Credit Structure : **Non Credit Elective Audit Course**
No of Lectures : 30 Teaching Hours
Total Marks : **100 (Activity Based)**
No of Hrs. per week: **2 Hours/week (Clock hours)**

G.C.M. ARTS, COMMERCE & SCIENCE COLLEGE

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Jamner

Unit: II Basic Yoga Texts :

Principal Upanishads, Bhagavad Gita, Yoga Vasishtha
Patanjali Yoga Sutra and Hatha Yoga Texts
Introduction to Hatha Yoga Pradipika and Gheranda Samhitha
Chakra theory and kundalini yoga

Unit: III Therapeutic Yoga

Allied Sciences : Anatomy and Physiology, Diet and Nutrition, General Psychology and Counseling
Yoga and Health
Therapeutic Yoga – Disease Wise and Evidence based
Applications of Yoga

Assignments / Practical work / Field Work: (Any One of the following)

A) **Assignments:** Students will prepare as Assignment on any one of the following.

1. Prepare your diet plan
2. Prepare your daily exercise chart

B) Practical work:

Practical Yoga: Asana, Pranayama, Dharana Dhyana, Bandha, Mudra, Shat Kriya

C) Field work:

1. Visit to hill station
2. Visit to yoga center

References:

Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.

Hiriyana, M (1932/2000).Outlines of Indian Philosophy. Delhi, MotilalBanarasidas

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YOGA PAPER SYLLABUS
SEMESTER: VI

Theory / Practical / Project Work : 100 — No of Lectures: 30 Teaching Hours
Credit: No credits

Objectives:

To enable the students:

1. To provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice.
2. To give them a basic understanding of Yoga and its nature, scope

Learning Outcomes:

After completion of this course, students will be able to:

1. The student can understand the knowledge about the theory and practice of Yoga and its nature,scope, etc
2. The student can understand the knowledge of human anatomy & physiology Of Cell structure.

Unit: I Introduction to Yoga:

-Definition, nature and scope of yoga.
-Elements of Yoga in Vedic and Upanashadic literature.
-Development of yoga through the ages.
- Schools of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.

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New Syllabus (CBCS Pattern) W.E.F June 2020

TYBA Sem.: V

Gg. 351 (DSC 1E) Environmental Geography

Total Marks: 60 **Credit Points: 03** **Total Clock Hours: 45**

Objectives:

1. To create the environmental awareness amongst the students.
2. To acquaint the students with fundamental concepts of Environmental Geography.
3. To aware the students about the processes and patterns in the natural environment.
4. To acquaint the students with potentials of Environmental Geography.
5. To aware the students about use of resources with prudence.
6. To acquaint the students with different environmental policies.

Units	Topic	Sub Topics	Clock Hours
1	Introduction to Environmental Geography	1.1) Introduction to Environment: a) Meaning and Concept b) Environmental Geography: Definitions, Nature and Scope of Environment Geography 1.2) Environmental Approaches : a) Environmental Deterministic Approach b) Possibility Approach c) Ecological Approach	10
2	Ecosystem and Man and Environment Relationship	2.1) Ecosystem: a) Meaning and Concept b) Structure & Components of Ecosystem: i) Abiotic ii) Biotic c) Functions of Ecosystem :i)Nutrient Cycles a) Carbon Cycle b) Nitrogen Cycle i i)Energy Flow a)Food Chain b) Food web 2.2) Human - Environment Relationship : Human life in- i) Equatorial Region ii)Mountainous Region iii) Coastal Region	12

3	Biodiversity and Environmental Problems	3.1) Biodiversity: Definitions and Types / Levels of Biodiversity a)Genetic Diversity b) Species Diversity c) Ecosystem Diversity 3.2) Conservation of Biodiversity: In –situ and Ex-situ conservation of biodiversity 3.3) Major Environmental Problems: Causes and adverse effects of the following i) Unseasonal rainfall, ii) Thunderstorms iii) Biodiversity losses iv) Solid waste v) Liquid waste and vi) Air Pollution 3.4) Environmental Management regarding Pollution Control- a) Air b) Water	12
4	Environmental Policy	4.1) National Environmental Policy (NEP): Introduction and Objective 4.2) Initiatives or Actions Regarding Policy: i) Land Degradation ii) Forest and Wildlife Conservation 4.3) Environmental Protection Efforts: - Developing and Developed Countries.	11

Unit No.	Weightage of Marks
1	12
2	18
3	18
4	12
University Assessment	60
College Assessment	40

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REFERENCES:

- Benny Josheph (2005): Environmental Studies, Tata McGraw-Hill Publishing Company, New Delhi. Cunningham
- W.P. and Cunningham M. A. (2003): Principles of Environmental Science: Inquiry and Applications, Tata McGraw Hill Publications, New Delhi. Miller,
- G.T. (2002): Living in the Environment, Books Cole Thomas Learning Inc. U.S.A. Nagor,
- A.P. (1996): Biological Diversity and International Environmental Law, A.P.H Publication, New Delhi. Purohit, Shammi and Agrawal (2012):A Text Book Of Environmental Science, Student

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New Syllabus (CBCS Pattern) W.E.F June 2020

TYBA Sem.: VI

Gg. 361 (DSC 1F) Population Geography.

Total Marks: 60 **Credit Points: 03** **Total Clock Hours: 45**

Objectives;

1. Understand the components of population change.
2. Develop skills to use population information in the planning process.
3. Understand the impact of planning activities on population size, composition, and distribution
4. Population is an important resource. The development of any nation is depends on human resource. It is a prime deity to acquaint with the human resource of the nation.
5. To understand the recent problems of population in the world as well as nation.

Sr. No.	Topic	Sub Topics	Clock Hours
1	**Introduction to Population Geography & Population Data**	1.1 Definitions and Meaning of Population Geography 1.2 Nature and Scope of Population Geography. 1.3 a) Need and Types of Population Data b) Sources of Population Data – i) Census ii) National Sample Survey iii) Vital Registration	**09**
2	**Distribution of Population**	2.1 Growth of Population in India 1951-2011. 2.2 Distribution of Population – World and India(2011). 2.3 Factors affecting the distribution of Population – a) **Physical-** i) Topography ii) Climate iii) Water iv) Soil v) Forest b) **Socio-Cultural** – i) Religion ii) Agriculture iii) Transportation i v) Education v) Government policies	**12**
3	**Composition of Population and Population**	3.1 Composition of Population : a) Age Composition (Meaning and Factors affecting age Composition, Age Pyramid) b)Sex Composition in India	**12**

	Theories	c) Decreasing Sex ratio and its impact d)) Literacy in India (1951 to 2011) 3.2 Population Theories : a) Malthusian Theory of Population Growth b) Demographic Transition Model	
4	**Population Problems in India & Population Policy**	4.1 Problems of Population in India and Its remedial measures a) Over Population b) Brain Drain c) Excess Urbanization 4.2 National Population Policy in India - 2000	**12**

Sr. No.	Unit No.	Weightage of Marks
1	1	14
2	2	16
3	3	16
4	4	14
University Assessment		60
College Assessment		40

REFERENCES:

1) Chandana,R.C. and Janjit S. S.(1980): Introduction to Population Geography ,Kalyani Publishers,New Delhi
2) Clarke J.I.(1977):Population Geography and Developing Countries ,Robert Maxwell, MC.
3) Masjid Husain (1991) Anmol Publication Ltd. New Delhi
4) Mohammand Izhar Hussan : Population Geography. Rawat Publication
5) Sawant S.B. and Athawale A.S. (1994) : Population Geography , Mehata Publishing House , Pune
6) V.J.Patil And S.V.Dhake : Loksankhya Bhugol (Marathi Medium) , Prashant Publication , Jalgaon
7) Ahirro, Alizad and others : Loksankhya Bhugol (Marathi Medium)
8) V.T. Gharpure : Loksankhya Bhugol (Marathi Medium) Pimpalapure Publication , Satara.
9) T.N. Goplap , Nishikant : LoksankhyaBhugol (Marathi Medium) Prashant Publication, Jalgaon
10) A.B.Sawadi : Loksankhya Bhugol (Marathi Medium) The Savadis Mega Geographical Series

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New Syllabus (CBCS Pattern) W.E.F June 2020

TYBA Sem.: VI

Gg. 365 (GE 1B): SUSTAINABILITY AND DEVELOPMENT

Total Marks: 60 **Credit Points: 03** **Total Clock Hours: 45**

Objectives:

1. It brings to attention the Students about the issues which surround Sustainable Development, including its Principles, Processes and Concepts, its Deciding factors, and Potentials it holds.
2. Students will get the information and Importance of the MDGS.
3. Students will be aware about National Environmental Policy.

Sr. No.	Topic	Sub Topics	Clock Hours
1	INTRODUCTION	1.3 Definition of Sustainability 1.4 Components of Sustainability a)Environmental Sustainability b)Economic Sustainability c)Social Sustainability	**10**
2	MILLENNIUM DEVELOPMENT GOALS	2.1 Meaning of Millennium Development Goals 2.2 Millennium Development Goals – Report 2015 (UN) 2.3 India and the MDGS 2.4 MDGS achievement and failures 2.5 Effectiveness of MDGS	**12**
3	SUSTAINABLE DEVELOPMENT	3.1 Definition and Nature of Sustainable Development 3.2 Need of Sustainable Development 3.3 Sustainable Development Goals (SDGS 2015) 3.4 Sustainable Development in different Ecosystem a) Agriculture b) Forest 3.5 Role of Individual and Community in Sustainable Development 3.6 Clean Development Mechanism (CDM)	**12**
4	INCLUSIVE DEVELOPMENT	4.1 Role of Higher Education in Sustainable Development 4.2 Health and Sustainable Development 4.3 Poverty and Diseases and Sustainable Development 4.4 Policies and Global Cooperation for Climate Change Control 4.5 National Environmental Policy 4.6 Rio + 20	**11**

Unit No.	Weightage of Marks
1	15
2	15
3	15
4	15
University Assessment	60
College Assessment	40

References:

1. Maharashtra State Board of Secondary and Higher Secondary Education, (2012): Environmental and Sustainable Development.
2. Maharashtra State Board of Secondary and Higher Secondary Education, (Standard XII) (2012): Environmental and Sustainable Development.
3. Martin J. Ossewaarde, (2018): Introduction to Sustainable Development, Sage Texts.
4. Kiran G. Desale, (2017): Economic and Social Development, Deepstambh Publication, Jalgaon.
5. Paryavaran Aani Shashwat Vikas (Marathi Medium) Study Circle Publication Pvt. Ltd., Pune
6. Datta Wankhede (2015) : Shashwat Vikas (Marathi Medium) PBD Publication, Pune
7. Prof. A. P. Chaudhari, Prof. Archana Chaudhari, (2013) : Sampurn Paryavaran (Marathi Medium), Prashant Publication, Jalgaon.
8. V.V. Sing, Gaurav Papnai, Vrinda Negi, (2014) : Environmental Agriculture and Sustainable Development, S.K. Book Agency – New Delhi, 110002
9. A. C. Mittal, (2008): Introduction to Sustainable Development, Vista International Publishing House, Delhi – 110053
10. Renu Kathuria, (2012): Sustainable Development, Prism Book (India), Jaipur.

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SEMISTER-IV
DSC Eco 241 D : INDIAN ECONOMY SINCE 1980-II
(60-40)=100 Marks

1. Industrial Development and issues andCo-operative sector in India. **(Periods-20)**

1.1 .Role of Industrialization in Economic Development.
1.2 .Large scale industries-(Cotton, Jute, Iron&Steel, Sugar industries) Meaning, Role and Problems.
1.3 .Small scale Industries- Meaning, Role and Problems.
1.4 .Public Sector Enterprises-Meaning, Role and Problems.
1.5 .Industrial Disputes- Meaning, Causes and Measures.
1.6 .New Industrial Policy-1991.
1.7.Meaning, Features and Objectives and Defects of Co-operative System.
1.8. Co-operative Banking-Structure and Functions.

2. Changes in Planning in India. **(Periods-20)**

2.1. EconomicPlanning-Meaning, Objectives.
2.2. Achievements and Failures of Economic Planning.
2.3. 12th five year plan-Recourse allocation and Limitations
2.4. NITI Aayog-Establish, Objectives.
2.5. Differences between planning commission and NITI Aayog.
2.6. Structure of NITI Aayog.

3. Recent Changes in Indian Economy. **(Periods-20)**

3.1. Direct Cash Transfer Scheme- Advantages and Limitation.
3.2.Jan DhanYojna- Objectives, Features and Benefits.
3.3.Mudra Bank Yojna - Objectives, Features and Benefit.
3.4. Demonetization- Meaning, Merits and Demerits.
3.5. Make in India -Introduction and Objectives.
3.5. Advantages and Challenges of Make in India.

References:-

1. Indian Economy, Problems, Development and Planning (2019), A.N.Agrawal, Vishwa Prakashan, New Delhi.
2. Indian Economy (2019), S.K.Mishra and V.K. Puri, Himalaya Publication House, New Delhi.
3. Rural Development in India, Vasant Desai, Himalaya Publication House, New Delhi.
4. Indian Economy(2019), Professor (Dr.) N. L. Chavhan, Prashant Publications, Jalgaon
5. Indian Economy(2019), Gaurav Dutt, Mahajani, S. Chand Publications, New Delhi
6. भारतीयअर्थव्यवस्था,डॉ.एन.एल.चव्हाण,प्रशांतपब्लीकेशन,जळगांव.
7. भारतीयअर्थव्यवस्थाआणिसहकार,धूतकलकर्णी,पिंपळपुरेपब्लीशर्स,नागपूर.
8. सहकार, भोसले,काटे,फडकेप्रकाशन,कोल्हापूर.
9. भारतीयअर्थव्यवस्था-देसाई, भालेराव,निरालीप्रकाशन,पुणे.
10. भारतीयअर्थव्यवस्थेचीपरिदृष्ये,डॉ.डी.आर.जगताप,डॉ.डी.जी.पाटील,प्रशांतपब्लीकेशन,जळगांव.
11. अर्थसंवाद,विवीधअंक.
12. https://wikipedia.org

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SEMISTER-III

PRACTICAL

DSC Eco-231 D : INDIAN ECONOMY SINCE 1980-II

1. Study of the World Economy and Indian Economy
2. Study of the Human Resource
3. Population family size
4. Causes of the rapid growth of population
5. Study of over population – Problem
6. Interview of Poor and Unemployed person
7. Study of Poverty (Family)
8. Meaning and Types of Unemployment
9. Removing of Unemployment and poverty
10. Sources of Irrigation
11. Sources & Crises of Energy
12. Problems of Transports
13. Types of Communication
14. Importance and Role of Agriculture in Indian Economic Development
15. Interview of Agriculture Farmer
16. Recommendation of Swami Nathan Commission on Agriculture
17. Study of Agriculture Finance
18. Defects of Agriculture Marketing
19. Causes of Farmers Suicide

Note : Subject teacher are permitted to take other practical (from syllabus) than those mention above.

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Sem. -VI

T.Y.B.Sc. Chemistry

Course No:- CH-366(D)

Subject: Chemistry in Everyday Life

Chapter-1 Chemistry in day-to-day life **(15 L, 15M)**

Types of water, desalination, Fresh water, Dissolved Oxygen and water quality. Milk: Definition, Chemical composition of milk of different species such as cow, buffalo and goat. Adulteration in milk like Sugar, Urea, Starch. Essential nutrients for plants, Classification, Major, minor & trace their sources and forms. Importance of Inorganic Compounds as Medicine- Antacid products Na2CO3,Al(OH)3, AlPO4, Mg(OH)2.

Chapter- 2 Cosmetic Chemistry **(15L, 15 M)**

A] - Hair Care Products

Principle constituents of Shampoos (thickeners and foam stabilizers , perfumes, preservatives , conditioning agents , antidandruff shampoos.), Hair cream, hair dye, dye removals.

B] Skin Care Product and bleaching agents

Principle constituents of Skin cleansers , cold cream , moisturizers , body lotions – sun screen lotions .

C] Colour Cosmetics

Principle constituents of Lipstick , lip glosses , nail polish, face powder .

D] Dental Product

Principle constituents of , toothpaste , toothpowder , oral rinses

E] Perfumes :

Definition, Synthesis and uses of (1) Phenyl alcohol (2) Linalool (3) Musk Ketone (4) Vanilline

Chapter-3. Surfactants in Detergents **(10 L, 10 M)**

Soaps – Introduction, detergent action of soap. Toilet soap, bathing bars, washing soaps, liquid soap, additives, fillers and flavours, Significances of acidity and alkalinity.

Detergents – Surface active agents, types of detergents – cationic, anionic, amphiphilic detergents. Common detergent chemicals, Additives, colours and flavours, Enzymes used in commercial detergents, Environmental Hazards.

Chapter-4. Synthetic Drugs and Dyes: **(10 L, 10 M)**

A] Synthetic Drugs:

a) Introduction.

b) Definition: i) Pharmacy ii) Pharmacology iii) Chemotherapy iv) Metabolites and anti- metabolites v) Bacteria vi) Gram positive and Gram negative. c) Define on the basis of: Antimalerials, Antiseptic, Antibacterial, Antibiotics, Antifungal, Anticancer, Analgesics, Antipyretics, Sedatives, Anaesthetics

B] Synthetic Dyes:

Introduction, properties of good dye and application.

Chapter-5 Chemistry of food products

Introduction, Packed food, Bread, Butter, cheese, Synthetic food, juice, jam and jelly, squash, sauce- preparation, preservative and adulteration. **(10 L, 10 M)**

References

1. T.P. Coultate, Food – The Chemistry of its components. Royal Society of Chemistry London, (paperback)
2. Shashi Chowls, Engineering Chemistry, Darpat Rai Publication.
3. B.K. Sharma, Industrial Chemistry.
4. CNR Rao, Understanding Chemistry, Universities Press.
5. A text book of Pharmaceutical Chemistry –II : Dr. A V Kasture & Dr. S G Wadodkar : Nirali Prakashan (2) Organic Pharmaceutical Chemistry : Harkishan Singh & V K Kapoor : Vallabh Prakashan, Delhi
6. Synthetic Organic Chemistry: O.P.Agarwal
7. Modern Technology of Cosmetics, Asia Pacific Business Press Inc., New Delhi, 2004

AC-101: Practicing Cleanliness
(Compulsory; College-level Audit Course; Practical; 2 Credits)

Course Objectives (CObs):

- To make students aware of Clean India Mission and inculcate cleanliness practices among th

- Awareness program on
  - Swachh Bharat Abhiyan (Clean India Mission)
  - Clean Campus Mission
  - Role of youth in Clean India Mission
- Cleaning activities inside and surroundings of Department buildings.
- Tree plantation and further care of planted trees
- Waste (Liquid/Solid/e-waste) Management, Japanese 5-S practices
- Planning and execution of collection of Garbage from different sections of University campus
- Role of youth in power saving, pollution control, control of global warming, preservation of ground water and many more issues of national importance.
- Cleanest School/Department and Cleanest Hostel contests
- Painting and Essay writing competitions

Course Outcomes (CO):

On completion of this course, the student will be able to:

No.	CO	Cogni leve
1	Identify need at of cleanliness at home/office and other public places.	2
2	Plan and observe cleanliness programs at home and other places.	4
3	Practice cleanliness practices in day-to-day life.	3

AC-201(A): Soft Skills

(Personality and Cultural Development Related Audit course; Practical; 2 Credits)

	Course Objectives (CObs): • To develop soft skills and communication skills amongst the students.	
1	**Introduction to soft skills** Formal definition, Elements of soft skills, Soft vs. Hard skills, Emotional quotient, Goal setting, life skills, Need for soft skills, Communication skills, Etiquettes& Mannerism.	2 h
2	**Self-Assessment** Goal setting, SWOT analysis, attitude, moral values, self-confidence, etiquettes, non-verbal skills, achievements, positive attitude, positive thinking and self-esteem. Activity: The teacher should prepare a questionnaire which evaluate students in all the above areas and make them aware about these aspects.	4 h
3	**Communication Skills** Types of communication: Verbal, Non-verbal, body language, gestures, postures, gait, dressing sense, facial expressions, peculiarity of speaker (habits). Rhetoric speech: Prepared speech (topics are given in advance, students get 10 minutes to prepare the speech and 5 minutes to deliver, Extempore speech (students deliver speeches spontaneously for 5 minutes each on a given topic), Storytelling (Each student narrates a fictional or real-life story for 5 minutes each), Oral review (Each student orally presents a review on a story or a book read by them) Drafting skills: Letter, Report & Resume writing, business letters, reading & listening skills Activity: The teacher should teach the students how to write the letter, report and build resume. The teacher should give proper format and layouts. Each student will write one formal letter, one report and a resume.	8 h
4	**Formal Group Discussion, Personal Interview & Presentation skills** Topic comprehension, Content organization, Group speaking etiquettes, driving the discussion & skills. Preparation for personal interview: dress code, greeting the panel, crisp self-introduction, neatness, etiquettes, language tone, handling embarrassing & tricky questions, graceful closing. Activity: Each batch is divided into two groups of 12 to 14 students each. Two rounds of GD for each group should be conducted and teacher should give them feedback. Mock interviews to be conducted.	4 h
5	**Aptitude and analytical skills** Quantitative aptitude, Numerical reasoning, verbal reasoning, diagrammatic test, situational tests, logical thinking. Analytical skills: Definition, Types, problem solving	8 h
6	**Life skills** Time management, critical thinking, sound and practical decision making by dealing with conflicts, stress management, leadership qualities Activity: The teacher can conduct a case study activity to train students for decision making skills. The teacher should conduct a session on stress management and guide students on how to manage stress. The teacher may conduct a stress relieving activity in the class. He/she may counsel students individually to know their problems and guide them on dealing with them effectively.	4 h

Suggested readings:

1. Basics of Communication In English: Francis Sounderaj, MacMillan India Ltd.
2. English for Business Communication: Simon Sweeney, Cambridge University Press
3. An Introduction to Professional English and Soft Skills: Das, Cambridge University Press
4. Quantitative Aptitude: R.S. Agrawal

AC-201(B): Practicing Sports Activities
(Personality and Cultural Development Related Audit course; Practical; 2 Credits)

Course Objectives (CObs):

- To motivate students towards sports and provide them required training.

SR NO.	NAME OF THE SPORT/GAME (Select ONE of the Following)	SYLLABUS OF THE COURSE	TIMING (02 Hours in a Week)	SEMESTER
1	Volleyball	• General Fitness • Basic Fitness • Specific Fitness • History of the Game • Basic Skill of the Game • Major Skill of the Game • Technique & Tactics of the Game • Game Practice	Morning : 07 to 09 AM OR Evening : 05 to 07 PM	Total 30 Hours in Each Semester
2	Athletics			
3	Badminton			
4	Cricket			
5	Basketball			
6	Handball			
7	Kabaddi			
8	Kho-Kho			
9	Table-Tennis			
10	Swimming			

Course Outcomes (CO):

On completion of this course, the student will be able to:

No.	CO	Cognitive level
1	Play any sports on the ground.	2
2	Become healthier and fit.	3

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AC-201(C): Practicing Yoga

(Personality and Cultural Development Related Audit course; Practical; 2 Credits)

Course Objectives:

- To motivate students towards yoga and provide them required training.

- Yog: Meaning, Definition & Introduction, Objectives
- Primary Introduction of Ashtanga Yoga
- Preparation of Yogabhyas
- Omkar Sadhana, Prayer, Guru Vandana
- Sukshma Vyayamas
- Suryanamaskar (12 Postures)
- Asanas :
  - Sitting (Baithaksthiti) - Vajrasana, Padmasan, Vakrasan, Ardha-Pashchimotanasanan
  - Supine (Shayansthiti) - Uttan Padaasan(Ekpad/Dwipad), Pavanmuktasana, Viparitakarani Aasan, Khandarasan, Shavasana
  - Prone (Viparitshayansthiti) - Vakrahasta, Bhujangasana, Saralhasta Bhujangasana, Shalabhasana(Ekpad/Dwipad), Makarasana
  - Standing (Dhandsthiti) - Tadasana , TiryakTadasana, Virasana, Ardh Chakrasana
- Primary Study of Swasana: Dirghaswasana, Santhaswasana, JaladSwasana - 6 Types
- Pranayama : Anuloma-viloma, Bhramari

Course Outcomes (CO):

On completion of this course, the student will be able to:

No.	CO	Cogniti level
1	Perform different yoga.	2
2	Perform different asanas.	3

AC-201(D): Introduction to Indian Music

(Personality and Cultural Development Related Audit course; Practical; 2 Credits)

(Optional: Campus-level)

	Course Objectives: • To motivate students towards Indian music and provide them minimum required training.
	• Definition and brief about generation of Swar, Saptak, Thaat, Raag, Aavartan, Meend, Khatka, Murkee, Taal, Aalaap etc. • Taal and its uses - Treetaal, Daadraa, Zaptaal, Kervaa. • Information of Badaakhyaal, Chhotaakhyaal (one), Sargam, Lakshangeet (information) • Detailed information of Tambora • Detailed information of Harmonium and Tablaa. • Five filmy songs based on Indian Classical Music (Theory and Presentation) • Sound Management - Basic information of Sound Recording (including Practicals) • Composition of Music as per the Story • Preparing news write-ups of the Seminars, Library Musical Programmes held at the nearest Akashwani, by personal visits.

Course Outcomes (CO):

On completion of this course, the student will be able to:

No.	CO	Cognitive level
1	Identify different types of Indian music.	3
2	Develop more interest to learn and practice Indian music.	4

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ता. जामनेर, जि. जळगाव (महाराष्ट्र) पीन-४२४२०६ फोन नं (०२५८०) २३००७८, २३१०७८ फैक्स : २३१०७८

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सूचना

जागतिक महिला दिन विशेष

वरिष्ठ महाविद्यालयातील सर्व विद्यार्थ्यांना सुचित करण्यात येते की, युवती सभेच्या वतीने जागतिक महिला दिनानिमित्त दिनांक 8 मार्च मंगळवार रोजी आपल्या महाविद्यालयात दोन उपक्रमांचे आयोजन करण्यात आले आहे.

१. **'भारतीय संस्कृतीचे दर्शन'** - या उपक्रमाअंतर्गत विद्यार्थ्यांनी विविध राज्यातील पारंपरिक पोशाख करून महाविद्यालयात यावे.

२. **निबंध लेखन** - यात विद्यार्थ्यांनी खालीलपैकी एका विषयावर 500 ते 1000 शब्दात सुवाच्य हस्ताक्षरात लिहून आणावेत. निबंध लेखनासाठी मराठी, हिंदी आणि इंग्रजी पैकी कोणतीही भाषा वापरता येईल.

निबंधाचे विषय खालील प्रमाणे आहेत.

1. माझ्या आयुष्यातील आदर्श स्त्री
2. जागतिक महिला दिन
3. आधुनिक समाजात महिलांची भूमिका

निबंध 8 तारखेपर्यंत खालील प्राध्यापिकांकडे जमा करावेत.

कला व वाणिज्य शाखा - प्रा. मनिषा चौधरी

विज्ञान शाखा - प्रा. डॉ. प्रज्ञा साठे, प्रा प्रमिला महाजन.

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(सौ. मनिषा चौधरी)

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