

j kpha;Tj ;J i w> Nj rpa;f;fy;Y}up (j dahl rj)> j pUrrpuhggsSp - 1.

Kj w; gUtk;

j hs; nkhogghl k; - 1 nraAs; (, ffhyk)> ci uei l> rWfi j> , yffpa;uyhW

U16T1

fwgpfFk; fhyk; 6 kz p

j ugGss;fS; 3

myF 1: ghuj pahu; - guknghUs; thoj ;J
 ghuj gj hrd; - eb;fNs nrhy;Yqfs;
 ft;kz p - Nfh;ty; toghL
 gl ;LfNfhl i l ahu; xz z hapUff;Z k; mz z hrrp
 ehkff;yyhu; - Rj ej muk; ahJ?

myF 2: fz z j hrd; - Ntz ;Lk; Ntz ;Lk;
 thyp - Gddi f kddd;
 i tuKj ;J - ghuj p epi dff;ggLf;pwhd;
 K.Nkj j h - RtUk; geJ k;
 mgJy; uFkhd; - j twhd vz ;

myF 3: ci uei l:

1. gukgi uff;Z k; - c.Nt.rh
2. fy;tp - ahogghz k; nghddkgygg;si s
3. , yff;paKk; r%fKk; - v] ;i tahGugg;si s
4. fi yAk; fwi dAk; - uh.gp.NrJgg;si s
5. Fws; fh;Lk; newp - f;M.ng.tpRteh; k;
6. , awi ff; fh;rpfs; - f;th.[feeh; d;
7. rka , yff;paqfs;py; mwnewp - Fdwff;Fb mbfshu;

myF 4: rWfi j:

1. j ei j Ak; kFDk; - fy;fp

2. fl TS k; fej rhkpggs;i sAk;- GJ i kggj j d;
3. ej pgj p tfffyhdhu; - mz z hJ i u
4. Kj ygpy; - e.grrr%uj j p
5. fhfj c wT - R.rKj j uk;
6. kNdhgk; - tyypfz z d;
7. kdj aej uk; - tpej d;
8. gri rffdT - yh.r. uhkhkuj k;

myF 5: tyypdk; kpfk; , lqfs> tyypdk; kpfh , lqfs;

, yffpa tuyhW (trdfdpi j > GJ ffdpi j > c i uei l > rpfij klLk)

ghl E}y: j kpo; - Kj wgUtk; - Nj rpa;fy;Y}up ntspaL

, yffpatuyhW - Nj rpa;fy;Y}up ntspaL

j kpha;Tj ;J i w> Nj rpa;f;Y}up (j dahl r)} j pUrrpuhgsssp - 1.

, uz j hk; gUtk;

j hs; nkhogghl k; - 2 nraAs; (gfj p mw , yffpaqfs)> Gj pdk> , yffpa tuyhW.

U16T2

fwgpfFk; fhyk; 6 kz p

j ugGssps; 3

myF 1: j pUQhdrkgej u; - j pUthi dffh gj pfk; - ki oahu; kpl whkO thS i laha;.

j pUehTffuru; - tpi k; j ljj gj pfk; - xdW nfhyhk; mtu; rpei j Aauti u
ngupaho;thu; - j pUtuqf; ghRuk; 2 - kutbi aj; j kgpf;F

FyNrfuu; - tj ;J tf; Nfhl ;L mkkhi d Ntz b epwvy; - j UJ auk;...10

myF 2: tssyhu; - j pUtUl gh - ngwhgNgW - Mth vdwi d Ml nfhz ;l Usp.10

j hAkhdtu; - gdkhi y - gdkhi y j puspUff...9

, NaRfhtpak; - c ti k top nraj p - fl Nyhuk; xUehs; VR epdwhu;.

Fz qFb k] j hd; - epuhkaf;fz z p - 1-25 fz z pfs;

myF 3: ehdkz pffbi f: (ghl y; vz fs; 6> 10> 12> 16> 31> 38> 45> 56> 69> 75)

ehybahu; (ghl y; vz fs; 2> 29> 35> 77> 95> 109> 114> 172> 248> 269)

rWgQr%yk; (ghl y; vz fs; 9> 12> 16> 26> 32> 39> 63> 82> 85> 90)

, dpa; t ehwgJ: Kj y; gj ;J ghl yfs;

myF 4: Gj pdk; - fddpfh - uFehj d; Ji w ntsjalL

myF 5: , yffpa tuyhW (i rtk; i tz tk;rkz k;ngsj j k;f;mwj ;J tk> Kfkj pak;

kwWk; Gj pdk; gwwpad kl ;Lk)

ghl E}y; j kpo; - , uz l hkgUtk; - Nj rpa;fy;Y}up ntspalL.

fddp;fh - rll j gj pggf ntspalL> nrđi d.

, yf;fp;atuyhW - Nj rpa;fy;Y}up ntspalL.

j kpha;Tj ;J i w> Nj rpa;fy;Y}up (j dahl r)} j pUrrpuhggsSp - 1.

%dwhk; gUtk;

j hs; nkhogghl k; - 3 nraAs; (fhggpak}> ehl fk} , yffpa tuyhW

U16T3

fwgpfFk; fhyk; 6 kz p

j ugGssps; 3

myF 1: rpyggj pfhuk; - elggi l fhi j

kz pNkfi y - ghj j pk; ngww fhi j

myF 2: fkguhkhaz k; - Aj j fhz ;l k; - , ej purj ;J ti j ggl yk;

ngupaGuhz k; - fz z gg ehadhu; Guhz k;

myF 3: Nj kghtz p - tsd; rdij j gl yk;

rWhgGuhz k; - khDf;Fg; gpi z epdw gl yk;

ghQrhyp rgj k; - #j hl ;l r; rUf;fk;

myF 4: ehl fk; xj j pi f - m. , uhkrhkp (vdrngivr; ntsjalL)

myF 5: , yffpa tuyhW (fhggpak}> Guhz k}> ehl fk; gwwpad kl ;Lk)

ghl E}y: j kp; - %dwhkgUtk; - Nj rpa;fy;Y}up ntsjalL.

xj j pi f - m. , uhkrhkp (vdrngivr; ntsjalL)

, yffpatuyhW - Nj rpa;fy;Y}up ntsjalL.

j kpha;Tj ;J i w> Nj rpa;f;fy;Y}up (j d;dh; l r;pa> j p;Urr;puhgg;S;Sp - 1.

ehd;fhk; gUt;k;

j hs; nkhogghl k; - 4 nraAs; (gz i l a , yf;f;ak> , yf;f;atuyhW> nkhongaugG)

U16T4

fwgpfFk; fhyk; 6 kz p

j ugG;S;S;pf;S; 3

myF 1:

- ewwpi z :
1. Ntu; gpz p ntj pu;J - ghi y - , sq;f;Udhu;
 2. rpyUk; gyUk; fi l ffz ; - neaj y; - c Nyhrrdhu;
 3. mupfhy; khwpa mk; fz ; - kUj k; kpi sf;f;phdeyNt;l;dhu;
 4. , i y , y gpl tk;Ky; y - t;pp;f;f;l Ngi j g; ngUq;fz z dhu;
 5. Gj y;t;d; <dw Gq;fz ; - Fw;Qr;p

- FWenj hi f :
1. nfhqF Nj u; thof; i f - Fw;Qr;p - , i wadhu;
 2. , bfFq; Nf;S;mu; - Fw;Qr;p - nt;S;S;pt;J; pahu;
 3. ahuz q;Fwwi d fl Ny - neaj y; - mk;%tdhu;
 4. khup ahkgydd - neaj y; - Fdwpadhu;
 5. c kz u; Nrue;J fo;pej kUq;f;pd; - ghi y - ngUq;f;Lq;Nfh
 6. MI i k Gi uAk; - ghi y - XNuUotdhu;
 7. Ks;j apu; gpi rej - Ky; y - \$I Y}u; f;phu;
 8. , si k ghuhu; - Ky; y - xf;\$u; khrhj j pahu;
 9. Ntkg;pd; i gq;f;ha; - kUj k; - kpi sf;f;ej dhu;

myF 2:

- mfehD}W:
1. gi dj j mu;S; mdd - Fw;Qr;p - guz u;
 2. gi rgL gri r - Ky; y - kJi u k;S;dhu;
 3. , ki k c yf;J , i rnahLk; - kUj k; - nry;Y}u;f;Nf;hr;pf;d;

4. j pi uc oeJ mi r, a - neaj y; - c Nyhrrrdhu;
5. msæpi y nghwhmJ mkupa - ghi y - ngUqfLqNfh

fyij nj hi f:

1. RI uj nj hB, Nfsha; - FwQrp
2. fhu; Mug; ngaj fb nfhs; - Kyi y
3. tqF el; mtp; eky; gfutu; - kUj k;
4. khkyu; Kz l fk; - neaj y;
5. muj ha mwndaj p - ghi y

myF 3:

GwehD}W :

1. xUehl; nryyyk; - ghi hz ; - xsi tahu;
2. gi l gGggy gi l j j - nghJ tpay; - mwTi l ekgp
3. , i sNahu; #l hu; - nghJ tpay; - Fl thary; flj j dhu;
4. gyrhdwNu - nghJ tpay; - eupt&c j ; j i yahu;
5. fhaney; mWj j ffftsq; nfhsNd - ghi hz ; - grpuhei j ah;

j pUfFws: 1. mwd; typAWj j y> 2.gz Gi l i k> 3. xOffKi l i k>

4. thai k> 5. Co> 6.nrhytdi k

myF 4: Kyi ygghl l KOi kAk;

myF 5: , yffpatuyhW (gj jndz ; Nkwfz fF> fb,fz fF)> nkhoingaugG>
nghJ ffi Li u

ghi E}y: 1. j kpo; - ehdfhkgUtk; - Nj rpa;fy;Y}up ntsjalL.

2. , yffpatuyhW - Nj rpa;fy;Y}up ntsjalL.

U16H1

Semester – I

PAPER 1 – PROSE, SHORT STORY AND GRAMMAR**PROSE****Prescribed Text Book**

INDI GADYA PRABHAKAR, Ed. Dr. Hiranma Shiksha Bharathi, shmiri Gate, Delhi-06.

Prescribed Lessons

- | | | |
|------------------------------------|----|-----------------------|
| 1. Bharat Eke hay | By | Ramdhari Singh Dinkar |
| 2. Japan Mein kaya dekka | By | Premchand |
| 3. Jeevan ke theen pradhan baathey | By | Aacharya Vinobabavey |

SHORT STORY**Prescribed Text Book**

KAHANI VIVDHA, V. Mahadeven, Trichy.

Prescribed Lessons

- | | | |
|------------------|----|---------------------------|
| 1. Idhaah | By | Premchand |
| 2. Usne kaha tha | By | chandradhar Sharma guleri |

GRAMMER

Prescribed Portion

1. Noun
2. Verb
3. Gender (Change the gender only)

4. Number (Change the number only)

5. Aarth and Ultey Sabdh Likeye

Reference Book

VYAKARANPRADEEP

By Ramdev, Saraswathi Prakashan, Varansi

UNITISED SYLLABUS**PAPER 1 – PROSE, SHORT STORY AND GRAMMAR**

Semester – I

Time 3 Hrs

Max Marks 75

UNIT- 1

- 1.Noun
- 2.Bharath Eke Hai
- 3.Gender

UNIT- 2

- 1.Gender
- 2.Idhgaah
- 3.Jaapan mein kya dheka

UNIT- 3

- 1.Jeevan ke theyeen pradhan bhathey
- 2.Idhgaah
3. Number

UNIT-4

- 1.Ling Badhaliye, Vachan Badhaliye
2. Verb
- 3.Aarth (Meanings) Likeye

UNIT-5

- 1.Aarth (Meanings) Likeye
- 2.Ultey Sabdh (opposite) Likeye

QUESTION PAPER PATTERN

SECTION- A (20 Marks)

- I 1. Change the Gender (Ling) **10/12** (10Marks)
2. Change the Number (Vachen) **10/12**

SECTION- B (25 Marks)

II. One Question from each unit (either or)

- | | | | |
|----|------------------|--------------|---------|
| 1. | From Prose | (1 out of 2) | 5 Marks |
| 2. | From Short story | (1 out of 2) | 5 Marks |
| 3. | From Grammar | (1 out of 2) | 5 Marks |
| 4. | Meanings 5 nos | (Either or) | 5 Marks |
| 5. | Opposites 5 nos | (Either or) | 5 Marks |

SECTION- C (3x10=30 Marks)

III. One Question from each unit (**Three out of five**)

1. **From Prose**
2. From Prose
3. From Short Story
4. From Grammar
5. From Grammar

Semester – II**PAPER II – COMPREHENSION, DRAMA, GRAMMAR-II, GENERAL ESSAY AND
TRANSLATION – I**

COMPREHENSION : **General Paragraph from Anuvadh**
Abyas Bah – 3, Dakshina Bharath Hindi
Prachar Sabha, Chennai – 17.

DRAMA

:
Prescribed Text Book : **Subodh Hindi patamala – 2**
Dakshina Bharath Hindi
Prachar Sabha, Chennai – 17.

Prescribed Portion : **APPOORVA THYAG**
By Balashori Reddy

GRAMMAR – II

Prescribed Portion : **1. Pronoun**
2. Adjectives
3. Adverb
4. Case Endings
(Definition and Name of types only)

5. Paryaivachaye Sabdh

Reference Book : **VYAKARANPRADEEP**
By Ramdev, Saraswathi Prakashan, Varansi

GENERAL ESSAY

Prescribed Book : **Subodh Hindi Rachna – 2**
Dakshina Bharath Hindi
Prachar Sabha, Chennai – 17

Prescribed Portions : **1. Priya Theohar**
2. Gaayi
3. Samachar pathra

TRANSLATION -1

Prescribed Book : **Anuvadh Aabyas Bah – 1,1 to 10 lessons**
Dakshina Bharath Hindi
Prachar Sabha, Chennai – 17

Prescribed Portions : **1 to 10 Lessons**

UNITISED SYLLABUS

PAPER II – COMPREHENSION, DRAMA, GRAMMAR-II, GENERAL ESSAY AND

TRANSLATION – I

Semester – II

Time 3 Hrs

Max Marks 75

UNIT- 1

Comprehension
Aproova Thyag
Pronoun
Translation 1,2

UNIT- 2

Comprehension
Aproova Thyag
Adjectives
Translation 3,4

UNIT- 3

Comprehension
Priya Theohar
Adverb
Translation 5,6

UNIT-4

Comprehension
Gaayi
Case Endings
Translation 7,8

UNIT-5

Comprehension
Samachar pathra
Paryavachaye Sabdh
Translation 9,10

QUESTION PAPER PATTERN

SECTION- A (20 Marks)

I. Answer all the Questions:

- | | |
|--------------------------------------|-------------|
| (a) Write Same meaning (Paryavachi) | 10 x 1 = 10 |
| (Each word two meaning must) – 10/12 | |
| (b) Answer in one sentence | 5 x 2 = 10 |
| (Any 5) | |

SECTION- B (25 Marks)

II. One Question from each unit (either or)

- | | | |
|-----------------------------------|--------------|---------|
| 1. From Drama | (1 out of 2) | 5 Marks |
| 2. From Grammar | (1 out of 2) | 5 Marks |
| 3. From Grammar | (1 out of 2) | 5 Marks |
| 4. Translation (Hindi to English) | (Either or) | 5 Marks |
| 5. Translation (English to Hindi) | (Either or) | 5 Marks |

SECTION- C (3x10=30 Marks)

III. One Question from each unit (Three out of five)

1. From General Essay
2. From General Essay
3. From Grammar
4. From Grammar
5. Comprehension

U16H3

SEMESTER – III

**PAPER III – MODERN AND MEDIEVAL POETRY, DIALOGUE WRITING AND
TRANSLATION – II**

1. POETRY

Book Name : 1. KAVYA SAURABH
2. SUBODH HINDI – 2
Pub. Dakshina B. Hindi P.Sabha
Chennai.

Prescribed Lessons : 1. Samaya
2. Chhah

1.Kabir key Dhohay 1to 5
2.Thulsi key Dhohay 1to 5
3.Rahim key Dhohay 1 to 5

2. DIALOGUE WRITING : 1. Doctor Aur Marij
2. Kithab key Dhukhan
3.Pariksha key Bharey Mein

UNITISED SYLLABUS**PAPER III – MODERN AND MEDIEVAL POETRY, DIALOGUE WRITING AND
TRANSLATION – II**

Semester – III

Time 3 Hrs

Max Marks 75

UNIT- 1

Samya
Kabir key Dhohay
Translation 11, 12

UNIT- 2

Chhah
Thulsi key Dhohay
Translation 13, 14

UNIT- 3

Rahim key Dhohay
Dialogue – Doctor Aur Marij
Translation 15, 16

UNIT-4

Dialogue – Kithab key Dhukan

Poetry Review
Translation 17, 18

UNIT-5

Dialogue – Parisha key Bharey mein
Translation 19,20

QUESTION PAPER PATTERN**SECTION- A (20 Marks)**

I . Answer in one sentence

10 x 2 = 20 Marks

SECTION- B (25 Marks)

II. One Question from each unit (either or)

1. Annotation from modern poetry (1 out of 2) 5 Marks
2. Annotation from modern poetry (1 out of 2) 5 Marks
3. Short Notes from Poetry (1 out of 2) 5 Marks
4. Translation (Hindi to English) (Either or) 5 Marks
5. Translation (English to Hindi) (Either or) 5 Marks

SECTION- C (3x10=30 Marks)

III. One Question from each unit (Three out of five)

1. Summary of Modern Poetry
2. Summary of Medieval Poetry
3. Summary of Medieval Poetry
4. Dialogue Writing
5. Dialogue Writing

SEMESTER - IV**PAPER IV – FUNCTIONAL HINDI, GENERAL ESSAY, GRAMMAR – III AND TRANSLATION – III****1. LETTER WRITING**

Prescribed Book	:	Abinav Patralekhan Hindi Parchar Sabha Chennai.
Prescribed Portion	:	1. Leave Letter 2. Placing Order for Books 3. Complaints Letter 4. Permission Letter for Tour

2. TECHNICAL TERMS

Prescribed Book	:	Hindi Vatayan, by Dr.Chandra Mohan Vishavidyalay Prakashan, Varansi.
Prescribed Portion	:	Annexure enclosed

3. GENERAL ESSAY

Prescribed Book : **Nibandh Praveshika, Dakshina Bharath Hindi
Prachar Sabha, Chennai – 17**

Prescribed Portions : **1. Pushthakalaya
2. Pradhusan
3. Vidhyarthi Jeevan**

4. GRAMMAR – II

Prescribed Portions : **1. Tense (Kal parivarthan)
2. Correct the Sentence (Sudha Keyjiye)**

Reference Book : **Vyakaranpradeep, by Ramdev, Saraswathi
Prakashan, Varansi.**

5. TRANSLATION – III

Prescribed Book : **Anuvadh Abyas Bah – 2,
Dakshina Bharath Hindi
Prachar Sabha, Chennai – 17**

Prescribed Portions : **1 to 10 Lessons**

UNITISED SYLLABUS**PAPER IV – FUNCTIONAL HINDI, GENERAL ESSAY, GRAMMAR – III AND TRANSLATION –
III**

Semester – IV

Time 3 Hrs

Max Marks 75

UNIT- 1

Leave Letter
Technical Terms
Pushthakalaya
Translation 1,2

UNIT- 2

Placing Order for Books
Technical Terms
Pradhusan
Translation 3,4

UNIT- 3

Compliant Letter
Vidhyarthi Jeevan
Technical Phrases
Translation 5,6

UNIT-4

Permission Letter for Tour

Technical Phrases
Kal Parivarthan (Change the Tense)
Translation 7,8

UNIT-5

Kal Parivarthan (Change the Tense)
Sudha Keyjiye (Correct the Sentence)
Translation 9,10

QUESTION PAPER PATTERN

SECTION- A (20 Marks)

I . Answer all the Questions:

10x2 = 20 Marks

Write 10 Technical Terms in Hindi 10/12 (Only Designation)

SECTION- B (25 Marks)

II. One Question from each unit (either or)

- | | | |
|---|--------------|---------|
| 1. Change the Tense | (5 out of 7) | 5 Marks |
| 2. Correct the Sentence | (5 out of 7) | 5 Marks |
| 3. Technical Phrases (English to Hindi) 5 nos | (Either or) | 5 Marks |
| 4. Technical Phrases (Hindi to English) 5 nos | (Either or) | 5 Marks |
| 5. Translation (Hindi to English) | (Either or) | 5 Marks |

SECTION- C (3x10=30 Marks)

III. One Question from each unit (Three out of five)

1. From General Essay
2. From General Essay
3. From Letter Writing
4. From Letter writing
5. Translation (10nos) English to Hindi

Subject Code:U16S1

National College (Autonomous) Tiruchirapalli
Language Programme Part I Sanskrit Semester I
Paper I - Sanskrit - I

(For the students admitted from the the academic year June 2016 onwards)

Time: 3 Hours

Maximum Marks: 75

Unit I

देवनागरी लिपि: - परिचयः

- १। स्वराः (१५)
- २। व्यञ्जनानि (३३)
- ३। संयुक्ताक्षराणि
- ४। संयुक्ताक्षराणां लेखनप्रकारः
- ५। विसर्गस्य प्रयोगः तस्य उच्चारणप्रकारश्च।

Unit II

कर्तृपदानि - परिचयः

- १। अकारान्त-शब्दाः (पुंलिङ्गः)
देवः
- २। अकारान्त-शब्दाः (नपुंसकलिङ्गः)
फलम्
- ३। लिङ्गाः - सामान्यविधिः
अ। पुलिङ्गः
आ। स्त्रीलिङ्गः
इ। नपुंसकलिङ्गः
- ४। लिङ्गः वचनम् विभक्तिः च
केवलम् एकवचनम् बहुवचनम् च
- ५। अनुवाद-अभ्यासः -
अ। आङ्गल/तमिल् भाषातः संस्कृते
आ। संस्कृतात् आङ्गल/तमिल् भाषायाम्

Unit III

१। क्रियापदानि (परिचयः)

- १। वर्तमानकाले परस्मैपदिनः धातवः
अ। अन्यपुरुषः/प्रथमपुरुषः
आ। मध्यमपुरुषः
इ। उत्तमपुरुषः
ई। एकवचनम्
उ। बहुवचनम्।

Unit III (continued)

	२। क्रियापदानि - धातवः - एकवचन-बहुवचन-मात्रम् अ। गम् (गच्छ) आ। पठ् इ। क्रीड् ई। वद्
३। अव्ययाः	तत्र, अत्र, कुत्र, यत्र, तदा, यदा, कदा, इदानीम्, शीघ्रम्, अपि, सह, एव, तु, किम्, च (१५)
४। अन्ये अकारान्त-कर्तृपदानि	अश्वः, बालकः, सूर्यः, मनुष्यः, हस्तः, अध्यापकः, इत्यादीनि (१०)
५। अनुवाद-अभ्यासः	अ। आङ्गल/तमिल् भाषायाः संस्कृते आ। संस्कृतात् आङ्गल/तमिल् भाषायाम्

Unit IV

१। विभक्ति-अन्त प्रत्ययानां आदेशाः	अ। चतुर्थी विभक्ति-प्रत्ययस्य - अर्थम् इति आदेशः आ। पञ्चमी विभक्ति-प्रत्ययस्य - तः इति आदेशः
२। तृतीया विभक्तिः	अ। सह सार्धम् साकं इति अव्ययानां उपयोगः
३। प्रश्न-निर्माण-पदानि	किम्, कुत्र, कथं, किमर्थं, कुतः, कदा
४। क्रियापदानि - (द्वितीय-स्तरः)	वर्तमानकाले परस्मैपदिनः धातवः भू (भव्), कृ (कर्), अस्, धाव्, पठ्, आ-गच्छ् केवलम् एकवचनम् बहुवचनम् च
५। अनुवाद-अभ्यासः	अ। आङ्गल/तमिल् भाषायाः संस्कृते आ। संस्कृतात् आङ्गल/तमिल् भाषायाम्

Unit V

१। विशेषण-विशेष्यौ

- अ। शुक्ल - नील - पीत - रक्त - हरित - कपिश -
कृष्ण वर्णा;।
आ। संख्या-वाचक-पदानि (० तः ९ पर्यन्तम् मात्रम्)
इ। सुन्दरः - सुन्दरी - सुन्दरम् ,
मधुरः - मधुरा - मधुरम् इत्यादयः।

२। विभक्तीनां पुनः परिचयः (द्वितीयस्तरः)
अकारन्त-शब्दः पुलिङ्गः/नपुंसकलिङ्गः

- १। प्रथमा विभक्तिः
२। द्वितीया विभक्तिः
३। तृतीया विभक्तिः
४। चतुर्थी विभक्तिः

३। विभक्तीनां पुनः परिचयः (तृतीयस्तरः)
अकारन्त-शब्दः पुलिङ्गः/नपुंसकलिङ्गः

- ५। पञ्चमी विभक्तिः
६। षष्ठी विभक्तिः
७। सप्तमी विभक्तिः
८। सम्बोधन-प्रथमा विभक्तिः

४। सर्वनाम-पदानि (अन्यपुरुषः/प्रथमपुरुषः)

- १। सः - एषः
२। सा - एषा
३। तत् - एतत्
प्रथमा विभक्तिः एकवचन-बहुवचन-मात्रम्

५। सर्वनामपदानि (उत्तमपुरुषः)
(मध्यमपुरुषः)

- ४। अस्मद्
प्रथमा विभक्तिः, षष्ठी विभक्तिः च
एकवचन-बहुवचन-मात्रम्।

६। अनुवाद-अभ्यासः

- अ। आङ्गल/तमिल् भाषायाः संस्कृते
आ। संस्कृतात् आङ्गल/तमिल् भाषायाम्

Subject Code:U16S2

National College(Autonomous) Tiruchirapalli
Language Programme Part I Sanskrit Semester II
Syllabus - Paper II - Sanskrit - II

(For the students admitted from the academic year, June 2016 onwards)

Time: 3 Hours

Maximum Marks: 75

Unit I

क्रियापदानि

१। पुनश्चर्या

लट् लकारे (वर्तमानकाले)
पूर्वस्मिन् षाण्मासे अभ्यस्तानां
क्रियापदानां द्विवचनेन साकं
पुनश्चर्या
द्विवचन-परिचयः - उपयोगः च

२। लृट् लकारः - भविष्यत्कालः

१। गम् (गच्छ्)

२। पठ्

३। वद्

३। लृट् लकारः - भविष्यत्कालः (अधिकम्)

४। पत्

५। लिख् (लेख्)

६। क्रीड्

४। लृट् लकारः - भविष्यत्कालः (अधिकम्)

७। आ - गम् (गच्छ्)

८। भू - भव

९। धाव्

५। लृट् लकारः - भविष्यत्कालः (अधिकम्)

१०। पा - पिब्

११। दृश् - पश्

१२। कृ - कर्

Unit II

१। लृट् लकारे अभ्यस्तानां

धातुरूपाणाम् अभ्यासः

वाक्येषु उपयोगः

अनुवाद-अभ्यासः च

(संस्कृत-आङ्गल/तमिल्-संस्कृतेषु)

२। सर्वनामशब्दाः

१। अस्मद् शब्दः - पुनश्चर्या

(त्रिषु वचनेषु)

Unit III १। भोज्य-पदार्थ-नामानि

२। वार्तालापः

३। क्त-प्रत्यय-धातवः

२। युष्मद् शब्दः

(त्रिषु वचनेषु)

३। युष्मद्-शब्द-आधारित-

वाक्येषु लृट् लकार-क्रियापदानां

उपयोगः अनुवाद-अभ्यासः च

(संस्कृत-आङ्गल/तमिल्-संस्कृतेषु)

४। तद् शब्दः - त्रिषु वचनेषु

पुंलिङ्ग-मात्रम्।

५। सर्वनाम-शब्दान् (युष्मद्-तद्)

आहत्य वाक्येषु उपयोगः

अनुवाद-अभ्यासः।

(संस्कृत-आङ्गल/तमिल्-संस्कृतेषु)

धान्य-नामानि -

चणकः, मुद्गः, माषः, तण्डुलः,

जीरकम्, मरिचम्, लशुनम्

फल-नामानि -

जम्बीरम्, आमलकम्, दाडिमम्,

नारङ्गः, बदरम्, जम्बूफलम्, कदलीफलम्

शलादुका-नामानि

आलुकम्, आर्द्रकम्, कन्दर्पः,

भोज्यपदार्थ-नामानि

ओदनम्, रोटिका, पोलिका

दुग्धम्, दधि, तक्रम्, नवनीतम्, घृतम्,

एतावता अभ्यस्त-शब्दानां वाक्येषु

उपयोगः - अनुवाद-अभ्यासः

(संस्कृत-आङ्गल/तमिल्-संस्कृतेषु)

गतः गता गतम्

पीतः पीता पीतम्

पठितः पठिता पठितम्

क्रीडितः क्रीडिता क्रीडितम्

धावितः धाविता धावितम्

पतितः पतिता पतितम्

क्त-प्रत्यय-धातवः

३। क्रियापदानि

४। तुमुन्नत-अव्ययाः

५। अनुवाद-अभ्यासः

Unit IV

१। कृषि-क्षेत्र-सम्बन्धीनि नामानि

२। काल-संबन्धीनि पदानि
संख्यावाचकपदानि च

३। क्रियापदानि

४। नपुंसकलिङ्ग-कर्तृ-पदानि

५। अनुवाद-अभ्यासः

आगतः आगता आगतम्
लिखितः लिखिता लिखितम्
खादितः, खादिता, खादितम्
लट् लकारे एव -

भक्ष्, खेल्, पाल्, तुल्,
मार्, गण्, कथ्, क्षाल्,
गन्तुम्, पातुम्, पठितुम्, क्रीडितुम्,
धावितुम्, पतितुम्, लेखितुम्, भवितुम्,
अर्चितुम्, खेलितुम्, चलितुम्, क्षालयितुम्,
तुलयितुम्, मारयितुम्, गणयितुम्
संस्कृतात् आङ्गले/तमिल् भाषायाम्,
आङ्गलात् संस्कृते

कृषकः, कृषीवलः, बलीवर्दः, वृषभः
सस्यम्, धान्यम्, तृणम्, क्षेत्रम्, हलः
बीजम्, आलवालम्, मेघः, जलदः,
खेटः, ग्रामः, क्रयः, विक्रयः, हट्टः,
आपणः, आपणिकः, व्यवसायः- इत्यादीनि
a. प्रातः, मध्याह्नः, सायम्, रात्रिः
b. समयलेखनम् - सपाद-सार्ध-पादोन-
पदानाम् उपयोगः
c. ऋतु(काल) नामानि
वसन्तः, ग्रीष्मः, वर्षाः, शरद्, हेमन्तः, शिशिर
d. संख्यावाचकपदानि - १ तः २५ पर्यन्तम्
लट् लकारे -
क्री, वि-क्री, रुह् (रोह्), वर्ष्, वप्
रच्, कृष् (कर्ष्), वस्, अर्च्
सस्यम्, धान्यम्, तृणम्, क्षेत्रम्, बीजम्,
आलवालम्।

संस्कृतात् आङ्गले/तमिल् भाषायाम्,
आङ्गलात् संस्कृते

Unit V

१। आकारान्त-स्त्रीलिङ्ग-पदानि

a। माला शब्दः

(एकवचन - बहुवचनमात्रम्)

b। अन्यानि स्त्रीलिङ्गपदानि

रमा, शाला, पेटिका, शिखा,

निशा, दिशा, बाला, सभा,

भार्या, स्वसा, नासिका

गत्वा, पठित्वा, क्रीडित्वा, पीत्वा, धावित्वा,

लिखित्वा, भक्षयित्वा, खेलित्वा, धारयित्वा,

पतित्वा, कृत्वा, चलित्वा, क्षालयित्वा,

पालयित्वा, अर्चयित्वा

२। क्त्वा प्रत्यय-अन्त-अव्ययाः

लृट् लकारे (एकवचन-बहुवचन-मात्रम्)

धार्, कथ्, क्षाल्, पाल्, तोल्

३। क्रियापदानि

a. स्वरसन्धिः

b. गुणसन्धिः

c. वृद्धि-सन्धिः

४। सन्धि-प्रकरणम्

पाठ्य-पुस्तके दत्तानां पदानां परिचयः

संस्कृतात् आङ्गले/तमिल् भाषायां तथा

आङ्गलात् संस्कृते

५। अनुवाद-अभ्यासः

Prescribed book:

. Saral Sanskrit Sikshak Part I, Bharatiya Vidya Bhavan (lessons 6 to 9, and 1)
Mumbai 400007.

Reference:

Sanskrit for beginners, Dr Narasimhachari, M, and Dr Ramaratnam, S,
N & R Publications, Chennai 600004.

Subject Code: U16S3

National College (Autonomous) Tiruchirapalli

Language Course Part I Sanskrit Semester III

Paper III - Sanskrit III

(For the candidates admitted from the academic year June 2016 onwards)

Syllabus

Time: 3 Hours

Maximum Marks: 75

Unit I

1. क्रियापदानि कर्तृपदानि च - पुनश्चर्या लट् लकारे लृट् लकारे च पठितानां पूर्वस्मिन् षाण्मासद्वये अभ्यस्तानां क्रियापदानां, कर्तृपदानां च पुनश्चर्या
2. शब्दाः(कर्तृपदानां परिचयः)
- १। इकारान्तः पुल्लिङ्गः कवि शब्दः
तस्य केचन समानान्तशब्दाः च।
एकवचनं तथा बहुवचनम् एव।
हरिः, रविः, अरिः ऋषिः, पतिः, यतिः इत्यादयः।
- २। सर्वनामशब्दः
दकारान्तः स्त्रीलिङ्गः तद् शब्दः
एकवचनं तथा बहुवचनम् एव।
- ३। इकारान्तः स्त्रीलिङ्गः मति शब्दः
तस्य एकवचनं तथा बहुवचनम् एव।
तस्य केचन समानान्तशब्दाः - रुचिः, शान्तिः
कीर्तिः, बुद्धिः, मुक्तिः इत्यादयः
- ४। उपर्युक्त-शब्दानां वाक्येषु उपयोगः
अनुवाद-अभ्यासः च (संस्कृत-तमिल/संस्कृत-
आङ्गल/आङ्गल-संस्कृतेषु)

Unit II

- क्रियापदानि
- १। लट् लकारः (वर्तमानकालः)
- २। लट् लकारः (वर्तमानकालः) - अधिकम्
- ३। लट् लकारः (वर्तमानकालः) -अधिकम्
- १। जप्
२। चर्
३। रक्ष्
४। हस्
५। वम्
६। नम्
७। दह्
८। तप्

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९। वस्

१०। इच्छ्

५। क्रियापदानां वाक्येषु उपयोगः अनुवाद-अभ्यासः च - संस्कृतात् आङ्गले/तमिल् भाषायां अथवा आङ्गलात् संस्कृते वा।

Unit III

१। क्रियापदानि

उपर्युक्त-क्रियापदानां वाक्येषु प्रयोगः

संस्कृतात् आङ्गले/तमिल् भाषायां अथवा आङ्गलात् संस्कृते वा।

२। नूतन-शब्दानां परिचयः

अकारान्त-आकारान्त-इकारान्त कर्तृपदानि क्रियापदानि च

३। वार्तालाप-परिचयः

मिश्रित्य वाक्येषु उपयोगः अनुवाद-अभ्यासः च उपर्युक्त-कर्तृपद-क्रियापदानि उपयुज्य छात्रेषु वार्तालाप-अभ्यासः

४। लृट् लकारः (भविष्यत्कालः)
नूतन-क्रियापदानि

१। अर्ज्

२। दण्ड्

३। चिन्त्

४। ज्वल्

५। लृट् लकारः (भविष्यत्कालः)
नूतन-क्रियापदानि (अधिकम्)

५। तर्ज्

६। तर्क्

७। तप्

८। नट्

Unit IV

१। लङ् लकार-परिचयः (भूतकालः)

१। भूतकालः नाम किम्?

भूतकालिक-क्रियापदानां परिचयः।

१। गम् (गच्छ्)

२। पा (पिब्)

४। पश्य्

२। लङ् लकार-परिचयः (भूतकालः) (अधिकम्)

५। वस्

६। पठ्

७। वद्

८। पत्

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३। बन्धु-वर्ग-नामानि

माता, जननी, पिता, जनकः, स्वसा
भगिनी, सहोदरः, भ्राता, अनुजः, अग्रजः,
अनुजा, अग्रजा, मातुलः, मातुलानी,
जामाता, वधूः, वरः, मातामहः, मातामही,
पितामहः, पितामही, पुत्रः, पुत्री, पौत्रः, पौत्री
उपर्युक्त-पदानां वाक्येषु प्रयोगः
अनुवाद-अभ्यासः(संस्कृतात् आङ्गले/तमिल्
भाषायाम् , आङ्गलात् संस्कृते वा)

४। वाक्येषु उपयोगः

Unit V

१। गृहे उपयुक्तानां उपकरणानां
नामानि

पर्यङ्कः, मञ्जूषा, तालकम्, कुञ्जिका,
अङ्कनी, लेखनी, उत्पीठिका, आसनम्,
गणकयन्त्रम्, दूरदर्शनम्, आकाशवाणी,
दूरभाषणी, दीपः, विद्युत्, विद्युत्व्यजनम्,
शीतकयन्त्रम्, शीतकपेटिका, अग्निपेटिका,
वस्त्रम्।(अन्यानि मुख्यानि च)

२। वासरनामानि

सोमवासरः, मङ्गलवासरः, बुधवासरः,
गुरुवासरः, शुक्रवासरः, शनिवासरः,
मानुवासरः

३। पक्षनामानि

शुक्लपक्षः, कृष्णपक्षः

४। मास-नामानि

चैत्रः, वैशाखः, ज्येष्ठः, आषाढः, श्रावणः,
भाद्रपदः, आश्वीनः, कार्तिकः, आग्रहायणः, पौषः,
माघः, फाल्गुनः अथवा
मेषः, ऋषभः, मिथुनः, कटकः, सिंहः,
कन्या, तुला, वृश्चिकः, धनुः, मकरः, कुम्भः,
मीनः ।

५। तिथिनामानि

प्रथमा, द्वितीया, तृतीया, चतुर्थी, पञ्चमी,
षष्ठी, सप्तमी, अष्टमी, नवमी, दशमी,
एकादशी, द्वादशी, त्रयोदशी, चतुर्दशी,
अमावास्या (अमाः), पूर्णिमा (पौर्णमी)

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७। नवग्रहनामानि

सूर्य, चन्द्रः, कुजः, बुधः, गुरुः, शुक्रः, शनैश्वरः,
राहुः, केतुः

८। संख्या-वाचकपदानि

षड्विंशतिः आरभ्य पञ्चाशत् पर्यन्तम्।(२६-५०)

Prescribed Book:

सरलसंस्कृतशिक्षकः भागः २, भारतीयविद्याभवनम्, कुलपति:मुन्शी मार्गः, मुम्बई, ४००००७

Reference:

1. Samskrt for Beginners, Dr M. Narasimhachari & Dr S. Ramaratnam, N&R Publications, Mylapore, Chennai 60004.
2. संस्कृत-व्यवहारसाहस्री, संस्कृत-भारती, माता मन्दिर् गली, झन्डेवाला, नव देहली ११००५५।

Subject Code: U16S4

National College (Autonomous) Tiruchirapalli

Language Course Part I Sanskrit Semester III

Paper IV - Sanskrit IV

(For the candidates admitted from the academic year June 2016 onwards)

Syllabus

Time: 3 Hours

Maximum Marks: 75

Unit I

१। कर्तृपदानि, क्रियापदानि च
पुनश्चर्या

लट् लकारे, लृट् लकारे, लङ् लकारे च
पूर्वस्मिन् षाण्मासत्रये अभ्यस्तानां कर्तृपदानां
क्रियापदानां च पुनश्चर्या।

२। शब्दाः (कर्तृपद-परिचयः)

१। उकारान्तः पुल्लिङ्गः गुरु शब्दः
केचन समानान्त-शब्दाः च।

एकवचनम् तथा बहुवचनम् केवलम्।

पशुः, मनुः, साधुः, शिशुः, प्रभुः इत्यदि शब्दाः

२। उकारान्तः स्त्रीलिङ्गः धेनु शब्दः

एकवचनम्, तथा बहुवचनम् केवलम्।

३। सर्वनामशब्दः -

दकारान्तः नपुंसकलिङ्गः तद् शब्दः

दकारान्तः पुल्लिङ्गः एतद् शब्दः

एकवचनम्, तथा बहुवचनम् केवलम्।

४। उपर्युक्त-कर्तृपदानां कर्मपदानां च वाक्येषु
उपयोगः

५। अनुवाद-अभ्यासः (संस्कृतात् आङ्गले/तमिल्
भाषायाम्, तथा आङ्गलात् संस्कृते च)

Unit II

क्रियापदानि

१। लट्/लृट् लकारौ
नूतनक्रियापदानि

१। अञ्च्

२। दल्

३। नन्द्

४। यच्छ्

२। लट्/लृट् लकारौ
नूतनक्रियापदानि

५। धृ (धरति)

६। धृ (धारयति)

७। नद् (नदति)

८। तृ (तर)

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३। लट्/लृट् लकारौ नूतनक्रियापदानि

९। नश्

१०। निन्द्

११। पीङ्

१२। पोष्

४। शरीर-अङ्ग-नामानि

शिरः, केशः, कर्णः, नासिका, नयनम्, मुखम्,
दन्तः, ग्रीवा, कण्ठः, उरः, स्कन्धः, करः, बाहुः,
हस्तः, अङ्गुली, नखः, स्मश्रुः, शिखा, उदरः,
कटिः, जानुः, पादौ, अस्थि, मांसं, रुधिरः, मेघः।
वस्त्रम्, निचोलः, ऊरुकम्, उष्णीषः, उपनेत्रम्,
दण्डः, पादरक्षा, घटी, द्विचक्रिका, त्रिचक्रिका,
कार्-यानम्, लोकयानम्, आकाशविमानम्,
रेल्-यानम्

५। प्रतिदिनं-उपयुक्तानि वस्तु नामानि

Unit III

१। पर्यटन-स्थल-नामानि

१। धर्म-सम्बन्धीनि स्थलानि

२। आह्लादकर-संबन्धीनि स्थलानि

३। देशस्य चरित्र-चारित्र-संबन्धीनि स्थलानि

४। अन्वेषण-संबन्धीनि स्थलानि

५। विदेश-यात्रा

२। प्रतिदिनं गमनीयानि स्थलानि

देवालयः, कार्यालयः, विद्यालयः, धनकोषः,
पुस्तकालयः, आपणः, चलनचित्रशाला,
नाट्यशाला, महाविद्यालयः, विश्वविद्यालयः,
मित्रगृहम्, स्नानगृहम्, शौचालयः, सुविद्यालयः,

Unit IV

१। रचनालेखनम्

रचना-लेखन-प्रकारः

उपोद्घातः, रचना, समापनम् - विधयः

दश-वाक्येषु पर्यटनस्थानमेकमधिकृत्य लेखनम्

२। पत्रलेखनम्

पत्रम् नाम किम्?

पत्रलेखन-प्रकारः

पत्रलेखने उपयुक्ताः रीतयः

पत्र-आरम्भः, शरीरम्, समापनम्

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३। पत्रलेखनम् (वैचित्र्यम्)

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१। मित्राय पत्रम्।

२। विद्यालयाय विरामपत्रम्।

३। जनकाय पत्रम्।

४। अनुच्छेद-अभ्यासः

१। कथा-युक्तम् अनुच्छेदं पठित्वा
उत्तर-लेखनम्।

२। वार्ता-संबन्धि-लेख-युक्तम् अनुच्छेदं
पठित्वा उत्तर-लेखनम्।

Unit V

१। नूतन-कर्तृपदानि

मृगवर्गः - सिंहः, व्याघ्रः, भल्लुकः,
शृगालः, मूषकः, आखुः, सारमेयः, कुक्कुरः,
बिडालः, वानरः, उष्ट्रः, अश्वः, गजः, वृषभः,
अजः, मेघः, वराहः, धेनुः, गौः, महिषः, वत्सः,
हरिणः, शशकः

पक्षिवर्गः - काकः, कुक्कुटः, मयूरः, टिट्ठिमः,
गरुडः, शुकः, कपोतः,

जलचराः - मीनः, मत्स्यः, कूर्मः, तिमिङ्गलः,
शिष्टाचारः, मित्राणि, प्रयाणम्, छात्राः, परीक्षा,
शिक्षकः, महिला, वेश-भूषा, कार्यालयः,
आरोग्यम्, वाणिज्यम्, वातावरणम्, भोजनम्,
शुभाशयाः, संकीर्ण-पदानि।

२। व्यवहार-पदानि/वाक्यानि

घटकारः, कुविन्दः/तन्तुवायः, अयस्कारः,
सुवर्णकारः, रजकः, आपणिकः, वणिजः,
चर्मकारः, नापितः, संवाहकः, शाकटिकः, आरक्षकः,
गोपालकः, अश्वपालकः, अजपालकः, पुरोहितः,
सन्धिप्रकरणम् -

प्रभेदाः - स्वरसन्धिः, व्यञ्जन-सन्धिः

विसर्गसन्धिः

स्वरे - सवर्णदीर्घः, गुणः, यण्, वृद्धिः,

अयवायावः, प्रकृतिभावः

३। व्याकरणम्

Prescribed Books:

1. सरलसंस्कृतशिक्षकः, भागः २, भारतीयविद्याभवनम्, कुलपति मुन्शी मार्गः, मुम्बई ४००००७।

2. संस्कृत-व्यवहार-साहस्री 3. सन्देशसंस्कृतम्, -संस्कृतभारती, माता मन्दिर् गली, झण्डेवाला, नव देहली ११००५५

Reference:

1. Samskrit for Beginners, Dr M. Narasimhachari and Dr S. Ramaratnam, N & R Publications, Mylapore, Chennai 600004.

ENGLISH FOR COMMUNICATION – U16E1**Semester: I****English Language Course I****Instruction Hours/Week: 6****Credit: 3**

- UNIT I:**
1. At the College
 2. On the Campus
 3. Outside the Class
 4. At the Post office
 5. For Business and Pleasure
 6. Review

- UNIT II:**
7. Are you Smart ?
 8. Are You Creative?
 9. Is it too hard to improve?
 10. How to win ?
 11. View Points
 12. Snakes and Ladders
 13. Yourself

- UNIT III:**
1. Birbal story- The loyal gardener
 2. Hindu mythological story- The origin of coconut tree
 3. Achinese story: The generous student
 4. An Africal Story ; The Three Runners

UNIT IV:

5. The Golden place
6. The one – hundreth prince
7. The mouse Merchand

UNIT V: 8. When wishes come true – Rabindranath Tagore

9. The World and after

10. Julius caesar

Text Books: 1. Crystal Streams – A Prose collection by D.E. Benet. Published by New Century Book House (P) Ltd.

2. Creative English for Communication (2nd edition) by Krishnasamy and Sriraman. Published by Macmillan

ENGLISH THROUGH EXTENSIVE READING – U16E2**SEMESTER : II****ENGLISH LANGUAGE COURSE : II****INSTRUCTION HOURS/WEEK : 4****CREDIT : 2****UNIT I**

Excitement : Mack R. Douglas

Tight Corners : E.V. Lucas

UNIT II

Water – The Elixir of Life : C.V. Raman

Tree Speaks : C. Rajagopalachari

UNIT III

The Art of Telling Tales : April Hersey

A Job Well Done : Ruskin Bond

UNIT IV

The Panorama of India's Past : Jawaharlal Nehru

The Origin of Grammar : Margaret Bryant & Janet

UNIT V

Dangers of Drug Abuse : Hardin B. Jones

Crime and Punishment : R.K. Narayan

Text Book : Dr. Ananthan , R. Effective Communication. Ed. Chennai : Anu Chithra Pub.2010.

COMMUNICATIVE ENGLISH I – U16CE1**Semester : II****Communicative English Course : I****Instruction Hours/ Week : 2****Credit : 1****UNIT I**

Writing Stories

Grammar Components : Articles, Prepositions and Tenses

UNIT II

Precis Writing

Grammar Components : Non- Finite Verbs and Phrasal Verbs

UNIT III

Writing Letters

Grammar Components : Conjunctions and Interjections and Punctuation

UNIT IV

Reporting

Grammar Components : Reported Speech and Transformation of Sentences

UNIT V

Writing an Essay

Grammar Components : Sentence structure (S/V/O/C/A) and Simple, Compound and Complex sentences

Text book : Pillai, Radhakrishna G. English Grammar & Composition Ed. Chennai : Emerald Pub.2016

ENGLISH FOR COMPETITIVE EXAMINATIONS – U16E3**SEMESTER : III****ENGLISH LANGUAGE COURSE : III****INSTRUCTION HOURS/WEEK : 6****CREDIT : 3****UNIT I:**

Basics of English(Revision)

(a)Parts of speech and Articles

(b)Active and passive voice

(c)Framing Questions

(d)Tag questions

(e)Indirect speech

(f)Tenses

UNIT II:

(a)Errors and how to avoid them

(b)Spotting errors

(c)Reconstructing passages

(d)Précis writing

UNIT III:

Reading comprehension

UNIT IV:

(a)Sentence completion,

(b) Spelling

(c)Vocabulary – Words often confused or Misused, Synonyms, Antonyms.

UNIT V:

Letter writing , Report writing ,Paragraph writing, Essay writing

Text book : English for Competitive Examinations by R.P.Bhatnagar&Rajul Bhargava macmillanIndia Ltd. Delhi.

COMMUNICATIVE ENGLISH II – U16CE2**SEMESTER : IV****COMMUNICATIVE ENGLISH COURSE : II****INSTRUCTION HOURS/WEEK : 2****CREDIT : 1****UNIT I:**

Enriching Vocabulary – Register Development; who is who; Synonyms, Proverbs

UNIT II:

Tense Forms with emphasis on differences between Present and Present Continuous; Past and Present Perfect , Framing questions, Auxiliaries, if clauses; conjunctions and linkers; Prepositions

UNIT III

Pronunciation, Good Pronunciation habits, Phonetic Transcription, Greetings, Farewells commands etc.,

UNIT IV:

Conversational Skills – Affirmative or Negative Language – idiomatic expressions, Phrases, Dialogue Writing,

UNIT V:

- Writing Skills – Note- taking, note- making, e-mail, Describing an object, narrating a story.
- Circulars
- Notes - reminders, warnings, farewells, apology.
- Draft invitations – marriage, annual day, inaugural functions of associations, valediction, seminar, workshop.
- Draft Short messages- compliments, birthday wishes, notifications
- Draft Posters- Slogans, Announcements
- Draft Advertisements
- Dialogue writing

Text Book

1. Communicative English by Department of English, National College(Autonomous), Trichy

READING POETRY AND DRAMA – U16E4

SEMESTER : IV

ENGLISH LANGUAGE COURSE : IV

INSTRUCTION HOURS/WEEK : 6

CREDIT : 2

POETRY:

UNIT I : John Milton

: On His Blindness

Oliver Goldsmith

: The Village School Master

William Wordsworth

: The Solitary Reaper

UNIT II : P.B.Shelly

: Ozymandias

John Keats

: La Belle Dame Sans Merci

Robert Browning

: Incident of the French camp

UNIT III : John Masefield

: Laugh and Be Merry

Robert Frost
Evening

: Stopping by Woods On a Snowy

John Drinkwater

: The Vagabond

DRAMA:

UNIT IV: Anton Chekov

: A Marriage Proposal

Lady Gregory

: The Rising of the Moon

UNIT V: W.St. John Tayleur

: Reunion

William Shakespeare

: Othello, The Moor of Venice – Act V

Text Books : 1)**An Introduction to Poetry** edited by A.G.Xavier; [Macmillan]

2)**A Book Plays:** A Group of Editors, Published by Orient Blackswan

SEMESTER-I

UNIT-I**1. Introduction**

- 1.1 Meaning and Definition of Education and Physical Education.
- 1.2 Aims and objectives of Physical Education and Sports.
- 1.3 Scientific basis of Physical Education and Sport.
- 1.4 Contributions of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Psychology, Sociology.

UNIT-II**2. Development of Physical Education in India and World**

- 2.1 Vedic and Epic Periods.
- 2.2 Ancient Greece, Sparta and Athens periods.
- 2.3 Y.M.C.A and its contribution

UNIT-III**3. Contribution of Sports in India**

- 3.1 Sports and Physical Education Institutions in India (LNIPE, SAI, NIS, TNPESU) and its functions.
- 3.2 Sports Associations and Schemes, Rural Sports, Women in Sports.
- 3.3 National awards and honours in the field of Sports and Games
- 3.4 Values and Ethics in sports – Fair play, doping control, violence and harassment.

UNIT-IV**4. Advancement of Sports and Games**

- 4.1 Olympic Games – Ancient and Modern Olympic movement, functioning of IOC and IOA.
- 4.2 Commonwealth and Asian Games – History and countries participating in the games

UNIT-V**5. Motor Growth and Development**

- 5.1 Principles governing physical and motor growth and development
- 5.2 Chronological, Anatomical, Mental and Physiological ages in individuals.
- 5.3 Sports and gender differences
- 5.4 Different body types (Somatic Types) – Ectomorph, Endomorph and Mesomorph

REFERENCES:

1. Eraj Ahmed Khan. History of Physical Education, Patna: Scientific Book Co, 1964.
2. Wakharkar, D.G., Manual of Physical Education, Bombay, Pearl Publication, 1967.
3. Williams Jesse Feiring. Methods in Physical Education – Philadelphia, W.B.Saunders Co. Ltd,1937
4. <http://www.nostos.com/olympics/>
5. <http://www.thecgf.com/games/story.asp>

SEMESTER-I

CORE COURSE – II (U16PE2P) PRACTICAL-1
DRILL AND MARCHING - CALISTHENICS - LIGHT APPARATUS AND
RHYTHMIC – MINOR GAMES, AEROBICS, PYRAMID

Credits: 3

Max Marks: 100

Hours: 3

1. Drill and Marching:

- 1.1 Attention - Stand-at-ease
- 1.2 Mark time march - Quick march
- 1.3 Eyes right
- 1.4 Turnings (About turn, right turn, left turn)

2. Calisthenics

- 2.1 Standing series - Sitting series
- 2.2 Lunging series - Twisting series
- 2.3 Jumping series - Clapping series

3. Light Apparatus and Rhythmic

- 3.1 Dumbbell - Indian clubs – Wands - Hoops exercises
- 3.2 Pompom

4. Minor Games

- 4.1 Team Games
- 4.2 Tag games
- 4.3 Reaction games
- 4.4 Relay games

5. Pyramid

- 1.1 Two to Ten man pyramids
- 1.2 Wall - Tower - Triangle pyramid
- 1.3 Moving - Collapse pyramid

6. Aerobics

- 3.1 Counts
- 3.2 Mirror (walk or march, touch out, step touch, cap step)
- 3.3 Shapes (A,V,L,Jazz square, Diamond, Mambo, Clock step, Grapevine)
- 3.4 Power move (lunges, gallop, jaz walk, shuffle, squats)
- 3.5 Rhythm (ship, cha-cha)

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-I

Credits:5	FIRST ALLIED COURSE-I (U16APE1) SCIENTIFIC ASPECTS OF YOGA & FITNESS	Max marks:100	Hours:3
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UNIT – I

1. Introduction to Yoga

- 1.1 Definition and meaning of Yoga
- 1.2 Principles of Yoga - Kinds of Yogic Practices
- 1.3 Classification of Yoga – Meditative and Cultural
- 1.4 Difference between yoga and physical exercise

UNIT-II

2. Foundation of Asanas

- 2.1 Asana – Definition, Types, Benefits - Physical, Physiological and Psychological
- 2.2 Pranayama – Meaning, Types, Stages and Benefits
- 2.3 Effect of various yogic practices on Respiratory and Circulatory system
- 2.4 Method of performing various asanas – Suryanamaskar, Padmasana, Vajarasana

UNIT-III

3. Introduction To Fitness

- 3.1 Fitness – Definition and Components of Physical Fitness
- 3.2 Health Related Fitness – Endurance, Flexibility, Strength, Body-Composition, Co-ordination
- 3.3 Warm-up – Definition, Components and effects of warm-up

UNIT-IV

4. Basics of Stretching

- 4.1 Stretching – Definition, Frequency, Duration and Intensity of stretching
- 4.2 Types of Stretching - Factors affecting Flexibility
- 4.3 Static Stretching techniques - Guidelines and Precautions

UNIT-V

5. Exercise for Strength and Endurance

- 5.1 Strength –Definition, Benefits, Types, merits and demerits
- 5.2 Bodyweight Exercises -Squats, Push-ups, core exercises
- 5.3 Endurance – Definition, Types, benefits - frequency, Intensity, VO₂max
- 5.4 Effect of endurance exercise for Cardio vascular and Respiratory system

REFERENCE:

1. Maniazhagu, Handbook of Stretching, Friends Publication, 2014
2. Yoga for Health, D Chandrashekar, KhelSahitya Kendra publisher, 2007.
3. Wayne Westcott, Building Strength and Stamina, Murfbooks, 2003
4. Gharote M L Guidelines for Yogic Practice, LonawalaMedha Publications 1982

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-I

Credits: 3	FIRST ALLIED COURSE-I (U16APE2P) PRACTICAL-YOGA Max marks: 100	Hours:3
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1. Yoga

- 1.1 Fundamentals of Yoga Exercises
- 1.2 Development aspects of Yoga
- 1.3 Practical Application of Yoga Exercise
- 1.4 Yoga Demonstration

2. Technical Aspects of Yoga Exercise

- 2.1 Spinal posture Exercise
- 2.2 Neck posture Exercise
- 2.3 Abdominal posture exercise
- 2.4 Pranayama-Breath-Control Exercise
- 2.5 Balance Posture Exercise
- 2.6 Folded leg posture Exercise
- 2.7 Pelvic posture and Control exercise
- 2.8 Pectoral limp posture exercise
- 2.9 Pelvic limp posture exercise
- 2.10 Inverse body posture exercise

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

SEMESTER –II

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-II

Credits: 3	CORE COURSE- (U16PE3P) PRACTICAL-III-TRACK & FIELD EVENTS	Max marks: 100	Hours: 4
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1. Athletics – Track Events

- 1.1 Track Events – Sprint, middle distance, long distance, hurdles, Relay events
- 1.2 Starting and Finishing Techniques – types of start, different phase of running
- 1.3 Duties and Powers of Management, Competition and Additional Officials.

2. Field Events-Jump Events

- 2.1 High Jump
- 2.2 Long Jump
- 3.2 Tipple Jump
- 4.2 Pole Vault

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 MARKS

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-II

CORE COURSE- (U16PE4)		
ANAOTOMY AND PHYSIOLOGY& HEALTH EDUCATION		
Credits: 5	Max Marks: 100	Hours: 4

UNIT – I**1. Introduction**

- 1.1 Need and Importance of Anatomy and Physiology in Physical Education.
- 1.2 Composition of human body - Microscopic structure of the Cell.
- 1.3 Classification, Structure and functions of various types of tissues.

UNIT - II**2. Skeletal, Muscular, Circulatory and Respiratory System**

- 2.1 Structure of the human body - Definition and Types of Bone and Joint.
- 2.2 Classification, Structure and functions of Muscles (skeletal, cardiac and smooth muscles).
- 2.3 Functions of blood – Composition of blood - RBC, WBC
- 2.4 Structure and functions of lung and mechanism of respiration.

UNIT - III**3. Nervous, Digestive and Excretory System**

- 3.1 Nervous systems - Structure and functions of brain
- 3.2 Digestive system- Structure and functions of alimentary canal, steps of digestion. Accessory organs of digestive – tongue, liver, pancreas, Gall bladder.
- 3.3 Urinary system- Structure and functions of Kidney, Urinary tract and formation of Urine.

UNIT - IV**4. Health and Safety Education**

- 4.1 Definition, Meaning, Concepts and Dimension of Health- factors influencing
- 4.2 Health organizations - state, national, international - health services and supervision.
- 4.3 Safety at School, Road, Water, Camps, Picnic and Tours
- 4.4 Safety in physical education and sports – Safety with respect to buildings and play fields - Safety with respect to sports equipment, dress, footwear.

UNIT - V**5. Hygiene and Sanitation**

- 5.1 Need and importance of personal hygiene
- 5.2 School health programme – health instruction, health appraisal follow-up.
- 5.3 Infections and Diseases – Communicable diseases – malaria, typhoid, cholera, dysentery – Non Communicable – Cancer, AIDS, Diabetes, Heart attack, Cause – signs and symptom – prevention
- 5.4 Sanitation problems in Rural and Urban areas.

REFERENCES:

1. E.P. Solomon, Introduction to Human Anatomy and Physiology, Health Science Division, 2015
2. A. Maria, Health Education and Health Promotion, Wageningen Academic Publishers, 2014
3. Human Anatomy and Physiology – Best and Taylor 200

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-I

FIRST ALLIED COURSE- (U16APE3P) PRACTICAL - IV-KABADDI-KHO-KHO-VOLLEYBALL Credits: 3	Max marks: 100	Hours: 3
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1 Volleyball

- 1.1 Players stance
- 1.2 Passing - Volley (overhead pass), Dig (Under arm pass)
- 1.3 Service – Underarm, Tennis service
- 1.4 Offense – Smash
- 1.5 Defense – single, double, triple block
- 1.6 Lead up games

2 Kabaddi

- 2.1 Skills in raiding (touching with hand, various kicks)
- 2.2 Skills of holding the raider (chain formation, different catches)
- 2.3 Lead up games

3 Kho-Kho

- 3.1 Offensive skills (sitting in the square, giving simple kho, cross step method kho, chain kho, Turning at the pole)
- 3.2 Defensive skills (entering the field of play, position on the post)
- 3.3 Signals in Kho-Kho

METHOD OF EVALUATION

- | | |
|---|------------------|
| 1) Proficiency in Skill | 40 marks |
| 2) Teaching Ability | 30 marks |
| 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) | 15 marks |
| 4) Record of Work | 15 marks |
| | TOTAL 100 |

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 SEMESTER-II

FIRST ALLIED COURSE - (UI6APE4)

RULES, REGULATION AND OFFICIATING IN SPORTS-1
TRACK EVENTS-KABADDI-VOLLEYBALL

Credits: 5

Max Marks: 100

Hours: 3

UNIT – I Athletics (Track Event), Kabaddi and Volleyball

- 1.1 History and Development of the events and games – Important Terminologies
- 1.2 Associations – State, National and International
- 1.3 Important tournaments and meets held at National and International levels
- 1.4 Warm-up and Warm-down, its importance in sports

UNIT – 2

2. Athletics –Track Marking

- 2.1 Types of track: Standard and Non Standard Track. (400 meters, 200 meters).
- 2.2 Track marking – Area, Layout, RDR, CDR, MDR, Stagger, Relay Zone

UNIT -3

3. Athletics – Track Events

- 3.1 Track Events – Sprint, middle distance, long distance, hurdles, Relay events
- 3.2 Starting and Finishing Techniques – types of start, different phase of running
- 3.3 Duties and Powers of Management, Competition and Additional Officials.

UNIT – 4

4. Kabaddi

- 4.1 Fundamental skills – raiding, holding the raider (offence and defense)
- 4.2 Court measurement and marking
- 4.3 Various lead up games in kabaddi
- 4.4 Rules and interpretations – duties of the officials in kabaddi

UNIT – 5

5. Volleyball

- 5.1 Dimension of the court and equipments used
- 5.2 Fundamental Skills – Service, Attacking, Defense
- 5.3 Playing rotation – Drills and lead-up activities
- 5.4 Rules and Interpretation – Duties of the officials in Volleyball

REFERENCES:

1. Dr.N.Govindarajulu, Layout and Marking of Track and Field, Friends Publications,2010.
2. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
3. Prabhakar Eric, The Way to Athletic Gold, Madras East-West Press Private Ltd., 1995
4. <http://www.iaaf.org/about-iaaf/documents/rules-regulations>
5. http://www.fivb.org/en/refereeing-rules/documents/fivb-volleyball_rules2013-en_20121214.pdf

SEMESTER-III

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-III

CORE COURSE- (U16PE5)

KINESIOLOGY AND BIOMECHANICS

Credits: 4

Max Marks:100

Hours:4

UNIT - I

1. Introduction to Kinesiology

- 1.1 Definition and objective of Kinesiology
- 1.2 Origin, Development and Role of Kinesiology in Physical Education
- 1.3 Application to human body - Axis and planes – Center of Gravity – Line of Gravity – Center of Mass

UNIT - II

2. Musculoskeletal System

- 2.1 Joints and its classification (shoulder, elbow, hip, knee and ankle joints)
- 2.2 Fundamental movements at the joints of upper and lower extremities
- 2.3 Classification of muscles (structural and functional)
- 2.4 Muscular contraction (Isotonic, Isometric and Isokinetic)

UNIT - III

3. Motion, Lever and Friction

- 3.1 Definition, Need and Importance of Biomechanics in sports
- 3.2 Newton's Laws of motion - types of motion.
- 3.3 Lever and Friction – Definition and Different types
- 3.4 Motion, Lever and Friction - Application to sports activities

UNIT - IV

4. Force and Equilibrium

- 4.1 Definition – Force, Equilibrium
- 4.2 Types of force - Centripetal and Centrifugal force
- 4.3 Major factors affecting equilibrium
- 4.4 Role of Force and Equilibrium in sports

UNIT - V

5. Application of Biomechanical Principles

- 5.1 Principles of Biomechanics and motion analysis
- 5.2 Application of biomechanics in skill learning – walking, running and jumping.

REFERENCES:

1. Uppal A. K, Biomechanics in Physical Education and Exercise Science, Friends Publications, 2012
2. Roger Bartlett, Introduction to Sports Biomechanics, Milton Park, 2007
3. James Watkins, An Introduction to Biomechanics of Sport and Exercise, Churchill Livingstone Elsevier, 2007
4. Neil, D.E. Kinesiology and Anatomy and Motion, Mosby & Co. 1995

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-III

CORE COURSE – (U16PE6P)		
(PRACTICAL-VI)ATHLETICS (FIELD AND COMBINED EVENTS)		
Credits: 3	Max Marks: 100	Hours:4

1 Athletics (Field Events)

- 1.1 Technique of Long Jump (sailing, hang techniques) Approach run, take off, flight and landing.
- 1.2 Technique of High Jump (Straddle Roll, fosbury flop) Approach run, take off, bar clearance and landing.
- 1.3 Technique of Triple Jump - Approach run, take off, hop, step and jump.
- 1.4 Technique of Shot Put (O' Brien Technique) Grip, stance, glide, release and reverse.
- 1.5 Technique of Discus Throw - grip, stance, swing, release and reverse.
- 1.6 Technique of Javelin Throw (grip, carry, approach, and five stride rhythm)

2. Combined events

- 2.1 Decathlon
- 2.2 Heptathlon
- 2.3 Pentathlon

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
	TOTAL-100

ALLIED COURSE -V - I (U16APE5P)

(PRACTICAL-V) BASKETBALL, TENNIS AND GYMNASTICS

Credits: 3

Max Marks: 100

Hours: 1

1 Basketball

- 1.1 Players stance and ball handling
- 1.2 Passing techniques (chest pass, bounce pass, baseball pass)
- 1.3 Dribbling (low dribble & high dribble)
- 1.4 Shooting (lay-up shot & set shot)
- 1.5 Lead-up drills

2 Tennis

- 2.1 Grips (continental, eastern forehand, western, semi western, double hand back hand grips)
- 2.2 Ready position, stance and footwork
- 2.3 Forehand drive, backhand drive
- 2.4 Scoring system

3 Gymnastics

- 3.1 Forward - Backward - Sideward roll
- 3.2 leg split – Bridge
- 3.3 Head stand – Cartwheel

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
	TOTAL-100

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-III

II ALLIED COURSE (U16APE6)

RULES, REGULATIONS AND OFFICIATING IN SPORTS-2

Credits:3

Max Marks: 100

Hours:3

UNIT – I

1. Athletics (Field and Combined Event), Basketball, Tennis and Gymnastics

- 1.1 History and Development of the events and games – Terminology used.
- 1.2 Associations – State, National and International
- 1.3 Important tournaments and meets held at National and International levels

UNIT – 2

2. Athletics – Field Events

- 2.1 Different Field Events –Throw
- 2.2 Combined event – Octathlon, Pentathlon, Heptathlon, Decathlon – order of events
- 2.3 Techniques –throwing events -
- 2.4 Layout - Circle / Sector / Pit / Runway

3. Basketball

- 3.1 Basic skills – Passing, Dribbling, Shooting
- 3.2 Dimension – court, board, ring - equipment's used
- 3.3 Various lead up games in Basketball
- 3.4 Rules and interpretations – duties of the officials in Basketball, Mechanism of Officiating.

UNIT – 4

4. Kho – Kho

- 4.1 Basic Skills – Offensive and Defensive
- 4.2 Dimension of the court, equipments used
- 4.3 Lead-up games and drills
- 4.4 Rules and interpretations – duties of the officials in Kho-Kho

UNIT – 5

5. Gymnastics

- 5.1 Basic skills – Rolls (forward, backward), Stands (Head and Hand), Cartwheel
- 5.2 List of events in Artistic Gymnastic and Rhythmic Gymnastics.
- 5.3 Gymnastic equipment dimensions – Floor Exercise, Vault, Balance Beam, parallel bar, uneven parallel bar, Still Rings, Pommel Horse

REFERENCES:

1. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
2. Prabhakar Eric, The Way to Athletic Gold, Madras East-West Press Private Ltd., 1995
3. http://www.fiba.com/downloads/Rules/2014/Official_Basketball_Rules_2014_Y.pdf
4. <http://www.fig-gymnastics.com/site/rules/disciplines/rg>

SEMESTER-IV

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-IV

CORE COURSE – (U16PE7P)

(PRACTICAL – VII)HOCKEY – TABLE TENNIS – WEIGHT TRAINING

Credits: 3

Max Marks: 100

Hours: 5

1 Hockey

- 1.1 Grip
- 1.2 Dribbling – Push – Stopping
- 1.3 Hit – Flick – Scoop
- 1.4 Forward pass, square pass
- 1.5 Drills and lead up games related with skill taught

2 Table Tennis

- 2.1 The grip (hammer grip, shake-hand grip & pen hold grip)
- 2.2 Stance and foot work
- 2.3 Service (fore hand, back hand & side hand)
- 2.4 Strokes (push, counter& smash)
- 2.5 Lead-up games related to skill

3 Weight Training

- 3.1 Squat, squat jump
- 3.2 Bicep curl, Hammer curl
- 3.3 Triceps extension, dumbbell kick back
- 3.4 Front raise, side raise, front press
- 3.5 Bent over rowing-with bar, with dumbbell
- 3.6 Dead lift

METHOD OF EVALUATION

- 1) Proficiency in Skill 40 marks
- 2) Teaching Ability 30 marks
- 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) 15 marks
- 4) Record of Work 15 marks

TOTAL

100 marks

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-IV

CORE COURSE – (U16PE8)

METHODS IN PHYSICAL EDUCATION AND SPORTS MANAGEMENT

Credits:4

Max Marks: 100

Hours: 4

UNIT – I

1. Introduction

- 1.1 Physical Education – Definition – Principles and Factors of Teaching Physical Education
- 1.2 Teaching Procedure – simple to complex, whole method, whole-part-whole method, part –whole method etc.
- 1.3 Teaching Techniques in Physical Education – lecture method, command method, demonstration method, imitation method, project method, simulation method etc.
- 1.4 Teaching aids – Audio visual aids, Importance of teaching aids

UNIT - II

2. Presentation Techniques and Lesson Plan

- 2.1 Preparation – Personal and Technical preparation.
- 2.2 Commands – Types of command, types of formation
- 2.3 Class management – Principles of good class management.

UNIT - III

3. Lesson Plan

- 3.1 Lesson Plan – Meaning, Objectives, Principles.
- 3.2 Types of Lesson plan – General and Specific Lesson plan
- 3.3 Steps of lesson plan – Introductory, Preparatory, Skill part, Group activity and Concluding part.

UNIT - IV

4. Organization of Tournaments

- 4.1 Tournaments – Meaning, types, merits and demerits of tournaments.
- 4.2 Fixture - Knockout, league, combination and challenge tournaments.
- 4.3 Publicity – meaning – Demonstration, play day, exhibition in physical education.
- 4.4 Sports Meet, Intramural and Extramural activities – Organization set-up, Leadership training

UNIT - V

5. Sports Management and Organization Structure

- 5.1 Meaning and Definition – Administration, Management and Sport management.
- 5.2 Office management – maintaining various types of records, registers and reports.
- 5.3 Finance and budget – Source of income – rules for utilization of games fund.
- 5.4 Programme planning – Curriculum, promotion of Physical Education (conferences, clinics and workshops and physical education association).

REFERENCES:

1. Principles and Practice of Sport Management, Carol Barr, Jones and Bartlett, March 2011
2. Understanding Sport Organizations - 2nd Edition: The Application of Organization Theory, Trevor Slack, Human Kinetics, 2005
3. Thirunarayanan, C. and Hariharan, S. Methods in Physical Education, Karaikudi, South India Press, 1969.

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-IV		
SECOND ALLIED COURSE-I – PRACTICAL (U16APE7P)		
(PRACTICAL-VIII)THROWBALL-CRICKET-SWIMMING		
Credits: 3	Max Marks: 100	Hours: 3

1. Throwball

- 1.1 Dimension of the Court and equipments used
- 1.2 Basic skills – throwing, catching, service
- 1.3 Rotation system – lead-up games
- 1.4 Rules and Interpretation – duties of the officials in Throwball

2 Gymnastics

- 2.1 Forward - Backward - Sideward roll
- 2.2 leg split – Bridge

3 Swimming

- 3.1 Health, safety and hygiene rules
- 3.2 Pool specification
- 3.3 Swimming strokes - Breast stroke, Butterfly, Backstroke, Freestyle, Individual medley
- 3.4 Events in swimming

METHOD OF EVALUATION

- 1) Proficiency in Skill 40 marks
- 2) Teaching Ability 30 marks
- 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) 15 marks
- 4) Record of Work 15 marks

TOTAL

100 marks

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SEMESTER-IV

SECOND ALLIED COURSE – II - (U16APE8)

RULES, REGULATIONS AND OFFICIATING IN SPORTS-3

Credits:5

Max Marks: 100

Hours:3

UNIT – I

1. Throwball, Table-Tennis,Hockey,Cricket

- 1.1 History and Development of the games – Terminology used.
- 1.2 Associations – State, National and International
- 1.3 Important tournaments held at National and International levels

UNIT – 2

2. Hockey

- 2.1 Dimension of the play Field and equipments used
- 2.2 Fundamental skills – Grip, Tapping, Dribbling, push, Trapping, Hit.
- 2.3 system of play – lead-up games and drills
- 2.4 Rules and Interpretation – duties of the officials in Hockey

UNIT – 3

3. Cricket

- 3.1 Layout and marking of the play Field and Equipments used
- 3.2 Basic Skills – Batting, Bowling, Fielding
- 3.3 Different formats of the game – Test match, One Day, T-20
- 3.4 Rules and interpretations – duties of the umpires and referees in Cricket

UNIT – 4

4. Table-Tennis

- 4.1 Dimension of the table and equipments used
- 4.2 Fundamental skills – grip, stance, service, spin, drive, push
- 4.3 Rules and Interpretation – duties of the officials in Table-Tennis

UNIT-5

5. Throwball

- 5.1 Dimension of the Court and equipments used
- 5.2 Basic skills – throwing, catching, service
- 5.3 Rotation system – lead-up games
- 5.4 Rules and Interpretation – duties of the officials in Throw ball

REFERENCES:

1. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
2. <http://www.fih.ch/hockey-basics/rules/>
3. <http://throwballfederationofindia.com/Throwball-rules.pdf>
4. <http://www.allabouttabletennis.com/official-rules-of-table-tennis.html>

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-IV

Non Major Elective Course-I (U16NMPE1)

YOGA & HEALTH - I

Credits:2

Max.Marks:100

Hours:2

UNIT – I

1. Introduction to Yoga

- 1.1 Definition and meaning of Yoga
- 1.2 Principles of Yoga - Kinds of Yogic Practices
- 1.3 Classification of Yoga – Meditative and Cultural
- 1.4 Difference between yoga and physical exercise

Unit-II

2. Foundation of Asanas

- 2.1 Asana – Definition, Types, Benefits - Physical, Physiological and Psychological
- 2.2 Pranayama – Meaning, Types, Stages and Benefits
- 2.3 Effect of various yogic practices on Respiratory and Circulatory system
- 2.4 Method of performing various asanas – Suryanamaskar, Padmasana, Vajarasana

Unit-III

3. Health And Lifestyle

- 3.1 Health – Definition, Meaning, Concept
- 3.2 Management of Hypertension - Stress
- 3.3 Management of Obesity, BMI Calculation
- 3.4 Effect of Alcohol, Tobacco on health issues

Unit – IV

4. Health Problems

- 4.1 Communicable Diseases - Malaria, Typhoid, Tuberculosis – Cause, symptoms, treatment
- 4.2 Non-Communicable Diseases – Cancer, AIDS, Diabetics
- 4.3 Prominent health problem associated with inactivity.

Unit - V

5. Introduction to Fitness

- 5.1 Fitness-Meaning-Definition
- 5.2 Components of Physical Fitness - Health related - Skill Related
- 5.3 Factors Affecting Physical Fitness

SEMESTER-V

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-V

CORE COURSE-7 (U16PE11)

FUNDAMENTALS OF STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION

Credits: 5

Max Marks: 100

Hours:4

UNIT - I

1. Introduction to Statistics

- 1.1 Definition – Statistics, Importance of Statistics
- 1.2 Types of Statistics – Descriptive statistics and inferential statistics
- 1.3 Frequency Distribution – Meaning of Raw data and Continuous data, single score and Grouped data
- 1.4 Frequency Table – Merits and demerits, procedure of computing frequency table

UNIT - II

2. Measures of Central Tendency

- 2.1 Discreet series and continuous series
- 2.2 Definition and Merits of Mean, Median, Mode, Range
- 2.3 Computing of Mean, Median, Mode – grouped and ungrouped data
- 2.4 Specific characteristics and uses of the central tendency

UNIT - III

3. Introduction to Research Methods

- 3.1 Research - Definition and Meaning, Need and Scope of Research in Physical Education
- 3.2 Classification of Research – Basic, Applied and Action Research
- 3.3 Location of Research Problem – Criteria for selection of a problem
- 3.4 Definition - Hypothesis - Qualities of a Good Researcher

UNIT - IV

4. Basic understanding of Computer skills

- 4.1 MS Word – Creating, opening and saving document, Formatting text – Cut, Copy and Paste, Inserting Tables and Pictures – Short cut keys
- 4.2 MS Excel – Opening, Creating, Saving document, Simple calculations – Addition, Subtraction, Multiplication and Division, Rows and Columns.
- 4.3 MS PowerPoint – Opening, Creating, Deleting Slides, Templates, Slide design, Slide Show, Animation schemes – Custom Animation.

UNIT – V

5. Communication Technology

- 5.1 Definition – Network, LAN, WAN, WWW, HTML
- 5.2 Need and Advantage of networking – Modem – Internet
- 5.3 E-Mail – Video Conferencing – Browsing – Search Engines (Physical Education).

REFERENCES:

- 1 B.L.Agrawal, Basic Statistics, 2009
- 2 P.K.Shina and Prithi Sinha, Computer Fundamentals, sixth edition, 2004
- 3 Yogesh Kumar Singh, Fundamentals of Research Methodology and Statistics, new age international publisher, 2006.

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-V

CORE COURSE- (U16PE12)

RULES, REGULATIONS AND OFFICIATING IN SPORTS-4

Credits: 5

Max Marks:100

Hours:4

UNIT – I

1. Football, Badminton, Handball and Cricket

- 1.1 History and Development of the games – Terminology used.
- 1.2 Associations – State, National and International
- 1.3 Important tournaments held at National and International levels

UNIT – 2

1. Football

- 2.1 Dimension of the field and equipments used
- 2.2 Fundamental Skills – Passing, Dribbling, Kicking, Heading, Goal-keeping
- 2.3 System of Play – Drills and lead-up games
- 2.4 Rules and Interpretation – Duties of the officials in Football, Mechanism of officiating

UNIT – 3

2. Badminton

- 3.1 Basic skills – Grip, service, strokes, footwork
- 3.2 Types of court – court measurement and marking, equipment's
- 3.3 Drills and Lead up activities
- 3.4 Rules, interpretation and Officiating in badminton

UNIT – 4

3. Handball

- 4.1 Basic Skills – Catching, Passing, Shooting, Dribbling, Goal-keeping
- 4.2 Layout and marking of the play area, equipment's used
- 4.3 Lead-up games and drills
- 4.4 Rules and interpretations – duties of the officials in Handball

UNIT – 5

4. Cricket

- 4.1 Layout and marking of the play Field and Equipment's used
- 4.2 Basic Skills – Batting, Bowling, Fielding
- 4.3 Different formats of the game – Test match, One Day, T-20
- 4.4 Rules and interpretations – duties of the umpires and referees in Cricket

REFERENCES:

1. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
2. <http://www.thefa.com/football-rules-governance/laws/football-11-11/law-1---the-field-of-play>
3. <http://www.bwfbadminton.org/page.aspx?id=14914>
4. http://www.ihf.info/files/Uploads/NewsAttachments/0_RuleGame_GB.pdf
5. <http://www.icc-cricket.com/cricket-rules-and-regulations>

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-V

MAJOR BASED ELECTIVE COURSE-(U16PE9E)

ADOPTED PHYSICAL EDUCATION

Credits: 5

Max Marks: 100

Hours: 4

UNIT-I

1. Introduction to Adapted Physical Education

- 1.1 Meaning, definition, aim and objectives of adapted physical education
- 1.2 Definition of Disabling Conditions - Benefits of Physical Education for persons with Disabilities
- 1.1 Movement Education Concepts

UNIT-II

2. Disability and Rehabilitation

- 2.1 Definition of Disability, Handicap and Impaired
- 2.2 Multiple disability Rehabilitation
- 2.3 Special education - Inclusive education

UNIT-III

3. Classification of Disability

- 3.1 Disability/ differently abled classification and sub classification in each disability
- 3.2 Blind- Deaf and Dumb- Orthopedically-Mentally Retarded
- 3.3 Spastic-Autism-Cerebral palsy

UNIT-IV

4. Rules of Adapted games and Class Management

- 4.1 Adapted games developed by Prof, Jaimitra for the blind
- 4.2 Adapted Volleyball- Kabaddi- Kho-kho –Tennis-Table Tennis – Cricket - track and field
- 4.3 Method to be adapted by the special education in sports- Recreation Games
- 4.4 Kinesthetic – one on one teaching , group teaching, circular method of teaching

UNIT-V

5. International Competitions

- 5.1 Dark Olympics
- 5.2 Silent Olympics
- 5.3 Paralympics
- 5.4 Special Olympic

REFERENCES

1. Thind, M. N., Special Olympics Bharat Trainer Manuel. New Delhi: Special Olympics Bharat, 2010
2. Jain, A. Adapted Physical Education. Delhi: Sports Publication, 2003
3. Auxter, D. Principles and Methods of Adapted Physical Education. Mosby Publications. 1993
4. Jaimitra,S, Physical Education for the Blind Chennai: Grace Printer, 1990

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-V

MAJOR BASED ELECTIVE COURSE-(U16PE10E)

FIRSTAID AND SPORTS NUTRITION

Credits:5

Max Marks: 100

Hours: 4

UNIT - I

1. First Aid

- 1.1 Definition – Principles – Aim and Objectives of the First aid.
- 1.2 Priority of causalities – Duties of First aider – First aid supplies.
- 1.3 Cardio Pulmonary Resuscitation (CPR) – Moving and rescuing a victim.

UNIT - II

2. First Aid Management

- 2.1 Immediate management of electric shock, snake bite, dog bite - Common precautions, signs and symptoms
- 2.2 Application of bandages, arm slings and splints

UNIT - III

3. Common Injuries

- 3.1 Sprain and Strain - meaning, symptoms, treatment
- 3.2 Dislocation and Fracture - meaning, symptoms, treatment
- 3.3 Basic steps in management – role of Ice, Dressing, pressure points

UNIT - IV

4. Essential Nutrients

- 4.1 Carbohydrates: Types & Functions - Dietary sources of carbohydrates - Carbo-loading.
- 4.2 Proteins - Classification of Proteins - Essential and Non-essential amino acids -Dietary sources of Proteins.
- 4.3 Fats – Types and functions of fats - Dietary sources of Fats - Fats as a fuel for exercise.
- 4.4 Vitamins - Types and classification of vitamins - Importance in body functions –Dietary sources of Vitamins.
- 4.5 Minerals – Types of minerals - Importance of Iron, Calcium, Magnesium, Potassium, and Phosphorus
- 4.6 Water - Functions of water in the body - Sources of water.

UNIT - V

5. Food and Diet

- 5.1 Classification of food – Food Pyramid
- 5.2 Concept of balanced diet - Principles of balanced diet
- 5.3 Composition of Body fluids – fluid needed before, during and after exercise.
- 5.4 Sports drinks – types of sports drinks, sports recovery drinks.

REFERENCE:

1. Judy A.Driskell, (2007), “Sports Nutrition Fats And Proteins”, CRC Press.
2. Robert E.C.Wildman, Barry S. Miller, (2004), “Sports and fitness Nutrition”, Thomson.
3. St. John Ambulance Guide to First Aid and CPR: The Essential First Aid Guide to Managing Injury, Illness and Medical Emergencies.

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-V

CORE COURSE - (U16PE13P)

(PRACTICAL-IX) FOOTBALL, BADMINTON&HANDBALL

Credits: 4

Max Marks: 100

Hours: 3

1 Football

- 1.1 Kicking with the inside of the foot, instep of the foot
- 1.2 Trapping rolling ball with the inside, sole and instep of the foot.
- 1.3 Dribbling with instep of the foot, combination of inner instep & outer instep
- 1.4 Heading - Throw-in
- 1.5 Drills and lead up games related with skill taught

2 Badminton

- 2.1 Grip of the racket
- 2.2 Position and foot work
- 2.3 Service – short serve, high serve
- 2.4 Strokes – Forehand, Backhand stroke, Smash
- 2.5 Lead up games

3. Handball

- 3.1 Catching
- 3.2 Passing - push pass, wrist pass
- 3.3 Dribbling
- 3.4 Shot - Jump shot, Pivot shot
- 3.5 Defensive movement
- 3.6 Goal keeping
- 1.7 Drills and lead-up games

METHOD OF EVALUATION

- 1) Proficiency in Skill 40 marks
- 2) Teaching Ability 30 marks
- 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) 15 marks
- 4) Record of Work 15 marks

TOTAL

100 marks

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-V

CORE COURSE – (U16PE14P)

(PRACTICAL-X) INTERNSHIP TRAINING PROGRAMME
(Project cum Practical Training for students at schools for 3 weeks)

Credits:3

Max Marks: 100

Hours: 3

INTERNSHIP TRAINING PROGRAMME

1. The Students are sent to various schools in and around Trichy for three weeks Intensive Teaching Practice Training.
2. The students will handle the class allotted.
3. The Physical Education Teacher / Director will be the supervisor in monitoring and guiding the students as and when required.

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-IV

Non Major Elective Course-I (U16NMPE2)

YOGA & HEALTH-II

Credits:2

Max Marks: 100

Hours: 2

UNIT – I

1. Introduction to Yoga

- 1.1 Definition and meaning of Yoga
- 1.2 Principles of Yoga - Kinds of Yogic Practices
- 1.3 Classification of Yoga – Meditative and Cultural
- 1.4 Difference between yoga and physical exercise

Unit-II

2. Foundation of Asanas

- 2.1 Asana – Definition, Types, Benefits - Physical, Physiological and Psychological
- 2.2 Pranayama – Meaning, Types, Stages and Benefits
- 2.3 Effect of various yogic practices on Respiratory and Circulatory system
- 2.4 Method of performing various asanas – Suryanamaskar, Padmasana, Vajarasana

Unit-III

3. Health And Lifestyle

- 3.1 Health – Definition, Meaning, Concept
- 3.2 Management of Hypertension - Stress
- 3.3 Management of Obesity, BMI Calculation
- 3.4 Effect of Alcohol, Tobacco on health issues

Unit – IV

4. Health Problems

- 4.1 Communicable Diseases - Malaria, Typhoid, Tuberculosis – Cause, symptoms, treatment
- 4.2 Non-Communicable Diseases – Cancer, AIDS, Diabetics
- 4.3 Prominent health problem associated with inactivity.

Unit - V

5. Introduction to Fitness

- 5.1 Fitness-Meaning-Definition
- 5.2 Components of Physical Fitness - Health related - Skill Related
- 5.3 Factors Affecting Physical Fitness

SEMESTER-VI

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-VI

CORE COURSE-PRACTICAL-XI-(U16PE15P)

PRACTICAL-SPORTS TRAINING

Credits: 3

Max Marks: 100

Hours: 3

Anaerobic Training

- 1.1 Plyometrics
- 1.2 Weights / resistance
- 1.3 Sprint
- 1.3 Interval (short / intermediate)
- 1.4 Circuit (High work rest ratio)

2 Aerobic Training

- 2.1 Continuous
- 2.2 Fartlek
- 2.3 Circuit (low work rest ratio)

3 Fitness Training with equipments

- 3.1 Swiss ball
- 3.2 Tera-band
- 3.3 Medicine ball
- 3.4 Core board
- 3.5 TRX Band
- 3.6 Kettle bell

METHOD OF EVALUATION

- | | |
|---|------------------|
| 1) Proficiency in Skill | 40 marks |
| 2) Teaching Ability | 30 marks |
| 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) | 15 marks |
| 4) Record of Work | 15 marks |
| TOTAL | 100 marks |

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
 NATIONAL COLLEGE (AUTONOMOUS)
 SEMESTER-VI

CORE COURSE-PRACTICAL-XII-(U16PE16P)
MARTIAL ARTS & PROJECT SPORTS MEET

Credits: 3

Max Marks: 100

Hours: 3

UNIT – 1

Martial art- Meaning Scope, nature and its significance—Indian martial arts.

History of martial art- silambam

Historical development of silambam- From pre Historic time to the second century A.D .-
 Silambam in Tamil Nadu.

UNIT – II

Evolution of stick fencing – Silambam Locks.

Different techniques- Stance- Attack.

Teaching and Coaching- Silambam.

Contemporary Society- Need for protection for girls- Women of self defence

UNIT – III

Fencing

History- Fencing. Field of play- application of rules of fencing equipment- invention of
 fencing- foil, Epee, Sabre.(Movement, attack, aprry) competition individual, team.

UNIT – IV

Taekwondo

History, types of defending and offence methods of taekwondo- different techniques- attack
 teaching and coaching methods.

UNIT – V

Association- International Silambam, Fencing Association, Research studies- promotion of
 silambam as an international game of sport.

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)

NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-VI

CORE COURSE – (U16PE17)

EXERCISE PHYSIOLOGY AND SPORTS INJURIES

Credits: 6

Max Marks: 100

Hours: 4

UNIT - I

1. Functions of Muscle

- 1.1 Properties and microscopic structure of muscle
- 1.2 The sliding filament theory
- 1.3 Heat production on muscle – contraction on cooling
- 1.4 Muscular fatigue – recovery – residual muscle fitness – muscular training.

UNIT - II

2. Functions of Heart

- 2.1 Cardio vascular system – short time and longtime effect of exercise.
- 2.2 Blood flow - Effect of exercise on muscle blood flow
- 2.3 Cardiac cycle – cardiac output - cardiac index
- 2.4 Stroke volume – nervous and chemical control of the heart.

UNIT - III

3. Functions of Oxygen

- 3.1 Oxygen and Carbon-dioxide Transportation
- 3.2 Effect of exercise on pulmonary diffusion capacity – Gas exchange
- 3.3 Respiration – lung volume – mechanism of breathing
- 3.4 Effect of exercise on pulmonary ventilation – alveolar ventilation – reflex regulation.

UNIT - IV

4. Sports Injuries

- 4.1 Definition and Meaning – Injuries – Tendon, Ligament
- 4.2 Classification of Injuries – Prevention of sports injuries
- 4.3 Open Injuries (Abrasion, Laceration, Incision, Puncture) – Closed Injuries (Sprain, Strain, Subluxation, Dislocation, Fracture, Contusion, Cramp)
- 4.4 First aid and treatment – PRICE therapy

UNIT - V

5. Rehabilitation of Injuries

- 5.1 Exercise Rehabilitation – Principles of Therapeutic exercise – Rehabilitation goals.
- 5.2 Range of Motion – Flexibility – Muscle Performance (Strength & Endurance) – Exercise Contraindications and Precautions.
- 5.3 Meaning – Posture, Postural Deformities and types - therapeutic exercise and uses.

REFERENCES:

1. Doral M.N, Sports Injuries, Springer, 2011.
2. William. D Mc. Ardle, Essential of Exercise Physiology, Human Kinetics, 2006.
3. Thomas. E. H, Conservative Management of Sports Injuries, Johns and Bartlett Publishers, 2007.

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-VI

CORE COURSE – (U16PE18)

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Credits: 6

Max Marks: 100

Hours:4

UNIT - I

1. Introduction

- 1.1 Meaning, Need and Importance of Test, Measurement and Evaluation.
- 1.2 Criteria of a Good Test - Scientific authenticity (reliability, objectivity, validity, Standards, norms)

UNIT - II

2. Physical Fitness Test

- 2.1 Physical Fitness – Definition, Components of Physical Fitness - Health related and Skill related
- 2.2 Endurance Test – 12 minute run/walk test, Harvard step test, Beep Test
- Strength Test - Dip Strength test, 1 RM
- Speed Test – 50 yds dash, shuttle run
- Balance Test – Stork Stand test (static balance), Balance Backward test (dynamic balance)
- 2.3 Physical Fitness Test Batteries – Kraus Weber test, AAPHER youth fitness test
- 2.4 Motor Fitness and Ability Test Batteries – JCR test battery, Barrow Motor ability test

UNIT - III

3. Sports Skill Test

- 3.1 Basketball - Knox Basketball Test, Johnson Basketball Test
- 3.2 Badminton - French Short serve test, Badminton Smash Test
- 3.3 Football - Mor-Christian General Soccer ability test, MacDonald Soccer Test
- 3.4 Hockey - Chapman Ball Control Test, Henry Friedal Field Hockey Test
- 3.5 Tennis - Broier miller forehand and back hand drive test, Hewitt's service placement Test
- 3.6 Volleyball - Russell – Lange Volleyball test, Helmen Volleyball test

UNIT – IV

4. Test Administration

- 4.1 Classification of Test – Standardized and Teacher made tests – objective and subjective Tests
- 4.2 Administration of Test – Advance preparation – Duties during testing – Duties after testing.

UNIT - V

5. Evaluation

- 5.1 Types of Evaluation – Formative and Summative, Principles of evaluation
- 5.2 Basic methods of evaluation – observation, interview, tests and measurements – self evaluation, co-operative evaluation by pupils and teachers.

REFERENCE:

- 1 J. S. Bosco, Measurement and Evaluation in Physical Education, Fitness and Sports, Prontice-Hall, 1983
- 2 Prof. A.Yobu. Test, Measurement and Evaluation in Physical Education, Friends Publication, 2010.
- 3 A. Mahaboobjan, Test, Measurement and Evaluation in Physical Education, Kalpaz Pub, 2010

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-VI
CORE COURSE-15 (U16PE19)
PEDAGOGY OF SPORTS TRAINING

Credits: 6

Max Marks: 100

Hours:4

UNIT - I

1. Introduction

- 1.1 Meaning and Definition – Pedagogy, Sports Training, Coaching, Conditioning
- 1.2 Aim and objectives of sports training
- 1.3 Principles of Sports Training.

UNIT - II

2. Training Methods and Load

- 2.1 Classification of training – Continuous, Fartlek, Interval, Circuit, Plyometric
- 2.2 Types of Training Load – Phase and means of Recovery
- 2.3 Features – Factors of Training Load – intensity, frequency, density.
- 2.4 Adaptation - Relationship between Load and Adaptation.
- 2.5 Over Load – meaning, causes and symptoms of over load.

UNIT - III

3. Training of Motor Qualities

- 3.1 Strength – types of strength, Means and methods to improve strength.
- 3.2 Speed – types of speed, methods of developing speed abilities
- 3.3 Endurance – types of endurance, Means and methods to improve endurance.
- 3.4 Flexibility – types of flexibility, Means and methods to improve flexibility.
- 3.5 Co-ordination – methods to improve coordination training.

UNIT - IV

4. Technical and Tactical Preparation

- 4.1 Definition – Skill, Technique, Tactic and Strategy
- 4.2 Process of skill learning
- 4.3 Technical Preparation – Aims, Stage of technical development.
- 4.4 Tactical preparation – Aims of tactics – methods of tactical development.

UNIT - V

5. Periodization

- 5.1 Planning – Principles of Planning, Types of Training plan- High attitude- Off season.
- 5.2 Periodization – Meaning, concepts of periods
- 5.3 Types of Periodization - preparatory period, competition period, and transitional period.
- 5.4 Preparation for competitions - cyclic process of training.

REFERENCE:

- 1. Joyce, David, High Performance Training for sports, Lewindon, Dan – 2014
- 2. T. R Baechle, Essential of Strength Training and Conditioning, Human Kinetics, 2008.
- 3. Hardy Singh. Science of Sports Training, ND: DAV Pub, 1993

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS – SYLLABUS (w.e.f 2016-17)
NATIONAL COLLEGE (AUTONOMOUS)

SEMESTER-VI		
MAJOR BASED ELECTIVE COURSE-16E (U16PE20E)		
RECREATION AND CAMPING		
Credits:5	Max Marks: 100	Hours:3

UNIT - I**1. Introduction to Recreation**

- 1.1 Meaning and Definition of Recreation.
- 1.2 Scope and Significance of Recreation.
- 1.3 Objectives of Recreation – Relationship between Work, Play and Leisure

UNIT – II**2. Influence of Recreation in other Institutions**

- 2.1 Agencies providing recreation. (public, private, voluntary)
- 2.2 Rural, Urban community and Industrial Recreation.
- 2.3 Special Education – Physically Challenged Recreational Activities.

UNIT - III**3. Leadership**

- 3.1 Types of Recreational activities
- 3.2 Qualities and qualification of good leader – Types of leaders and their roles
- 3.3 Adventure Sports – Trekking, Hiking, and Rafting – Safety measures

UNIT - IV**4. Introduction to Camping**

- 4.1 Camping – Definition, Aims and objectives
- 4.2 Scope and Significance of camping.
- 4.3 Types of camps, selection and layout of camp sites.

UNIT - V**5. Camping Administration and Organization**

- 5.1 Organization and administration of camps (camp programme and activities).
- 5.2 Organization set-up in camping
- 5.3 Evaluation of camp work - Supervision

REFERENCES:

1. Denford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.
2. Butler GD. Introduction of Community Recreation McGraw – Hill Book Company, New York, 1949.
3. Royappa, D.J., GovindRajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras, 1973.
4. Rubin, R. Book of Camping, N.V. Assn Press, 1949.
5. Torkildsen, G. Leisure and recreation Management, E.& F.N. Span Ltd., New York, 1986.

SEMESTER – II**COURSE CODE:****U16SBE1****PART – IV: COMPUTER APPLICATIONS – I - OFFICE AUTOMATION****HOURS: 2****CREDITS: 2****UNIT I:**

MS- Word- Introduction to Computers - Hardware - Software, Operating System: Windows XP -MS-Paint, Notepad, WordPad, Introduction to MS-Word, Creating, Editing and Formatting Document - Working with Drawing objects - Text Manipulation

UNIT II:

Working with Tables – Columns – Labels - Plotting, editing and Filling drawing objectsBookmark – Header & Footer - Checking and Correcting a document - Creating Labels – Envelops – Mail Merge – Formatted output and Report generation Printing Documents, Working with Internet.

UNIT III:

Ms – Excel - Ms – Excel: Introduction – Data Entry – Cell Formatting - Plotting Graphs – Workbook Features – Library Functions

UNIT IV:

Conditional Functions and Data Sorting – Limit the data on a worksheet - Data Validation –Data consolidation - Chart creation - Checking and Correcting Data - Tracking and Managing Changes-Advanced Features

UNIT V:

MS – PowerPoint- Introduction - Creating, Editing and Formatting Presentation – Applying Transition and Animation Effects - Applying Design Templates - Viewing and Setting up a Slide Show - Navigating among Different Views - Ms Outlook: Introduction to Folder List – Address Book.

TEXTBOOKS

1. Jill Murphy, Microsoft Office Word- Comprehensive Course, Labyrinth Publications, 2003.
2. McGraw-Hill/Irwin-Deborah Hinkle, Microsoft Office 2003 PowerPoint: A Professional Approach, Comprehensive w/ Student CD, New Delhi, 2003.
3. Nellai Kannan, C., MS-Office, Nels Publications, Tamil Nadu, 2002.

SEMESTER – III

COURSE CODE: U16SBE2

PART – IV: COMPUTER APPLICATIONS - II - DESKTOP PUBLISHING**HOURS: 2****CREDITS: 2****UNIT I:**

Photoshop Tools : Move, Type, Marquee, Lasso, Crop, Shapes, Healing, Brush, Patch, Cloning Stamp, Eraser, Gradient, Blur, Smudge, Dodge, Pen, Eye Dropper, Patch selection and Zoom tool.

Layer: New layer, Layer set, Duplicate layer, Rasterize and Merge down
Layer Styles: Drop shadow, inner shadow, outer glow & inner glow, Bevel and Emboss, Gradient overlay, Stroke. Text formatting

UNIT II:

File: Save, File formats, Page set up.

Check spelling, Copy merged, Fill, Transform, Define pattern.

Motion blur, Twirl, lens flare, Glowing edges, lighting effects, solarize, water paper, Stained glass, Mosaic Tiles.

Character and Paragraph settings.

Edit:

Image:

Window:

COREL DRAW:**UNIT III:**

Drawing Tools: Pick, Shape, Knife, eraser, Smudge, Roughen brush, free transform, Zoom ,hand, Free hand, Bezier, Artistic, Pen, Poly line, Point, Interactive connective, Spiral tool.

Colour Tool: Paint Bucket Tool, Eye Dropper, Fill Tools. Fill Options, Stroke Options.

UNIT IV:

Special Effects: 3D effects, Add perspective, Blend, Contour, Artistic media, lens, and Power clip.

Shaping Options: Weld, trim, Intersect.

Effects: Format text, bullet, and fit text to path, align and straighten, spell check.

Menu: Save, Save as, Import, Page set Up.

Text

File

PAGE MAKER:**UNIT V:**

Page Maker Tools: Pointer, Rotate, Line, Rectangle, Ellipse, Polygon, Hand, Text, Crop, Rectangle frame tools. Text layout, Style and Objects: Alignments, Styles, fill, frame options, Stroke, Group, Lock, unlock, mask, polygon settings character and paragraph settings.

Text Editing: Edit story: Undo, Redo, Cut, Copy, Paste, paste Special, Spelling check and Find.

File: Page set up, save, Save as.

TEXTBOOKS

1. CorelDraw IN Simple Steps – Shalini Gupta Corel DRAW Bible - DEBORAH MILLER
2. Teach Yourself Adobe Photoshop – Rose Carla Adobe Photoshop Cs Classroom in a Book by Adobe Press.
3. Using Microsoft Word - Asmita Bhatt Pagemaker In Easy Steps - Scott Basham Ctoa Material By Genesis.

SEMESTER – III**COURSE CODE: U16SBE3P****PART – IV: COMPUTER APPLICATIONS – II PRACTICAL (DTP LAB)****HOURS: 2****CREDITS: 2****OFFICE AUTOMATION & DESKTOP PUBLISHING LAB****UNIT I:****Office Automation**

1. MS – Word: Text Formatting, Mail Merge
2. Ms – Excel: Implement the Statistical & Mathematical Function
(Using Min ,Max, Median, Average, Standard Deviation, Correlation, Logical 'if' Condition) for the given data, Prepare a Chart for a given Data using Pie diagram / Histogram

UNIT II:**Photoshop**

3. Design a College Broacher / Birthday Card.
4. Cropping, rotating and Overlapping the image.
5. Create a single image from Multiple image.
6. Creating an image with multilayer's.

UNIT III:**Corel Draw**

7. Design a Visiting Card \ Greeting Card using Draw & Text tools.
8. Create a logo for a Company \ College.

UNIT IV:**Page Maker**

9. Type and format a letter using text tool.
10. Prepare a Invitation for College Day /Sports Day.

SEMESTER – I**COURSE CODE:****U16ES****PART – IV: ENVIRONMENTAL STUDIES****HOURS: 2****CREDITS: 2****UNIT I:**

Environment and Natural Resources: Definition, scope, importance of Environmental Studies - Need for public awareness. Natural resources — classification - 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.

UNIT II:

Ecosystems • Concept of an ecosystem • 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)

UNIT III:

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 • Hot-spots of biodiversity • Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts • Endangered and endemic species of India • Conservation of biodiversity In-situ and Ex-situ conservation of biodiversity

UNIT IV:

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 hazards • Solid waste Management : Causes, effects and control measures of urban and industrial wastes • Role of

an individual in prevention of pollution • Pollution case studies • Disaster management floods, earthquake, cyclone and landslides.

UNIT V:

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.

TEXTBOOKS

1. Ekambaranatha Ayyar.M. and T.N. Ananthakrishnan, 1992. Manual of Zoology Vol. 1 [Invertebrata], parts I and II.S. Viswanathan (Printers and Publishers) Pvt. Ltd; Madras.
2. Agarwal, K.C. 2001 Environmental Biology, Nidi Pubi. Ltd. Bikaner.
3. Sharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad.
4. Brunner R.C., 1989, Hazardous Waste Incineration, McGraw Hill Inc.
5. Clark R.S., Marine Pollution, Clanderson Press Oxford (TB)
6. Cunningham, W.P. Cooper, T.H. Gorhani, E & Hepworth, M.T. 2001, Environmental Encyclopedia, Jaico Publ. House, Mumbai,
7. De A.K., Environmental Chemistry, Wiley Eastern Ltd.
8. Down to Earth, Centre for Science and Environment (R)
9. Gleick, H.P. 1993. Water in crisis, Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute Oxford Univ. Press.
10. Hawkins R.E., Encyclopedia of Indian Natural History, Bombay Natural History Society, Bombay (R)
11. Heywood, V.H & Waston, R.T. 1995. Global Biodiversity Assessment. Cambridge Univ. Press
12. Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi.
13. Mckinney, M.L. & School, R.M. 1996. Environmental Science systems & Solutions, Web enhanced edition.
14. Mhaskar A.K., Matter Hazardous, Techno-Science Publication (TB)
15. Miller T.G. Jr. Environmental Science, Wadsworth Publishing Co. (TB)
16. Odum, E.P. 1971. Fundamentals of Ecology. W.B. Saunders Co. USA.

17. Rao M N. & Datta, A.K. 1987. Waste Water treatment. Oxford & IBH Pubi. Co. Pvt. Ltd.
18. Sharma B.K., 2001. Environmental Chemistry. Geol Pubi. House, Meerut
19. Survey of the Environment, The Hindu (M)
20. Townsend C., Harper J, and Michael Begon, Essentials of Ecology, Blackwell Science (TB)
21. Trivedi R.K., Handbook of Environmental Laws, Rules Guidelines, Compliances and Standards, Vol I and II, Enviro Media (R)
22. Wanger K.D., 1998 Environmental Management. W.B. Saunders Co.Philadelphia, USA
(M) Magazine (R) Reference (TB) Textbook

SEMESTER – IV**COURSE CODE: U16VE****PART – IV: VALUE EDUCATION****HOURS: 1****CREDITS: 2****UNIT I:**

PHILOSOPHY OF LIFE Human Life on Earth (Kural 629), Purpose of Life (Kural 46) Meaning and Philosophy of Life(Kural 131, 226) The Law of Nature (Kural 374) Glorifying All form of Life in this Universe (Kural 322, 327) – Protecting Nature /Universe (Kural 16, 20, 1038)

UNIT II:

INDIVIDUAL QUALITIES Basic Culture (Kural 72, 431) Thought Analysis (Kural 282, 467, 666) Regulating desire (Kural 367), Guarding against anger (Kural 158, 305, 306, 314), To get rid of Anxiety (Kural 629), The Rewards of Blessing (Kural 3), Benevolence of Friendship (Kural 786), Love and Charity (Kural 76), Self – tranquility/Peace (Kural 318)

UNIT III:

SOCIAL VALUES (INDIVIDUAL AND SOCIAL WELFARE) Family (Kural 45), Peace in Family (Kural 1025), Society (Kural 446), The Law of Life (Kural 952), Brotherhood (Kural 807) , The Pride of Womanhood (Kural 56) Five responsibilities/duties of Man : a) to himself, b) to his family, c) to his environment, d) to his society, e) to the Universe in his lives (Kural 43, 981), Thriftness (Thrift)/Economics (Kural 754), Health (Kural 298), Education (Kural 400), Governance (Kural 691), People's responsibility/ duties of the community (Kural 37), World peace (Kural 572)

UNIT IV:

MIND CULTURE Mind Culture (Kural 457) Life and Mind - Bio - magnetism, Universal Magnetism (God – Realization and Self Realization) - Genetic Centre – Thought Action – Short term Memory – Expansiveness – Thought – Waves, Channelising the Mind, Stages - Meditation (Kural 261, 266, 270), Spiritual Value (Kural 423)

UNIT V:

TENDING PERSONAL HEALTH Structure of the body, the three forces of the body, life body relation, natural causes and unnatural causes for diseases (Kural 941), Methods in Curing diseases (Kural 948, 949) The Five units, simple physical exercises.

TEXTBOOKS

1. Philosophy of Universal Magnetism (Bio-magnetism, Universal Magnetism) The World Community Service Centre Vethatri Publications (for Unit IV)

2. Pope, G.U., Dr. Rev., Thirukkural with English Translation, Uma Publication, 156, Serfoji Nagar, Medical College Road, Thanjavur 613004 (for All Units)
3. Value Education for Health, Happiness and Harmony, The World Community Service Centre Vethatri Publications (for All Units)

SEMESTER – V

COURSE CODE: U16SS

PART – IV: SOFT SKILLS

HOURS: 2

CREDITS: 2

UNIT I:

Know Thyself / Understanding Self Introduction to soft skills self discovery – Developing positive attitude – Improving perceptions – Forming values.

UNIT II:

Interpersonal Skills/ Understanding Others Developing interpersonal relationship –Team building –group dynamics –Net working- Improved work relationship

UNIT III:

Communication Skills/ Communication with others Art of Listening –Art of reading –Art of speaking –Art of writing –Art of writing emails-e mail etiquette

UNIT IV:

Corporate Skills/ Working with Others Developing body language –Practising etiquette and mannerism – Time management – Stress management.

UNIT V:

Selling Self/ Job Hunting Writing resume /cv-interview skills – Group discussion –Mock interview Mock GD –Goal setting –Career planning

TEXT BOOKS

1. Meena. K and V.Ayothi (2013) A Book on Development of Soft Skills (Soft Skills: A Road Map to Success) P.R. Publishers & Distributors, No, B-20 &21, V.M.M Complex, Chatiram Bus Stand, Tiruchirapalli -620 002. (Phone No: 0431-2702824: Mobile No: 94433 70597, 98430 7442) Alex K. (2012)
2. Soft Skills – Know Yourself & Know the World, S.Chand & Company LTD, Ram Nagar, New Delhi - 110 055. Mobile No: 94425 14814(Dr.K.Alex)

REFERENCE BOOKS

1. Developing the leader within you John C Maxwell
2. Good to Great by Jim Collins
3. The Seven habits of highly effective people Stephen Covey

4. Emotional Intelligence Daniel Goleman
5. You can Win Shive Khera

Principle centred leadership Stephen Covey

SEMESTER – VI**COURSE CODE: U16GS****PART – V: GENDER STUDIES****HOURS: 1****CREDITS: 1****UNIT I:**

Concepts of Gender: Sex-Gender-Biological Determinism- Patriarchy- Feminism -Gender Discrimination - Gender Division of Labour -Gender Stereotyping-Gender Sensitivity - Gender Equity —Equality-Gender Mainstreaming Empowerment

UNIT II:

Women's Studies Vs Gender Studies: UGC's Guidelines - VII to XI Plans- Gender Studies: Beijing Conference and CEDAW-Exclusiveness and Inclusiveness.

UNIT III:

Areas of Gender Discrimination: Family Sex Ratio-Literacy -Health -Governance Religion Work Vs Employment- Market - Media - Politics Law Domestic Violence — Sexual Harassment — State Policies and Planning

UNIT IV:

Women Development and Gender Empowerment: Initiatives International Women's Decade - International Women's Year - National Policy for Empowerment of Women - Women Empowerment Year 2001- Mainstreaming Global Policies.

UNIT V:

Women's Movements and Safeguarding Mechanism:— In India National / State Commission for Women (NCW) - All Women Police Station Family Court- Domestic Violence Act - Prevention of Sexual Harassment at Work Place Supreme Court Guidelines - Maternity Benefit Act - PNDT Act - Hindu Succession Act 2003 Eve Teasing Prevention Act - Self Help Groups 73 and 74 Amendment for PRIS.

TEXTBOOKS

1. Bhasin Kamala, Understanding Gender: Gender Basics, New Delhi: Women Unlimited 2004
2. Bhasin Kamala, Exploring Masculinity: Gender Basics, New Delhi: Women Unlimited, 2004
3. Bhasin Kamala, What is Patriarchy? : Gender Basics, New Delhi: Women Unlimited, 1993
4. Pernau Margrit Ahmad Imtiaz, Reifeld Hermut (ed.) Family and Gender: Changing Values in Germany and India, New Delhi: Sage Publications, 2003
5. Agarwal Bina, Humphries Jane and Robeyns Ingrid (ed.)
6. Capabilities, Freedom, and Equality: Amartya Sen's Work from a Gender Perspective, New Delhi: Oxford University Press, 2006

7. Rajadurai.S.V, Geetha.V, Themes in Caste Gender and Religion, Tiruchirappalli: Bharathidasan University, 2007 Misra Geetanjali, Chandiramani Radhika (ed.)
8. Sexuality, Gender and Rights: Exploring Theory and Practice in South and Southeast Asia, New Delhi: Sage Publication, 2005 Rao Anupama (ed.)
9. Gender &Caste: Issues in Contemporary Indian Feminism, New Delhi: Kali for Women, 2003
10. Saha Chandana, Gender Equity and Gender Equality: Study of Girl Child in Rajasthan, Jaipur: Rawat Publications, 2003
11. Krishna Sumi,(ed.) Livelihood and Gender Equity in Community Resource Management New Delhi: Sage Publication, 2004
12. Wharton .S Amy, The Sociology of Gender: An Introduction to Theory and Research, USA: Blackwell Publishing, 2005.
13. Mohanty Manoranjan (ed.) Class, Caste, Gender: Readings in Indian Government and Politics- 5, New Delhi: Sage Publications, 2004.
14. Arya Sadhna, Women, Gender Equality and the State, New Delhi: Deep & Deep Publications, 2000.