

Code: BCA-3008-A	VAC-III A	Yoga and Physical fitness Note: All the theoretical contents shall be delivered through the practical workshop mode only. No class room teaching is encouraged in this course.	OL+T: 4P	2 credits (60 hours practical)
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Max Marks: 100; Practical: 100 marks

Course Outcomes: Upon completion of the course, students will be able to
CO 1. Understand yoga's significance and its practical applications for holistic well-being.
CO 2. Explore subtle energy systems and their role in enhancing health through yogic practices.
CO 3. Examine various paths of yoga to foster self-realization and spiritual growth.
CO 4. Master the Eight Limbs of Yoga for physical, mental, and spiritual harmony.
CO 5. Apply yogic principles to manage psycho-somatic ailments and promote resilience.

Unit	Topics	Proposed Lecture
I	Yoga: Meaning and definition Importance of yoga in 21 st century, Introduction to Yogic Anatomy and Physiology, Yoga & sports, Yoga for healthy lifestyle, Types of Yoga:-Hathayaga, laya yoga, mantra yoga, bhaktiyoga, karma yoga, jnana yoga, raj yoga, Study of Chakras, Koshas, Pranas, Nadis, Gunas, Vayus and its application in Yogic practices, Ashtang Yoga:-Yama, niyama, asana, pranayama, Pratyahar, dharna, dhyam, Samadhi, :Benefits, Utilities & their psychological impact on body and mind. According to yoga concept of normality in modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression	16
II	Sports for Physical Fitness: Meaning and definition Physical Activity-Concept, Benefits of Participation in Physical Activities, Components and Significance of Physical Fitness-Health, Skill and Cosmetic Fitness, Types of Physical Activities-Walking, Jogging, Running, Calisthenics, Rope Skipping, Cycling, Swimming, Circuit Training, Weight training, Adventure Sports, Principles of Physical Fitness, Warming Up, Conditioning, Cooling Down, Methods to Develop and Measure Health and Skill related components of Physical Fitness, Measurement of Health Related Physical Fitness (HRPF)	16
III	Physical Wellness: Concept, Components Types of wellness: psychological, social, emotional, and spiritual. Significance with reference to Positive Lifestyle, Concepts of Quality of Life and Body Image, Factors affecting Wellness, Wellness Programmes	12
IV	Nutrition and Weight Management Concept of Nutrients, Nutrition, Balanced Diet, Dietary Aids and Gimmicks, Energy and Activity-Calorie Intake, Energy Balance Equation, Obesity-Concept, Causes, Obesity Related Health Problems, Weight Management through Behavioural Modifications	16

Text Books / References:

- Anand O.P. Yog Dawra Kaya Kalp. Sewasth Sahitya Perkashan. Kanpur,2022.
- Brown, J.E. Nutrition Now Thomson-Wadsworth,2010.
- Corbinet. A.I. Fitness & Wellness-Concepts. McGrawHill. Publishers. New York.,2017
- Kamlesh, M.L. & Singh, M.K.(Physical Education(Naveen Publications) latest edition.
- Kansal, D.K. Textbook of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science Publications, New Delhi,2015.
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, Fitness, Aerobics and Gym Operations. Khel Sahitya, New Delhi,2020

McGraw Hill, New York, U.S.A.,2019

- Sarin N. Yoga Dawara Rogon Ka Upchhar. Khel Sahitya Kendra
- Savard, M. and C. Svec The Body Shape Solution to Weight Loss and Wellness: The Apples & Pears Approach to Losing Weight, Living Longer, and Feeling Healthier. Atria Books, Sydney, Australia.
- Siedentop, D. Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
- Sri Swami Ramas. Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram Yoga & Married Life Sadhana Mandir Trust. Rishikesh

Code: P BCA-3008-B	VAC-III B	Sports Management Note: All the theoretical contents shall be delivered through the practical workshop mode only. No class room teaching is encouraged in this course.	OL+T:4P	2 credits (6 hours practical)
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Max Marks: 100; Practical: 100 marks

Course Outcomes: Upon completion of the course, students will be able to

CO1: Demonstrate a comprehensive understanding of sports management principles, including organizational structures, legal issues, and ethical considerations.

CO2: Evaluate marketing strategies and sponsorship opportunities in the sports industry, devising effective branding and promotional campaigns.

CO3: Apply financial management techniques to analyze revenue streams, control costs, and make informed investment decisions in sports organizations.

CO4: Utilize sports analytics tools and technology to enhance performance evaluation, strategic planning, and fan engagement initiatives.

CO5: Synthesize course concepts through practical applications, demonstrating the ability to address real-world challenges in sports management scenarios.

CO6: Apply theoretical knowledge to practical scenarios through case studies and projects, fostering critical thinking and problem-solving skills in sports management contexts.

Unit	Topics	Proposed Lecture
I	Introduction to Sports Management Definition and scope of sports management, Significance of sports, management in society and its evolution over time, Organizational structure of sports: amateur, professional, and non-profit entities, Roles and responsibilities of key personnel: managers, coaches, and agents, Governance bodies in sports: FIFA, IOC, and NCAA, Legal issues: contracts, negotiations, intellectual property rights, Ethical considerations: fair play and doping	16
II	Sports Marketing and Sponsorship Unique aspects of sports marketing, Fan engagement strategies, Target audience identification and segmentation, Branding strategies for sports teams and athletes, Sponsorship and endorsement deals, Negotiating and managing partnerships, Event management: planning, organizing, and promoting sports events	16
III	Financial Management in Sports Revenue generation in sports: ticket sales, broadcasting rights, merchandise sales, Financial models: budgeting and forecasting, Cost management: player salaries, facility expenses, operational costs, Investment opportunities in sports, Risk management techniques specific to sports organizations	12
IV	Sports Analytics and Technology Introduction to sports analytics, Evaluating player performance, Devising game strategies, Fan engagement through technology, Analytical techniques: statistical analysis, data visualization, predictive modeling, Key performance indicators(KPIs)in sports, Applications of analytics: talents counting, injury prevention, performance optimization.	16

Text Books:

1. Pedersen, P.M., Thibault, L., & Pedersen, P.M.(2019). Contemporary Sport Management. Human Kinetics.
2. Hoye, R., Smith, A. C. T., Nicholson, M., et al. (2021). Sports Management: Principles and Applications. Routledge.
3. Chelladurai, P., & Kerwin, S. (2017). Introduction to Sport Management: Theory and Practice. Human Kinetics.
4. Hoye, R., Cuskelly, G., & Nicholson, M.(2019). Sports Governance: A Guide for Sport Organizations.

<p>Routledge.</p> <ol style="list-style-type: none"> 5. Conrad, M.(2018).The Business of Sports: A Primer for Journalists. Routledge. 6. Shank, M.D.(2019).Sports Marketing: A Strategic Perspective. Pearson. 7. Collett, P.,& Fenton, W.(2019).The Sponsorship Handbook: Essential Tools,Tipsand Techniques for Sponsors and Sponsorship Seekers. Kogan Page. 8. Fullerton, S. Jr., & Funk, D. C.(2019).Sports Marketing: A Practical Approach. Routledge. 9. Conrad, M.(2019). Winning in Sports Business: Essential Marketing, Finance, and Management Strategies. Routledge. 10. McCarty, L. A., & McPherson, G. (2019). Sports Event Management: The Caribbean Experience. Routledge. 11. Brown, M. T., Rascher, D., & Leeds, M.A.(2017). Financial Management in the Sport Industry. Routledge. 12. Winfree, J. A., & Rosentraub, M. S. (2017). Sports Finance and Management: Real Estate, Entertainment, and the Remaking of the Business. Taylor & Francis

Code: P BCA-3008-D	VAC-III D	National Service Scheme (NSS) Note: All the theoretical contents shall be delivered through the practical workshop mode only. No class room teaching is encouraged in this course.	OL+T:4P	2 credits (60 hours of practical)
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Max Marks: 100; Practical: 100 marks

Course Outcomes: Upon completion of the course, students will be able to

CO1: Students will demonstrate an understanding of the history, philosophy, and objectives of the National Service Scheme (NSS), thereby fostering increased social awareness and patriotism among them.

CO2: Students will be able to organize and conduct various NSS programmes and activities effectively and through it understand the importance of leadership and team building.

CO3: Students will develop skills in community mobilization and partnership building.

CO4: Students will appreciate the importance of volunteerism and shramdan in societal development and thus, be able to understand role of community participation.

Unit	Topics	Proposed Practical Hours
I	Introduction and Basic Concepts of NSS National Service Scheme (NSS) - history, philosophy, and fundamental concepts, aims and objectives, providing clarity on the organization's overarching goals. Symbols of NSS - Emblem, flag, motto, song, and badge; Organizational structure of NSS	16
II	NSS Programmes and Activities Diverse programmes and activities conducted under the aegis of the National Service Scheme (NSS); Significance of commemorating important days recognized by the United Nations, Centre, State Government, and University; Examination of the methodology for adopting villages/slums and conducting surveys; Financial patterns of the NSS scheme	16
III	Community Mobilization Dynamics of community mobilization within the framework of the National Service Scheme (NSS); Functioning of community stakeholders; The conceptual lens of community development	12
IV	Volunteerism and Shramdan in the Indian Context: Roles and Motivations within the NSS Framework Ethos of volunteerism and shramdan (voluntary labor) within the cultural context of India and the framework of the National Service Scheme (NSS); Motivations and constraints shaping volunteer engagement; Role of NSS volunteers in initiatives such as the Swachh Bharat Abhiyan and Digital India	16

References:

1. Ministry of Youth Affairs and Sports, Government of India. (2022). National Service Scheme (NSS) Manual.
2. Agarwalla, S. (2021). NSS and Youth Development. Mahaveer Publications
3. Bhattacharya, P. (2024). Stories Of NSS(English Version). Sahityasree.
4. Borah, R. and Borkakoty, B. (2022). NSS in Socioeconomic Development. Unika Prakashan.
5. Wondimu, H., & Admas, G. (2024). The motivation and engagement of student volunteers in volunteerism at the University of Gondar. *Discover Global Society*, 2(1), 1-16.
6. Saha, A. K. (2002). Extension Education—The Third Dimension Needs and Aspirations of Indian Youth. *Journal of Social Sciences*, 6(3), 209-214.

Code: ^p BCA-3008-E	VAC-III E	National Cadet Corps (NCC) Note: All the theoretical contents shall be delivered through the practical workshop mode only. No class room teaching is encouraged in this course.	OL+T:4P	2 credits (60 hours practical) of
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Max Marks: 100; Practical: 100 marks

Course Outcomes: Upon completion of the course, students will be able to

CO1: Mastery of Discipline and Leadership through Drill Learners would demonstrate the ability to effectively command a group, foster discipline, and work collaboratively towards achieving shared objectives.

CO2: Mastery of Grace and Dignity in Foot Drill Performance Learners would demonstrate an understanding of how these qualities enhance performance and foster teamwork within a group setting.

CO3: Proficient Weapon Handling and Safety Adherence Learners would showcase a thorough understanding of the criticality of safety measures, emphasizing accident prevention through strict adherence to safety protocols.

CO4: Enhanced Tactical Awareness and Strategic Decision-Making Learners would gain the ability to make informed decisions and effectively utilize terrain features to gain tactical advantage during operations.

Unit	Topics	Proposed Practical Hours
I	Overview of NCC, its history, aims, objectives, and organizational structure, Incentives and duties associated with NCC cadetship; Maneuvers: Foot drill, Word of Command, Attention, and stand at ease, and Advanced maneuvers like turning and sizing; Parade formations: Parade line, open line, and closed line; Saluting protocols, parade conclusion, and dismissal procedures. Marching styles: style march, double time march, and slow march	20
II	Weapon Training, Handling fire arms, Introduction and characteristics of the .22 rifle; Handling Firearm techniques, emphasizing safety protocols and Best practices.	10
III	Map Reading (MR): Topographical forms and technical terms, including relief, contours, and gradients, crucial for understanding terrain features; Cardinal points, magnetic variation and grid convergence	10
IV	Field Craft & Battle Craft (FC & BC): Fundamental principles and techniques essential for effective field and battle craft operations; Methods of judging distance, including estimation, pacing, and visual cues	20

References:

1. DGNCC Cadet's Hand Book-Common Subjects-AllWings
2. Tiwari, R.(2019). NCC: Grooming Feeling of National Integration, Leadership and Discipline among Youth. Edwin Incorporation.
3. Chhetri, R. S.(2010).Grooming Tomorrows Leaders, The National Cadet Corps.
4. Directorate General National Cadet Corps(2003). National Cadet Corps, Youth in Action.
5. Vanshpal, Ravi(2024). The NCC Days, Notion Press.

Code: P BCA-3008-C	VAC-III C	Disaster Management Note: All the theoretical contents shall be delivered through the practical workshop mode only. No class room teaching is encouraged in this course.	OL+T:4P	2 credits (60 hours practical) of
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Max Marks: 100; Practical: 100 marks

Course Outcomes: Upon completion of the course, students will be able to
CO 1. Articulate the critical role of disaster management in reducing risks and enhancing resilience
CO 2. Identify and describe key institutional frameworks and processes in disaster management.
CO 3. Conduct risk assessments and develop disaster management plans for specific scenarios
CO 4. Activities in Emergency disaster Management and training

Unit	Topics	Proposed Practical hours
I	Concepts and Terminologies Understanding Key Concepts of Hazards, Disasters; Disaster Types and Causes (Geophysical, Hydrological, Meteorological, Biological and Atmospheric; Human-Made); Global Trends in Disasters - Impacts (Physical, Social, Economic, Political, Environmental and Psychosocial); Defining Vulnerability(Physical Vulnerability; Economic Vulnerability; Social Vulnerability)	16
II	Key Concepts of Disaster Management Cycle Components of Disaster Management Cycle (Phases: Response and Recovery, Risk Assessment, Mitigation and Prevention, Preparedness Planning, Prediction and Warning); Disaster Risk Reduction (DRR), Community Based Disaster Risk Reduction	16
III	Initiatives At National and International Level Disaster Risk Management in India and At International Level: Related Policies, Plans, Programs and Legislation; International Strategy for Disaster Reduction and Other Initiatives	12
IV	Emergency Management Explosion and Accidents (Industrial, Nuclear, Transport and Mining) - Spill (Oil and Hazardous Material); Threats (Bomb and Terrorist Attacks) - Stampede and Conflicts Training and Demonstration Workshops (At Least Two Workshops) Be Organized in Association with the NIDM, NDRF, NCDC, Param Military, Fire Brigade, CISF, Local Administration Etc.	16

Reference Books:

1. Clements, Bruce W. *Disasters and Public Health: Planning and Response*. Elsevier, 2009.
2. Duncan, K., and C. A. Brebbia, editors. *Disaster Management and Human Health Risk: Reducing Risk, Improving Outcomes*. WIT Press, 2009.
3. Singh, R. B., editor. *Natural Hazards and Disaster Management: Vulnerability and Mitigation*. Rawat Publications, 2006.
4. Ramkumar, Mu. *Geological Hazards: Causes, Consequences and Methods of Containment*. New India Publishing Agency, 2009.
5. Modh, S. *Managing Natural Disasters: Hydrological, Marine and Geological Disasters*. Macmillan, 2010.
6. Carter, Nick. *Disaster Management: A Disaster Manager's Handbook*. Asian Development Bank, 1991.