BBA-II YEAR(2022-23)

Year	Sem	Subject	Course Code	Paper Title	Theory / Practic al/ Project	Credits	Cumulative Minimum credits required for Award of Certificate/ Diploma/ Degree
2	III	Core 7	F020313T	Management & Cost Accounting	Theory	6	
		Core 8	F020314T	Business Law	Theory	6	
		Core 9	F020315T	Business Environment	Theory	6	
		GE 3	F020316T	Business Environment	Theory	4	
		SEC 3	F020317T	Business Communication	Theory	3	
		AECC 3	F020318T	Human Values and Environmental Studies	Theory	0(Qualifying)	(92)
Total C	Credit					25	Diploma in Business
2	IV	Core 10	F020419T	Research Methodology	Theory	6	Administration
		Core 11	F020420T	Consumer Behaviour	Theory	6	
		Core 12	F020421T	Investment Analysis & Portfolio Management	Theory	6	
		GE 4	F020422T	Entrepreneurship and Small Business Management	Theory	4	
		SEC 4	F020423T	Supply Chain Management	Theory	3	
		AECC 4	F020424T	Food Nutrition and Hygiene	Theory	0(Qualifying)	
Total C	Credit	•			•	25	

BBA-III Semester

Year	Sem	Subject	Course Code	Paper Title	Theory/ Practical/ Project	Credits
2	III	Core 7	F020313T	Management & Cost Accounting	Theory	6
		Core 8	F020314T	Business Law	Theory	6
		Core 9	F020315T	Business Environment	Theory	6
		GE 3	F020316T	Business Environment	Theory	4
		SEC 3	F020317T	Business Communication	Theory	3
		AECC 3	F020318T	Human Values and Environmental Studies	Theory	0(Qualifying)
Total Cro	edit	•				25

rogramme/Class: BBA		ne/Class: BBA Year: Second Semester: T		rd	
		Core Compulsory –	7		
Course	e Code: F020313T		Management & Cost ccounting		
Course outcorst accoun		is paper is to give the basic ki	nowledge about the Manager	nent and	
	Credits: 6		Compulso ry		
	Max. Marks: 30+70)	Min. Passing Marks: 1	2+28	
	Total No. of Lecture	s-Tutorials-Practical (in hours	per week): L-T-P: 5-1-0		
Unit		Topi cs		No. of Lecture s	
	Introduction, Magning	Notions and Coops of Manage	ment Accounting	Total=75	
_	Introduction: Meaning, Nature and Scope of Management Accounting, Functions Relationship of Management Accounting, Financial Accounting and				
I	Cost				
	Accounting				
II	classifications, Method	are and Scope of Cost Account is and Techniques, Installation al, Labour and Overheads		19	
		e unit costing-preparation of c	ost sheet, Process costing,		
III	Contract costing (Elem	nentary numerical problems)		18	
IV	Marginal Costing and	Absorption Costing, Break-ev	en analysis,		
				19	
Suggested I . Mahesh		blem and Solutions in Cost Ac	ecounting		
2. Khan &	z Jain, Management Acco	unting			
3. Gupta,	S.P., Management Accou	nting			

Suggested equivalent online courses:

Further Suggestions:	

Programme/Class: BBA		Year: Sec	Year: Second Semester: T		ird	
		Core Com	pulsory- 8	3		
Course	Code: F020314T			itle: Business Law		
	•		e the basic kr	nowledge about the rules and	1	
regulation of	execution of Busine	SS	T			
	Credits: 6			Compulso ry		
	Max. Marks: 30)+70		Min. Passing Marks: 1	2+28	
	Total No. of Lec	tures-Tutorials-Pract	ical (in hours	per week): L-T-P: 5-1-0		
Unit			Topi cs		No. of Lecture s	
	The Indian Centres	et Act 1872: Scope of	f the Act Ess	antial of A Valid	Total=75	
I	The Indian Contract Act 1872: Scope of the Act, Essential of A Valid Contract, Agreement, Performance of Contracts, Breach of Contract & Remedies, Quasi-Contracts			19		
П	The Sale of Good Act, 1930: Formation of Contract, Conditions & 19 Warranties, Rights of an Unpaid Seller, Performance of the Contract of Sale				19	
III	The Negotiable Instruments Act, 1881: Nature and Types of negotiable instruments, Negotiation and Assignment, Holder-in-Due Course, Dishonour			18		
IV	The Companies Act, 1956: Nature and Type of Companies, Formation of Companies, Memorandum and Articles of Association, Prospectus, Share capital Membership Meetings and Winding-Up			19		
Suggested Ro 1. Avatar S	eadings: ingh, Company Law					
2. Khergan	nwalla, JS, The Nego	tiable Instrument Ac	t			
3. Ramaya	A, A Guide to Comp	panies Act				
	K, Business Law for					
Suggested Co	ontinuous Evaluation	Methods:				
Suggested ed	valent online cour					
Suggested et	Suggested equivalent online courses:					
Further Sugg	gestions:					

Programme/Class: BBA		Year: Second		Semester: Third	
		Core Com	pulsory –	9	
Course	Code: F020315T		Course Title	: Business Environment	
Course outco	mes: The objective	of this paper is to give	e the basic k	nowledge about the business	
environment	in industry				
	Credits: 6			Compulso ry	
	Max. Marks: 30	0+70		Min. Passing Marks: 1	2+28
	Total No. of Lea	ctures-Tutorials-Pract	ical (in hours	s per week): L-T-P: 5-1-0	
Unit				No. of Lecture s Total=75	
	Introduction: Co	oncept, Significanc	e and C	omponents of	
I	Ві	ing Business	19		
	Environment, Micro and Macro				
	environment.				
II	Economic Systems: Capitalism, Socialism, Communism, Mixed Economy- Public Sector & Private Sector			19	
	Industrial Policy-F	3 r i ef historical persp	pective; New	industrial policy	
III		nomic implications o	f Liberalizati	on, Privatization and	18
	Globalization Role of Government in Regulation and Development of Business; Monetary				
	and Fiscal Policy; EXIM Policy, FEMA; Overview of International Business				
IV					
	Environment, Trends in World Trade: WTO-Objectives and role in international trade.				
Suggested Re		•			
Francis Cherunilum, Business Environment					
2. K. Aswathapa, Business Environment					
Suggested Continuous Evaluation Methods:					
Suggested as		***************************************			
Suggested equivalent online courses:					
Further Sugg	estions:			·	

Program	me/Class: BBA	Year: Sec	ond	Semester: Thi	rd
		Generic E	lective – 3	3	
Course	Code: F020316T		Course Title:	Business Environment	
Course outco		of this paper is to give	e the basic kn	nowledge about the business	
	Credits: 4			Compulso ry	
	Max. Marks: 30)+70		Min. Passing Marks: 1	2+28
	Total No. of Lec	tures-Tutorials-Pract	ical (in hours	per week): L-T-P: 4-0-0	
Unit			Topi cs		No. of Lecture s Total=60
	Introduction: Co	oncept, Significance	e and Co	omponents of	
I	Bu	siness environment,	Factor affecti	ing Business	10
-	Environment, Micro and Macro				
	environment.				
II	Economic Systems: Capitalism, Socialism, Communism, Mixed Economy-Public Sector & Private Sector				15
	Industrial Policy-B	rief historical perspective; New industrial policy of India,			
III	Socio-economic implications of Liberalization, Privatization and				
	Globalization				
	Role of Governme	nt in Regulation and	Developmen	nt of Business; Monetary	
TV/	and Fiscal Policy; EXIM Policy, FEMA; Overview of International Business				
IV	Environment, Trends in World Trade: WTO-Objectives and role in				
	international trade.				<u> </u>
Suggested Re	eadings: Cherunilum, Busines:	s Environment			
	thapa, Business Envi ontinuous Evaluation				
		······			
Suggested eq	uivalent online cour	ses:			
Further Sugg	estions:			<u></u>	

Programme/Class: BBA Year: Second Semester: T		Semester: Th	ird		
		Skill Enhancen	nent Cour	se - 3	
	Code: F020317T			Business Communication	
Course outco	•	of this paper is to giv	e the basic k	nowledge about the Business	S
Communicat	Credits: 3			Compulso ry	
	Max. Marks: 3	0+70		Min. Passing Marks:	12+28
	Total No. of Lea	ctures-Tutorials-Pract	ical (in hours	s per week): L-T-P: 3-0-0	
Unit					No. of Lecture s Total=45
I	Introduction: Meaning and objective of Business communication, Forms of Communication, Communication model and process, Principles of Effective Communication				12
П	Corporate Communication: Formal and Informal Communication, Networks, Grapevine, Barriers in Communication, Groups discussion, Mock Interviews, Seminars, Individual and Group Presentations			11	
III	Essential of effective Business letters, Writing Important Business letters including correspondence with Bank and Insurance companies; Oral & Nonverbal communication: Principles of Oral Presentation, Factors affecting Presentation, effective Presentation skills, conducting Surveys; Body Language, Para Language, Effective Listening, Interviewing skill, Writing Resume, Letter and Application;			10	
IV	Modern forms of communication, International communication, Cultural sensitiveness and cultural context, Writing and presenting in international situations			12	
 Bapat & Bhende I 	Suggested Readings: 1. Bapat & Davar, A Text book of Business Correspondence 2. Bhende D.S., Business Communication				
4. Gowd & Dixit, Advance Commercial Correspondence					
5. Gurky J.M., A Reader in Human Communication					
Suggested Continuous Evaluation Methods:					
Suggested eq	Suggested equivalent online courses:				
Further Sugg	gestions:	•••••			
	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •		•••••	

Programme/Class: BBA	Year: Second	Semester: Third			
Ability Enhancement Compulsory Course – 3					
Course Code: Course Title: Human Values and Environmental Studies F020318T					

Course outcomes:

The mission of the course on Human Values and Environmental Studies is to create morally articulate solutions to be truthful and just and to become responsible towards humanity. The course seeks to establish a continuous interest in the learners to improve their thought process with intent to develop a new generation of responsible citizens capable of addressing complex challenges faced by the society due to disruptions in human interactions effecting human values. This course works towards

- Building fundamental knowledge of the interplay of markets, ethics, and law,
- Look at various challenges faced by individual to counter unethical issues
- Look at core concepts for business ethics
- Look at core concepts of anti-corruption
- Look at core concepts for a morally articulate solution evolver to management issues in general,
- Issues of sustainable development for a better environment.
- To know how environmental degradation has taken place.
- Be aware of negotiations and international efforts to save environment.
- How to develop sustainably?
- Efforts taken up by UN in Sustainable Development.
- Efforts taken by India in Sustainable Development.
- The course intends to create a sense of how to be more responsible towards the environment.

Upon finishing of the course students will be able to come up with using ethical reasoning for decision making and frame ethical issues as well as operationalise ethical choices. The course integrates various facets of human values and environment.

micgrate	s various facets of fluffiall values and crivitori	Hent.				
	Credits: 2	Compul				
		sory				
	Max. Marks: 30+70	Min. Passing Marks:	: 12+28			
	Total No. of Lectures-Tutoria	als-Practical (in hours per week): L-T-P:	2-0-0			
Unit	Topics					
			Lectu			
			res			
			Total=30			
	Human Values- Introduction- Values, Char	racteristics, Types ,Developing Value				
ī	system in Indian Organisation, Values in B	usiness Management, value based				
_	Organisation, Trans -cultural Human value	es in Management. Swami				
	Vivekananda's					
	philosophy of Character Building, Gandhi's	concept of Seven Sins, APJ Abdul				
	Kalam					
	view on role of parents and Teachers.					
	Human Values and Present Practices – Issues : Corruption and Bribe , Privacy					
	Policy in Web and Social Media, Cyber threats ,Online Shopping etc. Remedies					
	UK					
	Bribery Act, Introduction to sustainable	policies and practices in Indian				
	Economy.					
	Principles of Ethics					
	Secular and Spiritual Values in Managen	nent- Introduction- Secular and				
	Spiritual					
	values, features, Levels of value Implemen	tation. Features of spiritual Values,				
	Corporate Social Responsibility- Nature,	Levels ,Phases and Models of CSR,				
	Corporate Governance. CSR and Modern B					
	Premji					
	and Bill Gates.					

I I	Holistic Approach in Decision making- Decision making, the decision making process, The Bhagavad Gita: Techniques in Management, Dharma and Holistic Management. Discussion through Dilemmas —	
	Dilemmas in Marketing and Pharma Organisations, moving from Public to Private — monopoly context, Dilemma of privatisation, Dilemma on liberalization, Dilemma on social media and cyber security, Dilemma on Organic food, Dilemma on standardization, Dilemma on Quality standards.	8
	Case Studies	
III	Ecosystem: Concept, structure & functions of ecosystem: producer, consumer, decomposer, foodweb, food chain, energy flow, Ecological pyramids Conservation of Biodiversity- In-situ & Ex- situ conservation of biodiversity Role of individual in Pollution control	7
	Human Population & Environment	
	Sustainable Development	
	India and UN Sustainable Development Goals Concept of circular economy and entrepreneurship	
IV	Environmental Laws? International Advancements in Environmental Conservation Role of National Green Tribunal	
	Air Quality Index Importance of Indian Traditional knowledge on environment Bio assessment of Environmental Quality	8
	Environmental Management System Environmental Impact Assessment and Environmental Audit	

Suggested Readings:

- 1. A foundation course in Human Values and Professional Ethics by RR. Gaur, R. Sangal et.al
- 2. JUSTICE: What's the Right Thing to Do? Michael J. Sandel.
- 3. Human Values by A. N. Tripathi New Age International
- 4. Environmental Management by N.K. Uberoi
- 5. https://www.un.org/sustainabledevelopment/sustainable-development-goals/
- 6. https://www.india.gov.in/my-government/schemes
- 7. https://www.legislation.gov.uk/ukpga/2010/23/contents

Daniel Kahneman, Thinking, Fast and Slow; Allen Lane Nov 2011 ISBN: 9780141918921

Suggested Continuous Evaluation Methods:

In addition to the theoretical inputs the course will be delivered through case studies and dilemmas. Assignments, Presentation, Group Discussions. This will instill in student a sense of decision making and practical learning. The course participants can be evaluated on the following structure.

- > Assignments (10)
- > Presentation (10)
- > Attendance (5)
- > Final exam (75)

Suggested equivalent online courses:

Further Suggestions: _____

BBA-IV SEMESTER

Year	Sem	Subject	Course Code	Paper Title	Theory/ Practical / Project	Credits
2	IV	Core 10	F020419T	Research Methodology	Theory	6
		Core 11	F020420T	Consumer Behaviour	Theory	6
		Core 12	F020421T	Investment Analysis & Portfolio Management	Theory	6
		GE 4	F020422T	Entrepreneurship and Small Business Management	Theory	(Optional)
		SEC 4	F020423T	Supply Chain Management	Theory	3
		AECC 4	F020424T	Food Nutrition and Hygiene	Theory	0(Qualifying)
Total Cı	edit	•	•		•	21

Dragram	uma/Class DDA	Year: Sec	and	Semester: Fou	eth.	
Program	ime/Class: BBA				rui	
	Core Compulsory – 10					
Course Code: F020419T Course Title: Research Methodology						
	Course outcomes: The objective of this paper is to give the basic knowledge about the Research			l		
Methodology						
	Credits: 6			Compulso		
	Max. Marks: 30	±70		ry Min. Passing Marks: 1	2±28	
			ical (in hour	s per week): L-T-P: 5-1-0	2+20	
	Total No. of Lect	ures-rutoriais-Fract	icai (ili ilouis	s per week). L-1-F. 3-1-0	No. of	
Unit			Topi		No. 01 Lecture	
Oint			cs		S	
			011	0.00	Total=75	
I	Introduction: Meaning of Research, Objectives of Research, Types of Research, Research Process, Research Problem formulation; Research Design: Features of a good research design; Different Research Designs; Measurement in Research; Data types; Sources of Error			19		
II	1 0	Census & Sample Sussigns-Probability &	•	in Sampling Design; ility sampling.	18	
III		vsis of Data: Process f analysis, Hypothes		ns; problems in hi-square test, Z-test, t-	19	
IV		ports; Mechanism of		g; Layout of Research esearch report;	19	
Suggested Re	•					
	C.R. Kothari, Research	~		1- M - 41 1-1		
	2. Banerjee S. and Roy Ramendu, Fundamentals of Research Methodology uggested Continuous Evaluation Methods:					
Suggested eq	uggested equivalent online courses:					
Further Sugg	urther Suggestions:					

Programme/Class: BBA Year: Sec		cond Semester: Fourth		ırth	
Core Compulsory- 11					
Course	Course Code: F020420T Course Title: Consumer Behaviour				
Course outco	omes: The objective	of this paper is to giv	e the basic k	nowledge about the consume	r behaviour
	Credits: 6			Compulso	
				ry	
	Max. Marks: 30	0+70		Min. Passing Marks: 1	2+28
	Total No. of Lec	ctures-Tutorials-Pract	ical (in hours	s per week): L-T-P: 5-1-0	
Unit			Topi cs		No. of Lecture s
					Total=75
τ.		earch process.CB mo		•	
I			ward & Seth	model, Nicosia model,	19
II	consumer attitude formation, attitude measurement, meaning and nature of			18	
	personality, self co		a: Family r	oforonco group, porconol	
III	Influences & Consumer Decision making: Family, reference group, personal, social and cultural influence on CB, Consumer Decision making process, Consumer Communication process, consumer satisfaction.			19	
Industrial Buying Behaviour: Participants, characteristics of industrial markets, factors influencing industrial markets, stages of industrial buying process, Customer and marketing of services.			19		
Suggested R. 1. Suja. R.	•	naviour in Indian Pers	pective		
2. Schifma	n & Kanuk, Consum	er Behaviour			
	4. Bennet & Kasarji, Consumer Behaviour Suggested Continuous Evaluation Methods:				
	·····				
Suggested eq	quivalent online cour	eses:			
Further Sugg	gestions:				
			• • • • • • • • • • • • • • • • • • • •		

Program	nme/Class: BBA	Year: Sec	ond	Semester: Fou	rth	
	Core Compulsory – 12					
Course	Course Code: F020421T Course Title: Investment Analysis & Portfolio Management					
	Course outcomes: The objective of this paper is to give the basic knowledge about the investment analysis					
and portfolio	and portfolio managementubject 3(A)					
	Credits: 6			Compulso ry		
	Max. Marks: 3	0+70		Min. Passing Marks: 1	2+28	
	Total No. of Lea	ctures-Tutorials-Pract	ical (in hour	s per week): L-T-P: 5-1-0		
Unit			Topi cs		No. of Lecture s Total=75	
I		and risk analysis, mea		f investments analysis, return and risk:	19	
II	Investment Alternatives: Investment instrument of Capital Market and Money				18	
Ш	Fundamental Analysis: Economic analysis industry analysis and company			19		
IV	Portfolio Management: Meaning, importance and objectives of portfolio and portfolio management. Risk and Return. Definition types and			19		
Suggested Re	eadings:	-			I	
	·	o Management by Pu	ınithavathy F	Pandian		
Suggested Co	Suggested Continuous Evaluation Methods:					
C						
Suggested eq	Suggested equivalent online courses:					
Further Sugo	Further Suggestions:					

Programme / Class: Degree	Year: Second	Semester: Fourth		
Generic Elective – 4 (Optional)				
Course Code: F020422T Course Title: Entrepreneurship and small business management				

Course outcomes:

The aim of the course is to develop concept of entrepreneur and entrepreneurship among the student. The course seeks to give detailed knowledge about the subject matter by instilling them basic ideas about entrepreneurship and small businesses. The outcome of the course will be as follows –

To provide knowledge about entrepreneurial concept

To provide knowledge about entrepreneurship development, EDPs and support systemTo give an overview about project and project report preparation

To give an overview about the small businesses

Credits: 4	Compulso
	ry
Max. Marks: 30+70	Min. Passing Marks: 12+28

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0

Unit	Topi cs	No. of Lectures Total=60
I	Entrepreneurship: Concept, Role & Importance in Indian Economy, Theories of Entrepreneurship, Entrepreneurs – Evolution of concept, Types of entrepreneurs, traits of entrepreneur, entrepreneurs Vs managers, Entrapreneurs, problems faced by entrepreneurs, Women Entrepreneurs, Rural Entrepreneurs	15
II	Entrepreneurial Development and Institutional Support System: Entrepreneurship development, Concept and Significance, Entrepreneurial Development Programmes (EDP), problems of EDP, Institutional support to entrepreneurs, Arrangement of finance and support from financial institutions	10
III	Business Idea: Environmental analysis, Search for business idea, Identification of projects, Selection of project, Project formulation, Project report, project appraisal.	15
IV	Small Business: Definitions, MSMED Act 2006, Strategic Planning and its steps for small business, Incentives and subsidies available to small business, forms of ownership, Registration as SSI	10

Suggested Readings:

- 1. Entrepreneurship 10th Ed (Indian Edition) 2016 by Robert Hisrich Michael Peters Dean Shepherd, McGraw Hill
- 2. Khanka, S.S.; Entrepreneurial Development; S. Chand and Co.
- **3.** Kumar, Arya; Entrepreneurship; Pearson Education.
- 4. Desai, Vasant; Dynamics of Entrepreneurial Development and Management; Himalaya Publishing
- **5.** Blundel, R. and Lockett, N.; Exploring Entrepreneurship Practices and Perspectives; Oxford Publications.

Suggested Continuous Evaluation Methods:

In addition to the theoretical inputs the course will be delivered through Assignments, Presentation, Group Discussions. This will instill in student a sense of decision making and practical learning.

Suggested equivalent online courses:

Further Suggestions:

Year: S Programme/Class: BBA		Year: Sec	ond	Semester: Fou	rth
	S	Skill Enhancen	nent Cours	se – 4	
Course outco	Course Code: F020423T Course Title: Supply Chain Management Course outcomes: The objective of this paper is to give the basic knowledge about the Supply Chain Management for goods and services				
	Credits: 3			Compulso ry	
	Max. Marks: 30+	70		Min. Passing Marks: 1	2+28
	Total No. of Lectu	res-Tutorials-Pract	ical (in hours	per week): L-T-P: 3-0-0	
Unit	cs s			Lecture	
I	Introduction, Definition of Supply Chain Management, Evolution of the Concept of Supply Chain Management, Key Drivers of Supply Chain Management, Typology of Supply Chains, Cycle View of Supply Chain, Problems in SCM and Suggested Solutions			11	
II	Introduction, Three Components of SCM, Demand Management, Demand Forecasting; Introduction, Supply Management, Evolution of ERP, Concept of ERP in SCM, Quick Response and Accurate Response System in SCM, Use of Other Planning Strategies			12	
III	Introduction, Unders Benchmarking Proce	tanding the Benchi	marking Conc	ept,	12
Introduction, New Developments in Supply Chain Management, Outsourcing Supply Chain Operations, Co-Maker ship, The Role of E- Commerce in Supply Chain Management, Green Supply Chain Management, Distribution Resource Planning, World Class Supply Chain Management					
1. Sup	Suggested Readings: 1. Supply Chain Management by Michel H Hungo 2. Supply Chain Management by Sunil Chopra				

Suggested Continuous Evaluation Methods:
Suggested equivalent online courses:
Further Suggestions:

Programme/Class: BBA	Year: Second	Semester: Fourth			
Ability	Ability Enhancement Compulsory Course – 4				
Course Code: F020424T	Course Title: Phy	vsical Education and Yoga			

Course outcomes:

Students will learn the introduction of Physical Education, Concept of fitness and wellness, Weight management and lifestyle of an individual. The student will also learn about the relation of Yoga with mental health and value Education. In this course student will also learn about the aspects of the Traditional games of India.

	Credits: 2	Compu	ılsory	
	Max. Marks: 30+70 Min. Passing Marks:			
	Total No. of Lectures-Tutorials-	Practical (in hours per week): L-T-P: 1-1	-0	
BN	Тор	oics	No. of	
			Lectu	
			res	
			Total=15	
	Physical Education:			
I	 Meaning, Definition, Aim and O 	bjective.		
	 Misconception About Physical E 	Education.		
	 Need, Importance and Scope of 1 	Physical Education in the Modern	6	
	Society.	•		
	Physical Education Relationship	with General Education.		

	Physical Education in India before Independence.	
	Physical Education in India after Independence.	
	Concept of Fitness and Wellness:	
I	Meaning, Definition and Importance of Fitness and Wellness.	
I	 Components of Fitness. 	
_	 Factor Affecting Fitness and Wellness. 	
	Weight Management:	
	Meaning and Definition of Obesity.	5
	 Causes of Obesity. 	Theory
	 Management of Obesity. 	Practical
	 Health problems due to Obesity. 	Tractical
	Lifestyle:	
	 Meaning, Definition, Importance of Lifestyle. 	
	Factor affecting Lifestyle.	
	Role of Physical activity in the maintains of Healthy Lifestyle	
	Yoga and Meditation:	
III	Historical aspect of yoga.	2 Theory
	Definition, types scopes & importance of yoga.	6
	Yoga relation with mental health and value education.	Practical
	Yoga relation with Physical Education and sports.	
	Definition of Asana, differences between asana and physical	
	exercise.	
	Definition and classification of pranayama.	
	Difference between pranayama and deep breathing.	
	Practical: Asana, Suraya-Namaskar, Bhujang Asana, Naukasana,	
	Halasana, Vajrasan, Padmasana, Shavasana, Makrasana,	
	Dhanurasana, Tad Asana.	
	Pranayam: Anulom, Vilom.	
IV	Traditional Games of India:	
	Meaning.	
	Types of Traditional Games-	2
	Gilli- Danda	Theory
	* Kanche	6
	+ Stapu	Practical
	Gutte, etc.	Tractical
	Importance/ Benefits of Traditional Games. How to Design Traditional Course.	
	How to Design Traditional Games. Page 1 How to Design Traditional Games.	
	Recreation in Physical Education:	
	Meaning, Definition of Recreation. Source and Importance of Recreation.	
	Scope and Importance of Recreation. Convert Principles of Recreation.	
	General Principles of Recreation.	

• Types of Recreational Activities. Aerobics and Zumba.(Fir India Movement)

Suggested Readings:

- Singh, Ajmer, Physical Education and Olympic Abhiyan, "Kalayani Publishers", New Delhi, Revised Addition, 2006
- Patel, Shri krishna, Physical Education, "Agrawal Publishers", Agra, 2014-15
- Panday, Preeti, Sharirik Shiksha Sankalan, "Khel Sanskriti Prakashan, Kanpur
- Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.
- B.K.S. Yengar, " Light and Yog. Yoga Deepika", George Allen of Unwin Ltd., London, 1981. Braj Bilari Nigam, Yoga Power " The Kpath of Personal achievement " Domen and Publishers, New Delhi, 2001.
- Indira Devi, " Yoga for You", Gibbs, Smith Publishers, Salt Lake City, 2002 Domenand Publishers, New Delhi 2001.
- Jack Peter, " Yoga Master the Yogic Powers", Abhishek Publications, Chandigarh, 2004. Janice Jerusalim, " A Guide To Yoga" Parragon Bath, Baiihe-2004.
- नारंग, प्रियंका, परम्परागत भारतीय खेल, "स्पोर्टस पब्ललके शन", नई दिल्ली, 2007

Suggested Continuous Evaluation Methods:

- Assignments (10)
- Presentation (10)
- > Attendance (5)
- Final exam (75)

Suggested equivalent online courses:

- IGNOU.
- Rajarshi Tandan Open University.

Further Suggestions: