

2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Skill Enhancement Course-2

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Self Defence		
Course Code	B23-SEC-226		
Course Type:	Skill Enhancement Course-2		
Level of the Course	100 - 199		
Pre-requisite (if any)	Open for all		
Course Learning Outcomes (LOs):	After completing this course, the learner will be able to: 1. Learn the principles of Self Defence and analyzes of various situations 2. Acquire the knowledge of everyday objects as improvised self-defence tools, Fundamental strikes and Meaning of Defensive Maneuvers. 3. Describe the various techniques of Joint Locks, Chokes, Escapes and holds. 4. Acquire the skills of improvising self-defence tools and various self-defence techniques against common weapons.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 Part I - Theory = 50 (Internal Assessment – 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 25 (Internal Assessment -5 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of four Units I, II, III and IV. Units I , II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Self Defence: • Meaning of self-defence & personal safety and its significance in everyday life. • Basic principles of Self-defence and mindset required for effective self-defence. • Meaning of Situational Awareness, Techniques of observing and assessing one's surroundings, recognizing potential threats and techniques of avoiding dangerous situations.		10

II	Practical aspects of Self Defence: 5. Meaning of Self-defence Tools, everyday objects as improvised self-defence tools. 6. Fundamental strikes: Punches, Kicks, Knee strikes and Elbow Strikes. 7. Meaning of Defensive Maneuvers 8. Meaning and Techniques for blocking, parrying and evading attacks to neutralize threats.	10	
III	Techniques of Locks and Self Defence against Holds: 9. Meaning of Joint Locks, Chokes and Escapes, types of joint Locking and choking techniques. 10. Meaning and techniques of escaping from holds. 11. Basics of self-defence when on the ground and defending against ground attacks.	10	
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation/Seminar/ Assignment/Quiz/class test, etc. = 15		End Term Exam: 35 Marks Time = 3 hr One question of 10 marks from each Units I, II to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.	
Part II – Practical (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Improvised Self-Defence Tools: Technique of utilizing everyday objects as improvised self-defence tools and understanding their effectiveness.	10 Marks	10
II	Scenario-based Techniques: Techniques for defending against grabs, chokes, and bear hugs.	10 Marks	10
III	Defence against weapons Techniques of self defence against common weapons such as Knife, sticks, and firearms.	5 Marks	10
	Internal Assessment: 5 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through demonstration of technique = 15 Marks Viva Voce/ Practical Record File = 5 Marks	
Part C-Learning Resources			

- Steve Collins (2012) Self Defence: Techniques And Tactics. Kindle Edition.
- <https://ymaa.com/sites/default/files/book/sample/FightBack.9781594394935.pdf>
- <https://www.kravmaga-women-protect.fr/images/Techniques-de-Self-Defense-Special-Femmes-anglais.pdf>
- Dueep J. Singh, (2015) Self Defence for Women: Tips, Techniques and Methods to Protect Yourself. Mendon Cottage Books.

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Vocational Course - 2

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Basic Physiotherapy Technique		
Course Code	B23-VOC-113		
Course Type:	Vocational Course - 2		
Level of the Course	100 - 199		
Pre-requisite (if any)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	1. Understand the concept and principles of Physiotherapy and Gross and Microscopic Structure of Skelton muscle 2. Acquire knowledge about the major muscles and main joints of human body 3. Develop an understanding about the nervous system and various mechanism of tissue healing. Explain concept of in Rehabilitation and Therapeutic Exercises 4. Assess the Range of motion on all joints. 5. Manually test muscle. Apply basic electrical components in electrotherapeutic equipments on various muscles. 6. Give massage to various muscles of upper limb, lower limb and back.		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2 hours per week	4 hours per week (Size of practical group = 20 students)	6
Max. Marks: 100 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of five Units I, II, III and IV. Units I, II & III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of First Aid • Meaning and definition of Physiotherapy • Purpose of Physiotherapy, Principles of Physiotherapy • Meaning of Anatomy and Physiology • Gross and Microscopic Structure of Skelton muscle • Basic Anatomy of Bones, Name and location of various bones present in the human body. • Types of bones present in human body.		10

	• Meaning of Joint, Types of joints, • Types of Synovial joint, Structure of Synovial Joint		
II	Important Muscles and Joints • Name and locations of various muscles: Sternocleidomastoid muscle, Latissimus Dorsi, Deltoid, Biceps, Triceps and Pectoralis Major, Trapezius, Rhomboid Major, Rectus Abdominal, Hamstrings group of Muscles, Quadriceps group of Muscles, Gastrocnemius Muscle. • Ligaments of Shoulder, Hip, Elbow and Knee, joints	10	
III	Introduction to Rehabilitation and Therapeutic Exercises: • Meaning of rehabilitation, Guiding principles of rehabilitation of injuries • Description of Thermo therapy: Hot bag, Contrast bath and Whirlpool bath. • Description of Hydrotherapy: Cryotherapy, Ice pack, Ice wrap and Ice massage • Description of Electro therapy: Short wave diathermy, Infrared therapy and Ultrasound therapy. • Meaning and principles of therapeutic Exercises • Meaning of PRICE, Physiology of PRICE • Mechanism of healing: Nervous tissue, Muscle and Bones	10	
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 5		End Term Exam: 35 Marks Time = 3 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.	
Part II – Practical (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Range of motion (PROM, AROM, AAROM) exercises to all joints, Measurement of joint range using goniometer, Manual muscle testing of individual muscles	15 Marks	20
II	Identify basic electrical components in electrotherapeutic equipments, Stimulation of motor points, stimulation of individual muscle and group muscle,	10 Marks	20
III	Coordination exercises, balancing exercises, General and local Relaxation techniques, Suspension exercise to all major joints. Massage – upper limb, lower limb, back and neck.	10 Marks	20
	Internal Assessment: 15 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

	(5 Marks for Each +5 Marks of File)	(10 Marks for Each + 5 Marks of File)
Part C-Learning Resources		
• The authorized manual of St. John Ambulance, St. Andrew's Ambulance association and the British red cross society, First Aid manual, 9th edition, Dorling Kindersley, London • American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London • B.D. Chaurasia, Human Anatomy-Volume 1, 2, 3 CBS Publishers & Distributors. • Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007 • Snell RS. Neuroanatomy: a review with questions and explanations. Little, Brown; 1992 Jan. • Chaurasia BD. Human anatomy Volume- I, II & III, CBS Publisher; 2004. Singh Vishram Textbook of Anatomy Head, Neck, and Brain; Volume III;2014 • Gardiner MD. The principles of exercise therapy. G. Bell;1957. • Kisner C, Colby LA, Borstad J. Therapeutic exercise: Foundations and techniques. Fa Davis; 2017 Oct18 • Hollis M. Massage for therapists: a guide to soft tissue therapy. Wiley-Blackwell; 2009. • Hollis M, Cook PF, editors. Practical exercise therapy. Wiley-Blackwell;1999. • Practical Exercise therapy, Margaret Hollis, Phyllis Fletcher Cook Wiley • Norkin CC, White DJ. Measurement of joint motion. A guide to goniometry.1995 • Levangie PK, Norkin CC. Joint Structure and function: a comprehensive analysis. 3rd. Philadelphia: FA. Davis Company.2000. • Houghlum PA, Bertoti DB. Brunnstrom's clinical kinesiology. FA Davis;2011. • World Health Organization; Global Strategy on Diet, Physical Activity and Health • McArdle WD, Katch FI, Katch VL. Exercise physiology: nutrition, energy, and human performance. Lippincott Williams & Wilkins;2010. • Kennedy-Armbruster C, Yoke M. Methods of group exercise instruction. Human Kinetics; 2014.		

4th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24))
Vocational - 2

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Training in Yoga Asanas		
Course Code	B23-VOC-213		
Course Type:	Vocational - 2		
Level of the Course	100 - 199		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to:		
	1. Describe the aims, objectives and philosophy of yoga. 2. Explain the philosophy behind various schools of yoga 3. Explain the various types of yoga, pranayama, Shatkarmas, Bandhas and Mudras. 4. Demonstrate various simple and advance asanas. 5. Able to perform Rubber and Jal Neti 6. Able to perform various types of Paranayamas		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2 hours per week	4 hours per week (Size of practical group = 20 students)	6
Max. Marks: 100 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of five Units I, II, III and IV. Units I, II & III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Yoga • Meaning and Definitions of Yoga • Philosophical aspect of Yoga, • Aim and Objectives of Yoga. • Principles of Yoga, Misconceptions and clarifications of Yoga • Relationship of yoga with Education and Sports		10
II	Schools of Yoga and its brief Introduction. • Meaning of Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga and Yantra Yoga, • Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, • Contributions to yoga by Swami Ramakrishna, Swami Vivekananda,		10

	, Maharishi Mahesh yogi, Swami Dayanand Saraswathi and B.K.S Iyengar.		
III	Parts of Yoga: - Asana: Meaning, types and Principles. - Pranayama: Meaning, types and principles. - Shatkarmas: Meaning, types and principles. - Bandh & Mudra: Meaning, types and principles.	10	
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.	
Part II – Practical (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Basic Asanas = At least 15 Advance asanas = 5	10 +5 Marks	20
II	Rubber Nati , Jal Neti	10 Marks	20
III	Pranayamas: Anulom-vilom , Bhramari, Ujjayi , Kapalbhathi and Bhastrika	10 Marks	20
	Internal Assessment: 15 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	
Part C-Learning Resources			
- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan - Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA. - Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA. - Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA. - Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi. - Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA - Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra • - Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust. - Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust - Swami Swatma Ram: Patanjali Yoga Sutra - Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust			

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Value Added Course - 3

Part A -Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Yoga and Meditation		
Course Code	B23-VAC-302		
Course Type:	Value Added Course - 3		
Level of the Course	100 - 199		
Pre-requisite (if any)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the aims, objectives and principles of Yoga. 2. Illustrate the basic knowledge various types of yoga 3. Explain principles of various types of Asanas and Pranayamas.		
Credits	Theory	Practical	Total
	2	0	2
Contact Hours	2 hours per week	0	2
Max. Marks: 50 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 2 Hours For End Term Exam
Part B- Content of the Course			
Instructions for Paper- Setter: The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Yoga - Meaning and Definition of Yoga - Aims and Objectives of Yoga - Traditional & Historical Development of Yoga - The Yoga Sutra: General Consideration - Need and Importance of Yoga in Modern Society - Misconceptions about Yoga		10
II	Foundation of Yoga - The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi - Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga - Brief introduction of Hath Yoga.		10
III	Meditation: - Introduction to Meditation - Basic principles of meditation - Benefits of Meditation, Obstacles in Meditation - Relationship of Concentration and meditation - Meaning and Techniques of Trataka, Ujjayi and OM Meditation		10