CREDIT STRUCTURE & SYLLABI OF COURSES

OFFERED BY

Council of Students Activities

FOR

UNDER GRADUATE PROGRAMME (ECA COURSES)

(From session 2024-25)

OFFERED BY

COUNCIL OF STUDENTS ACTIVITIES

MADAN MOHAN MALAVIYA UNIVERSITY OF TECHNOLOGY, GORAKHPUR-273010, UP

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CREDIT STRUCTURE & SYLLABI

for

Undergraduate Programme (For Extra Curricular Activities ECA)under Council of Student Activities Courses)

Vision:

Holistic development of personality of students by amalgamating the vital sensibility to enable them to contribute constructive quality services to the nation building in particular and to the entire humanity in general.

Mission:

- To facilitate and promote cultural, sports, technical capability with discipline, having their dedication for the service to the community.
- To be recognized nationally as a leading organization for maintaining the highest standards of cultural and literary activities.
- A collaborative community working together to create a culture where everyone gets to grow technically.
- To provide the students platform to learn and critically understand the technologies that aids innovation and development along with providing resources that facilitate learning.
- To engage in ceaseless pursuit of excellence in physical, mental and social wellbeing of theindividuals.
- To offer state of the art sports facilities to keep pace with nascent scenario.

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List of Extra Curricular Activity (ECA) Courses

S. No.	Category	Paper Code	Subject	L	T	P	Credit
1.	ECA-I	ECA-100	Induction Program	-	-	-	0

ECA-II (IInd Semester)

S. No.	Branch	Category	Subject Name	Subject Code	Hours/ Week	Credit
1.	Open to all Branches	ECA	Skill Development-I	ECA-151	2	0
2.	Open to all Branches	ECA	Unity and Discipline (NCC)-I	ECA-171	2	0
3.	Open to all Branches	ECA	National Service Scheme (NSS)-I	ECA-172	2	0
4.	Open to all Branches	ECA	Games & Sports-I	ECA-181	2	0
5.	Open to all Branches	ECA	Cultural, Art & Literary-I	ECA-182	2	0

ECA-III (IIIrd Semester)

S. No.	Branch	Category	Subject Name	Subject Code	Hours/ Week	Credit
1.	Open to all Branches	ECA	Skill Development-II	ECA-201	2	0
2.	Open to all Branches	ECA	Unity and Discipline (NCC)- II	ECA-221	2	0
3.	Open to all Branches	ECA	National Service Scheme (NSS)-II	ECA-222	2	0
4.	Open to all Branches	ECA	Games & Sports-II	ECA-231	2	0
5.	Open to all Branches	ECA	Cultural, Art & Literary-II	ECA-232	2	0

ECA-IV (IVth Semester)

S. No.	Branch	Category	Subject Name	Subject Code	Hours/ Week	Credit
1.	Open to all Branches	ECA	Skill Development-III	ECA-251	2	0
2.	Open to all Branches	ECA	Unity and Discipline (NCC)-III	ECA-271	2	0
3.	Open to all Branches	ECA	National Service Scheme (NSS)-III	ECA-272	2	0
4.	Open to all Branches	ECA	Games & Sports-III	ECA-281	2	0
5.	Open to all Branches	ECA	Cultural, Art & Literary-III	ECA-282	2	0

ECA-V (Vth Semester)

S. No.	Branch	Category	Subject Name	Subject Code	Hours/Week	Credit
1.	Open to all	ECA	Skill Development-IV	ECA-301	2	0

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	Branches					
2.	Open to all Branches	ECA	Unity and Discipline (NCC)- IV	ECA-321	2	0
3.	Open to all Branches	ECA	National Service Scheme (NSS)-IV	ECA-322	2	0
4.	Open to all Branches	ECA	Games & Sports-IV	ECA-331	2	0
5.	Open to all Branches	ECA	Cultural, Art & Literary-IV	ECA-332	2	0

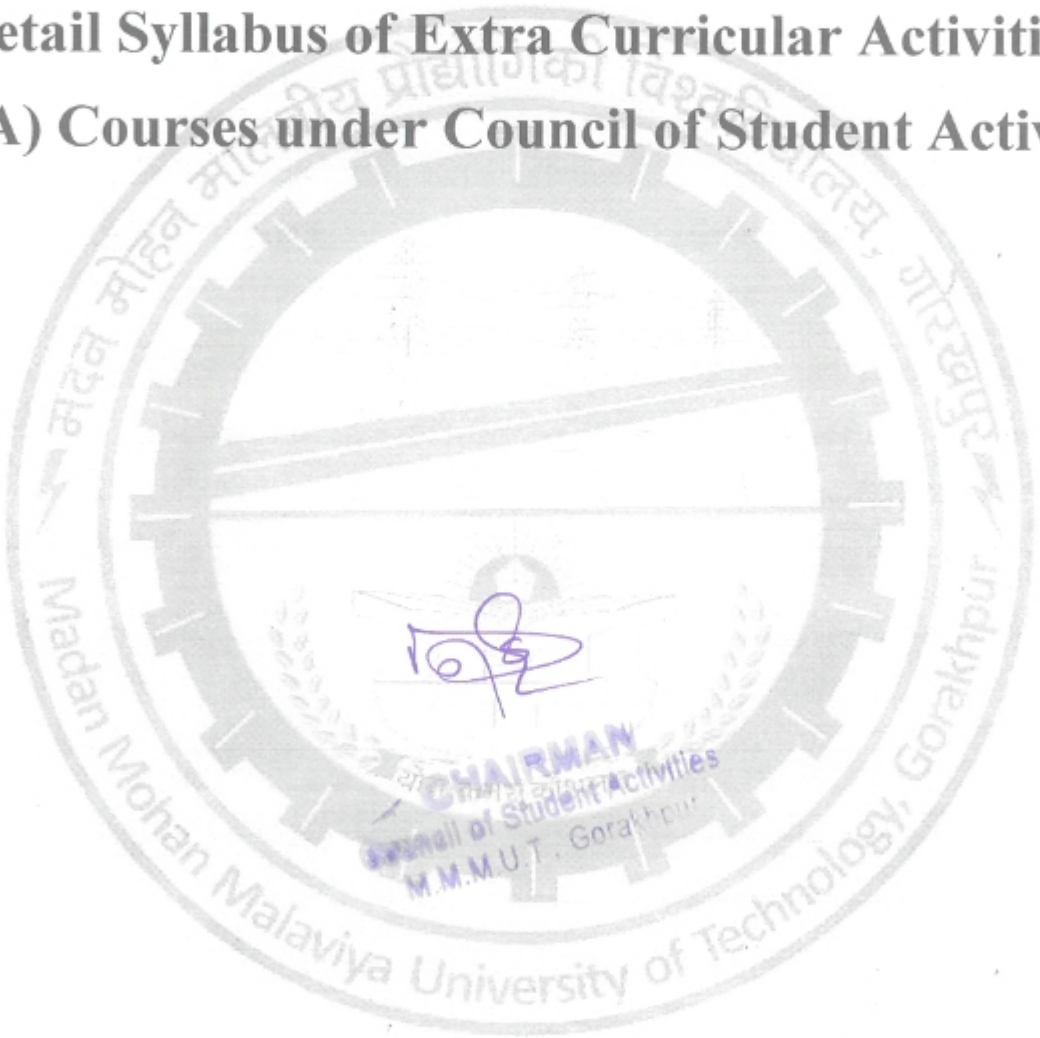
ECA-VI (VIth Semester)

S. No.	Branch	Category	Subject Name	Subject Code	Hours/ Week	Credit
1.	Open to all Branches	ECA	Skill Development-V	ECA-351	2	0
2.	Open to all Branches	ECA	Unity and Discipline (NCC)- V	ECA-371	2	0
3.	Open to all Branches	ECA	National Service Scheme (NSS)-V	ECA-372	2	0
4.	Open to all Branches	ECA	Games & Sports-V	ECA-381	2	0
5.	Open to all Branches	ECA	Cultural, Art & Literary-V	ECA-382	2	0

**Note: Detailed syllabus of Extra Curricular Activity (ECA) Courses is attached as annexure-02.

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Detail Syllabus of Extra Curricular Activities (ECA) Courses under Council of Student Activities



Skill Development- I (ECA-151) (2nd Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Participation and Training
Course Outcome	:	Students are expected to learn and develop their skill and their personality through the activities and trainings under the council and should be well versed with the listed activities and events.

UNIT- 1

- **Introduction to TSC and IEEE:** An introduction to technical sub-council and IEEE. An overview of IEEE and the events conducted by them.

UNIT- 2

- **Robotics Clubs and Classes:** Informative classes conducted on by the students of IEEE about Bot modelling and electronics as well as embedded. It is conducted for both Wired and Wireless Robotics. Robotics Club speaks a name for itself in this domain with a sheen of itself that has been set by the high standards of the club members and strict adherence to the tagline Transforming ideas into reality, Events Details

UNIT- 3

- **Introduction to Workshops by IEEE:** *Workshop* is a brief intensive course for a small group which emphasizes problem solving. A number of workshops are conducted by IEEE like Ethical hacking, Soft skills, Artificial Intelligence etc.

UNIT- 4

- **Events under TechSrijan:** Techsrijan is the annual techno-management fest held every year

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Skill Development- II (ECA-201) (3rd Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Participation and Training
Course Outcome	:	Students are expected to learn and develop their skill and their personality through the activities and trainings under the council and should be well versed with the listed activities and events.

UNIT- 1

- **Introduction to TSC and SAE:** An introduction to technical sub-Council and SAE. An overview of SAE and the events conducted by them.

UNIT- 2

- **Aeromodelling Classes:** Informative classes and workshop conducted on by the students of SAE about Drone and remote-controlled modeling and electronics as well as embedded.

UNIT -3

- **Introduction to Workshops by SAE:** *Workshop* is a brief intensive course for a small group which emphasizes problem solving. A no. of workshops is conducted by SAE like Aeromodelling workshop, Bridge modeling etc.

UNIT- 4

- **Events under TechSrijan by SAE:** Techsrijan is the annual techno-management fest held every year. SAE conducts a number of events in TechSrijan like Junkyard Wars, Bride Kriti, El Tiro etc.

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Skill Development- III (ECA-251) (4th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Participation and Training
Course Outcome	:	Students are expected to learn and develop their skill and their personality through the activities and trainings under the council and should be well versed with the listed activities and events.

UNIT- 1

- **Introduction to Web D Classes:** Classes on web development helps students to develop skills like Front-end and Back-end development which they can use to make websites.

UNIT -2

Introduction to Engineers Week: a seven-day event paying tribute to all the engineers across the globe by conducting a no. of exciting events for technical development of students.

UNIT- 3

- **Introduction to Spectra:** It is a special event organized by University Innovation Cell which foster an opportunity for students to showcase their creativity and talent. It comprises of three events InQUIZitive, Replica and MindBuzz.

UNIT- 4

- **Learnings and Innovation:** Innovation increases your chances to react to changes and discover new opportunities. It can also help foster competitive advantage as it allows you to build better products and services for your customers in the industry.

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Skill Development- IV (ECA-301) (5th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Participation and Training
Course Outcome	:	Students are expected to learn and develop their skill and their personality through the activities and trainings under the council and should be well versed with the listed activities and events.

UNIT- 1

- **Introduction to TSC and SEB:** The Social Engineers Board (SEB) tries to achieve its goals by series of various events conducted throughout the academic year, both inside and outside the university. The members of the board are highly motivated individuals striving for noble cause, and voluntarily take initiatives which ensure betterment of the people and society in any way possible.

UNIT- 2

- **Introduction to Drishya:** A career counselling event by college final year, and an event designed to crave out the creativity inside the students and their ability to make something novel out of normality in situation

UNIT- 3

- **Introduction to Dhishan:** Bringing out the oration skill and leadership personality among the students by providing them chance to stand and represent themselves by this event.

UNIT -4

- **Introduction to Paravartan and NGOs:** Paravartan consists of a audio visual round and the second round is a skit presentation developing character of a student. They also collab with NGOs for social works.

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Skill Development-Vth (ECA-351) (6th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Participation and Training
Course Outcome	:	Students are expected to learn and develop their skill and their personality through the activities and trainings under the council and should be well versed with the listed activities and events.

UNIT- 1

- **Robomania:** Develop the knowledge of robotics and circuitry in the students through training of students on circuits and the conduction of Robo Wars, Electronic chess, diffusion of a bomb in a set up made by students, demonstration of live game of the virtual events of NFS and Tekken, Lazer strike, Designing of Lazer maze.

UNIT- 2

- **Introduction to Fresher's Talk:** A creative talk with the freshers of our university in which the fresher students provide some insights of what and how are they feeling about the college and its environment.

UNIT- 3

- **Introduction to Start Up Week:** Understanding the aspects of and entrepreneurial background and train to become one, through various personality developing as well as professionally balanced events.

UNIT- 4

- **Entrepreneurship Development:** It is the process of enhancing the skillset and knowledge of entrepreneurs regarding the development, management and organization of a business venture while keeping in mind the risks associated with it. Students will learn and cultivate skills which will promote entrepreneurship.

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Unity and Discipline (NCC)-I (ECA-171) (2nd Sem)

Course Category	:	NCC
Pre Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Lecture & Practical
Course Outcome	:	After completing this course, the students will be able to:

- Imbibe the conduct of NCC cadets.
- Do the social services on different occasions.

UNIT -1

Introduction of NCC: History, Aims, Objective of NCC.

UNIT -2

NCC as Organization. Incentives of NCC, Duties of NCC Cadet.

UNIT -3

Celebration of Days of National & International Importance, Social Service and Community Development Activities

UNIT- 4

NCC Parade on Independence Day.

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Unity and Discipline (NCC)-II – (ECA- 221) (3rd Sem)

Course Category	:	NCC
Pre Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Lecture & Practical
Course Outcome	:	After completing this course, the students will be able to: -

- Respect the diversity of different Indian culture.
- Do the social services on different occasions.

UNIT- 1
National Integration & Awareness, Importance & Necessity

UNIT- 2
Factors Affecting National Integration, Unity in Diversity

UNIT -3
Celebration of Days of National & International Importance, Social Service and Community Development Activities

UNIT- 4
NCC Parade on Republic Day.

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Unity and Discipline (NCC)-III – (ECA-271) (4th Sem)

Course Category	:	NCC
Pre Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Lecture & Practical
Course Outcome	:	After completing this course, the students will be able to: -

- Perform his/her role in Nation Building.
- Do the social services on different occasions.

UNIT- 1
Role of NCC in Nation Building.

UNIT- 2
Threats to National Security.

UNIT -3
Celebration of Days of National & International Importance, Social Service and Community Development Activities

UNIT- 4
NCC Parade on Independence Day.

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Unity and Discipline (NCC)-IV- (ECA-321) (5th Sem)

Course Category	:	NCC
Pre Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Lecture & Practical
Course Outcome	:	After completing this course, the students will be able to: -

- Contribute to environmental awareness and conservation activities.
- Develop Leadership Qualities.
- Do the social services on different occasions.

UNIT -1
Environmental Awareness and Conservation.

UNIT -2
Leadership Development: Important Leadership traits, Indicators of leadership.

UNIT- 3
Celebration of Days of National & International Importance, Social Service and Community Development Activities

UNIT -4
NCC Parade on Republic Day.

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Unity and Discipline (NCC)-V- (ECA- 371) (6th Sem)

Course Category	:	NCC
Pre Requisite	:	Nil
Contact/Hours of Work	:	26 Parade (Approximately)
Number of Credits	:	0
Course Assessment Method	:	Lecture & Practical
Course Outcome	:	After completing this course, the students will be ab -

- Celebration of Days of National & Interna Importance & do the social services on dif occasions.
- Understand the basics of personal and p hygiene and get acquainted with the proced treat wounds during emergencies.
- Become useful members of the society and part of disaster response team, if need arises.

UNIT -1
NCC Parade on Independence Day.

UNIT -2
Celebration of Days of National & International Importance, Social Service and Comm Development Activities

UNIT- 3
Health & Hygiene:
Hygiene & Sanitation (Hygiene- Personal & Camp Hygiene), First Aid in common m emergencies, Treatment & Care of Wounds.

UNIT -4
Disaster Management (DM): Assistance during natural disasters, Do's and Don'ts for Cadets performing Disaster Management Duties.

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National Service Scheme (NSS) -I (ECA-172) (2nd Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Continuous assessment through National Service Scheme related tasks, participation in different events organized, attendance, home assignments.
Course Outcome	:	The students are expected to be able to demonstrate the following knowledge, skills and attitudes in achieving NSS motto after completing this course:

- The Motto of NSS "Not Me but You", reflects the essence of democratic living and upholds the need for self-less service.
- NSS helps the students' development & appreciation to other person's point of view and also show consideration towards other living beings.
- The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

Introduction to National Service Scheme:

UINIT-I: History and its Objectives

UNIT-II: Organizational structure of N.S.S. at National, State, University and College Levels

UNIT-III: Advisory committee and their functions with special reference to University CSA, Program officer, N.S.S. group leader and N.S.S. volunteers in the implementation.

UNIT-IV: Organization/ Participation in "Tree-Plantation Drive"

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National Service Scheme(NSS)- II (ECA-222) (3rd Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Continuous assessment through National Service Scheme related tasks, participation in different events organized, attendance, home assignments.
Course Outcome	:	The students are expected to be able to demonstrate the following knowledge, skills and attitudes in achieving NSS motto after completing this course:

- The Motto of NSS "Not Me but You", reflects the essence of democratic living and upholds the need for self-less service.
- NSS helps the students' development & appreciation to other person's point of view and also show consideration towards other living beings.
- The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shallstrive for the well-being of the s ociety.

UNIT-I: National Integration, Need and importance of National integration

UNIT-II: Various obstacles in the way of National Integration, such as caste, religion, language and provisional problems etc.

UNIT-III: NSS related Activities: Awareness to various activities under NSS.

UNIT-IV: Organization/Participation in "Cleanliness Drive" at home, hostel, Department and University

UNIT-V: Organization/Participation in "Winter cloth collection and distribution to needy people"

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National Service Scheme(NSS)- III (ECA-272) (4th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Continuous assessment through National Service Scheme related tasks, participation in different events organized, attendance, home assignments.
Course Outcome	:	The students are expected to be able to demonstrate the following knowledge, skills and attitudes in achieving NSS motto after completing this course:

- The Motto of NSS "Not Me but You", reflects the essence of democratic living and upholds the need for self-less service.
- NSS helps the students' development & appreciation to other person's point of view and also show consideration towards other living beings.
- The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependenton the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

UNIT-I: Special Programme in NSS-I

A) Legal awareness
B) Health awareness
C) First-aid

UNIT-II: Special Programme in NSS-II

A) Career guidance
B) Leadership training-cum-Cultural Programme
C) Globalization and its Economic Social Political and Cultural impacts.

UNIT-III: Special Camping programme in NSS-I

A) Nature and its objectives
B) Selection of campsite and physical arrangement
C) Organization of N.S.S. camp through various committees and discipline in the camp.

UNIT-IV: Special Camping programme in NSS-I

A) Activities to be undertaken during the N.S.S. camp.
B) Use of the mass media in the N.S.S. activities.

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National Service Scheme (NSS)- IV (ECA-322) (5th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Continuous assessment through National Service Scheme related tasks, participation in different events organized, attendance, home assignments.
Course Outcome	:	The students are expected to be able to demonstrate the following knowledge, skills and attitudes in achieving NSS motto after completing this course:

- The Motto of NSS "Not Me but You", reflects the essence of democratic living and upholds the need for self-less service.
- NSS helps the students' development & appreciation to other person's point of view and also show consideration towards other living beings.
- The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimatelydependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

UNIT-I: N.S.S. Regular Activities-I

A) Traffic regulation
B) Working with Police Commissioner's Office
C) Working with Corporation of Gorakhpur District

UNIT-II: N.S.S. Regular Activities-II

A) Working with Health Department
B) Blind assistance
C) Garments collection and distribution

UNIT-III: N.S.S. Regular Activities-III

A) Non-formal Education
B) Environmental Education Awareness and Training (EEAT)'
C) Blood donation

UNIT-IV: N.S.S. Regular Activities-IV

A) Adopted Village related works
B) Disaster/Pandemic management

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National Service Scheme (NSS)- V (ECA-372) (6th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	NIL
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Continuous assessment through National Service Sc tasks, participation in different events organized home assignments.
Course Outcome	:	The students are expected to be able to demonstrate the following knowledge, skills and attitudes in achieving NSS motto after completing this course:

- The Motto of NSS "Not Me but You", reflec essence of democratic living and upholds the for self-less service.
- NSS helps the students' developmen appreciation to other person's point of vie also show consideration towards other beings.
- The philosophy of the NSS is a good doctr this motto, which underlines on the belief th welfare of an individual is ultimately depeon the welfare of the society as a whol therefore, the NSS volunteers shall strive f well-being of the society.

UNIT-I: Special Programme in NSS

A) Empowerment of Persons with disability (PWDs)
B) Working with CRC Gorakhpur

UNIT-II: Special Programme in NSS

A) Introduction to NGOs and its importance
B) Role of NGOs in Society
C) Working with NGOs

UNIT-III: Special Camping programme in NSS

A) Social Internship and its role in technical education
B) Social Inclusiveness programs

UNIT-IV: NSS Report preparations

A) NSS Activity calendar preparations
B) Report preparation of an event organized by NSS

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GAMES & SPORTS-I (ECA-181) (2nd Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	Physical Education at 12th standard
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Training and Practices.
Course Outcome	:	The students are expected to be able to perform the following Knowledge, skills, and attitudes after completing this course.

- Understand the concept of skill.
- Acquire the required motor skills.
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules & regulations.
- Acquire skill of marking track.

Track & Field-

UNIT- 1

- **INTRODUCTION:**

Historical development

- National
- International

Structure and functions of Controlling Bodies

- National
- International

UNIT- 2

- **FUNDAMENTAL SKILLS:**

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug.

UNIT- 3

- **FUNDAMENTAL SKILLS-II:**

- Various patterns of Baton Exchange.
- Understanding of Relay Zones.
- Rules & their interpretation.

UNIT- 4

- **FUNDAMENTAL SKILLS-III:**

- Drills and Lead-up Games.
- Marking and Layout of Track & Field

Books & References

1. Latest Official Rule Books of International Federation
2. Coaching Manuals of International Federation
3. Official Website

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GAMES & SPORTS-II (ECA-231) (3rd Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	Physical Education at 12th standard
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Training and Practices.
Course Outcome	:	The students are expected to be able to perform the following Knowledge, skills and attitudes after completing this course.

- Understand the concept of skill.
- Acquire the required motor skills.
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules & regulations.
- Acquire skill of marking track.

Basketball-

UNIT- 1

- **INTRODUCTION:**

Historical development

- National
- International

Structure and functions of Controlling Bodies

- National
- International

UNIT- 2

- **FUNDAMENTAL SKILLS- I:**

- Player stance and ball handling.
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.

UNIT- 3

- **FUNDAMENTAL SKILLS- II:**

- Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Lay-up shot and its variations, one hand set shot, one hand jump shot, Hook shot, and Free throw.
- Individual Defensive-Guarding the man with and without the ball, pivoting.

UNIT- 4

- **FUNDAMENTAL SKILLS-III:**

- Drills and Lead-up Games.
- Marking and Layout of Court.

Books & References

1. Latest Official Rule Books of International Federation
2. Coaching Manuals of International Federation
3. Official Website

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GAMES & SPORTS-III (ECA-281) (4th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	Physical Education at 12th standard
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Training and Practices.
Course Outcome	:	The students are expected to be able to perform the following Knowledge, skills and attitudes after completing this course.

- Understand the concept of skill.
- Acquire the required motor skills.
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules & regulations.
- Acquire skill of marking track

Volleyball-

UNIT- 1

- **INTRODUCTION:**

Historical development

- National
- International

Structure and functions of Controlling Bodies

- National
- International

UNIT- 2

- **FUNDAMENTAL SKILLS-I:**

- Service-Under Arm Service, Tennis Service, Floating Service.
- Overhead finger pass.
- The Dig (Under Arm pass).

UNIT- 3

- **FUNDAMENTAL SKILLS –II:**

- Back court defense.
- Defensive and Offensive strategies.
- Smash
- Block–individual and team.

UNIT- 4

- **FUNDAMENTAL SKILLS-III:**

- Drills and Lead-up Games.
- Marking and Layout of Field.

Books & References

1. Latest Official Rule Books of International Federation
2. Coaching Manuals of International Federation
3. Official Website

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GAMES & SPORTS-IV (ECA-331) (5th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	Physical Education at 12th standard
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Training and Practices.
Course Outcome	:	The students are expected to be able to perform the following Knowledge, skills and attitudes after completing this course.

- Understand the concept of skill.
- Acquire the required motor skills.
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules & regulations.
- Acquire skill of marking track for running events.

Hockey-

UNIT-1

- **INTRODUCTION:**

Historical development

- National
- International

Structure and functions of Controlling Bodies

- National
- International

UNIT- 2

- **FUNDAMENTAL SKILLS-I:**

- Player stance & Grip,
- Rolling the ball, Dribbling.
- Push, Stopping.
- Hit, Flick, Scoop.
- Reverse hit.

UNIT- 3

- **FUNDAMENTAL SKILLS-II:**

- Passing–Forward pass, square pass, triangular pass, diagonal pass, return Pass.
- Goalkeeping–Hand defense, foot defense.
- Positional play in attack and defense.

UNIT- 4

- **FUNDAMENTAL SKILLS-III:**

- Drills and Lead-up Games.
- Marking and Layout of Court.

Books & References

1. Latest Official Rule Books of International Federation
2. Coaching Manuals of International Federation
3. Official Website

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GAMES & SPORTS- V (ECA- 381) (6th Sem)

Course Category	:	Extra-Curricular Activities
Pre-Requisite	:	Physical Education at 12th standard
Contact/Hours of Work	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Method	:	Practical Training and Practices.
Course Outcome	:	The students are expected to be able to perform the following Knowledge, skills and attitudes after completing this course.

- Understand the concept of skill.
- Acquire the required motor skills.
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules & regulations.
- Acquire skill of marking track for running events.

UNIT 1

➢ **YOGA- HOLISTIC HEALTH:**

- Health- Concept of Health. its importance in human life.
- Components of health.

UNIT-II

➢ **YOGA AND ITS IMPORTANCE:**

- Definition of Yoga.
- Importance of Yoga in daily life.
- Aims and Objective of yoga.
- Misconception of yoga.

UNIT-III

➢ **SURYA NAMASKAR:**

- Benefits of Surya Namaskar
- Practices of Surya Namaskar

Unit- IV

➢ **YOGA PRACTICES:**

- Asana- Meditative
  - i) Sukhasana
  - ii) Padmasana
  - iii) Swastikasana
- Cultural- Trikonasana, Makarasana, Bhujangasana, Sarpasana, Dhanurasana.
- Pranayama- Yogic Breathing, Anulom-Vilom.

Books & References

1. Indra Devi, "Yoga For You", Gibbs, Smith publishers, Salt Lake City, 2002 Domen& Publishers, New Delhi-2001.
2. Yoga se Arogya, Indian Yoga Society, Sagar.

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Culture, Art & Literary-I (ECA-182) (2nd Sem)

Course category	:	Cultural, Art &Literary
Pre-requisite Subject	:	NIL
Contact hours/week	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Methods	:	Practical Participation
Course Outcomes	:	Students are expected to develop their soft skills and their Personality through cultural and literary activities.

UNIT-1

Workout, Warm up, Stretching, Introduction to various dance forms, Dance form – Bollywood, Footwork, Body Movement, Theatre History, Literature and Aesthetics, Introduction to Acting, Yoga(Breathing, Exercise, Voice Control and Sound Modulation).

UNIT-2

Introduction to music, Basic Terminologies related to music, Origin of sound, Historical study of musical terms, Basic Introduction to Fine Arts, Roll of FAC in cultural sub-council, Basics of Fine Arts and Types, File extension, Editing software, Resources for stock images and video.

UNIT-3

MALVIKA: Basic knowledge of designing software (I) : Adobe In Design ,Photoshop ,Notice Making, Article writing.

UNIT-4

TIRESIA: Basic knowledge of designing software (I): Adobe In Design, Photoshop, Interview skills, Vocabulary development, Knowledge about technical advancements, knowledge of campus activities.

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Culture, Art & Literary-II (ECA-232) (3rd Sem)

Course category	: Cultural, Art &Literary
Pre-requisite Subject	: NIL
Contact hours/week	: 2 Hours/Week
Number of Credits	: 0
Course Assessment Methods	: Practical Participation
Course Outcomes	: Students are expected to develop their soft skills and their personality through cultural and literary activities.

UNIT-1

Intro to basics of sketching, Painting, Craft, Sculpturing.

Sketch-Tools of sketching, Types of Sketching- Pencil/ Pen/ Color Pencil/ Charcoal/ Graphite/Ink/ Chalk / Digital Sketch. History of Indian Music, About life and contributions of Indian Musician sand Musicologists.

Two forms of Indian Classical Music (Hindustani/Karnataka).

UNIT-2

Introduction to Theatre Technique and Design, Character Analysis and practical on principle of Stanislavski Method (relaxations, concentration of attention and emotion memory), Workout, Warm up, Stretching, Dance Form- Hip-Hop, Footwork, Body movement, Choreography, Equipment, Types of lenses, building web site using template.

UNIT-3

ARUNODAY: Development of thinking ability with JAM (Just a Minute), Word Building, Letter rearrangement, Knowledge of spellings, Syllables, Critical thinking skill development, Vocabulary development, Thought expressing skill development, public speaking skill development.

UNIT-4

SPELLCZAR: Word building, Vocabulary development, Decision making ability development, Coordination capabilities.

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Culture, Art & Literary-III (ECA-282) (4th Sem)

Course category	:	Cultural, Art &Literary
Pre-requisite Subject	:	NIL
Contact hours/week	:	2 Hours/Week
Number of Credits	:	0
Course Assessment Methods	:	Practical Participation
Course Outcomes	:	Students are expected to develop their soft skills and their personality through cultural and literary activities.

UNIT-1

Photo editing (Photoshop)

Ras- (Sringar Ras, Hasya Ras, Rodra Ras, Karun Ras, Vir Ras, Adbhut Ras, Vibath Ras, Bhayanak Ras, Shaant Ras)

UNIT-2

Workout, Warmup, Stretching, Pranam, Types of classical dance forms and their outfits, Dance form-Kathak, Hand movements, Choreography, Basic knowledge of Talas for Instance Teental, Dadra and Kherwa, Practice of AUM and vocal exercises of sargam (sa, re, ga, ma, pa, dha, ni) of 45. Alankaras, Styles of Sketching-Line/
Hatching/Blending/Scribbles/Tattoo/Doodling/Cartoon/Graffiti/Typography/Calligraphy/Caricat Ure

UNIT-3

ANNUAL DEBATE COMPETITION: General Knowledge & Current Affairs, Public speaking skill development, Oratory skill development, Sense of Team spirit, Knowledge of language, Social Study, Development of presentation skills.

UNIT-4

TWIST AND TWAIN: Development of imaginative power and creativity, Development of vocabulary, Development of writing skills, Thinking skill development.

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Culture, Art & Literary-IV (ECA-332) (5th Sem)

Course category	: Cultural, Art &Literary
Pre-requisite Subject	: NIL
Contact hours/week	: 2 Hours/Week
Number of Credits	: 0
Course Assessment methods	: Practical Participation
Course Outcomes	: Students are expected to develop their soft skills and their Personality through cultural and literary activities.

UNIT-1

Video editing, Basic knowledge about musical instruments (Tabla, flute, guitar etc.) about Swarmalika and two bragas-Bhupaliand Yaman.

UNIT-2

Monologue, reciting a poem, reading short stories, developing speech skill, Mime, Working on scene with partner and in a group, Painting-Tools of painting, Styles of painting-Abstract/Imagination/Expression/Cubism/Indian/Chinese/Japanese, All the theory covered upto Praveshi ka Purna, define and explain Kataaksha,Primalu, Nartan Bhedas- Nritta Nrutya and Natya, define Tandav and Lasya, Fourty pesof neck movements according to Abhinaya Darpan, Eight types of eye movements according to Abhinaya Darpan, Define and differentiate "FolkDance" and "Modern Dance" (Uday Shankar style), Life story of: Bindadin Maharaj, Kalka Prasadji, Harihar Prasadji& Hanuman Prasadji, Specialty of Jaipur and Lucknow Gharana,Definition and uses of the following Asanyukta Hasta Mudras: Sarpsheersha, Murga-sheersha, Simha-Mukha, Kangula, Alapadma, Chatura, Bhrama, Hansasya, Hansa-paksha, Sandausha, Mukula, Tamrachuda, Vyagraha, Trishula, Sanyukta HastaMudra: Anjali, Kapota, Karkata, Swastik, Dola, Pushpaputa, Utsanga, Shivalinga, Katakawardhan, Kartari-swastk, Shakata, Shankha.

UNIT-3

VAGMITA1: Development of oratory skill, Development of poetry writing skill, Alankar, Ras, Creative thinking ability development.

UNIT-4

VAGMITA 2: How to overcome camera consciousness, enhancement of the expression and presentation of the participants, development of the public speaking skill, Knowledge of tone adjustment while presenting.

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Culture, Art & Literary-V (ECA-382) (6th Sem)

Course category	: Cultural, Art &Literary
Pre-requisite Subject	: NIL
Contact hours/week	: 2 Hours/Week
Number of Credits	: 0
Course Assessment Methods	: Practical Participation
Course Outcomes	: Students are expected to develop their soft skills and their personality

UNIT-1

Types of painting-Oil painting/ Watercolor painting/ Pastel painting/ Acrylic painting/ Digital painting/Spray Painting, Basic of Contemporary Dance, Foot Position and Transference, Center Technique, Travelling Technique, Dance, Dance (A) Peter Pan, dance (B) Emergence of a Butterfly.

UNIT-2

Improvisation, Elementary knowledge of Acting, Body language, Rhythm, Clarity and fluency in dialogue delivery, Understanding the depth of character, about terms related to Hindustani music like Naad, Shuruti, Saptak, Thaat, Vaadi, Samvadi, Photography Skill.

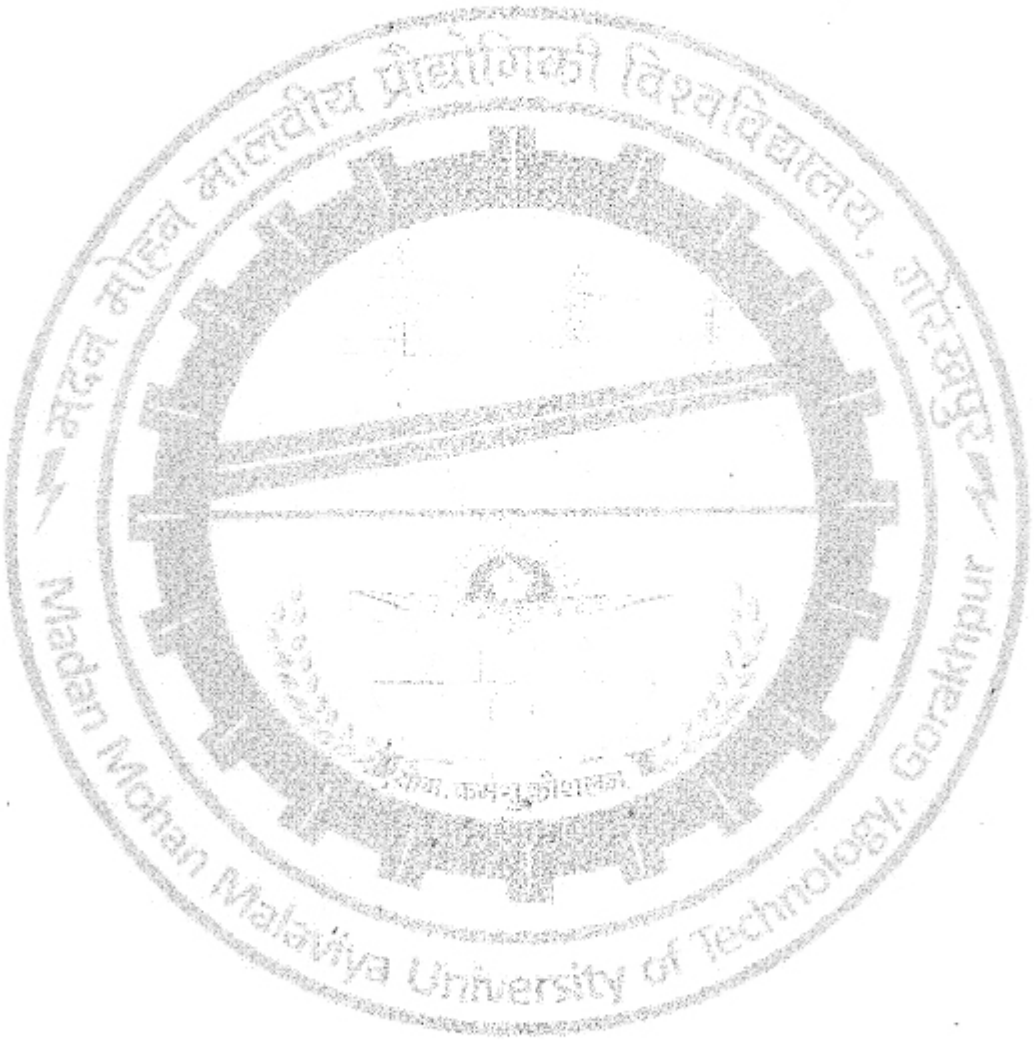
UNIT-3

MALAVIYAN THINKER: Creative thinking, how to pen down thoughts of our mind, Development of writing skill, Development of Expression, Public Speaking skill development.

UNIT-4

ABHYUDAYA: Multidimensional skill development: Technical skill development with software like Adobe Photoshop, MS word, MS PowerPoint, MS Excel, Content Writing skill development, public addressing, public engagement, Team work Mechanism, Leadership qualities, Time management, art and craft, Pottery, Oratory skill development, Presentation skill, Event management.

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