



Ph.- 9474641566

# ONDA THANA MAHAVIDYALAYA

Affiliated to Bankura University

Govt. Aided college recognised under section 2 (f) & 12 (B) of the UGC

P.O.-MURAKATA, P.S.-ONDA, DIST.-BANKURA PIN-722144 (W.B.)

Website:-www.ondathanamahavidyalaya.in

Email:-otm.principal@gmail.com

## Curriculum that offers capacity building and skills enhancement

<u>Sl.No.</u>	<u>Department</u>	<u>Course Name</u>	<u>Course Code</u>	<u>Soft Skills</u>	<u>Language and Communication skills</u>	<u>Life Skills</u>	<u>ICT/ Computing Skills</u>
1.	<b><u>English</u></b>	English Communication	ACSHP- 204/AECC-ENG		✓		
		Skill Enhancement Course	UG-ENG-305/SEC-1	✓	✓		
		Skill Enhancement Course	APENG -304/SEC-1	✓	✓		
		Language and Linguistics	UG-ENG-404/GE-4		✓		
		Language and Linguistics	APENG -401/C-1D		✓		
		Soft Skills	APENG -404/SEC-2	✓			
2.	<b><u>Sanskrit</u></b>	Spoken Sanskrit & Communicative English	APSNS 305SEC-1		✓		
		Spoken Sanskrit & Communicative English	APSNS 405SEC-2		✓		
		Spoken Sanskrit & Computer Application	APSNS 504SEC3				✓
		Spoken Sanskrit & Computer Application	APSNS 604SEC-4				✓
3.	<b><u>Philosophy</u></b>	Yoga Philosophy	AHPHI305SEC-I			✓	
		Yoga Philosophy	APPHI 304SEC -1			✓	
4.	<b><u>Physical Education</u></b>	Anatomy, Physiology & Physiology of Exercise and Sports	UG/PEDG / 201/ C-1B			✓	
		Yogasana and Gymnastics	UG/PEDG/ 304/SEC-1			✓	
		Health Education & Complete Wellness	UG/PEDG /401/C-1D			✓	
		First Aid & Personal Hygiene	UG/PED G/ 503/ GE-1			✓	
		Health Education & Safety Edu	UG/PED G/ 603/ GE-2			✓	
		Complete Fitness & Therapeutic values of Phy. Edu.	UG/PED G/ 603/ GE-2			✓	
		Adapted Physical Education and Computer Application in Physical Edu.	UG/PED G/ 604/ SEC-4				✓
5.	<b><u>Education</u></b>	Elementary Computer Application in Education	AP/EDN/ 304/SEC-1				✓



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**The Department of English**  
**Soft skill and Language and Communication**

**Semester-II Bankura University**

**Course Code: ACSHP- 204/AECC-ENG**

**Course Title: English Communication**

<u>Sl.</u>	<u>Topic</u>	<u>Lectures</u>	<u>Lecturer</u>
1.	Introduction: Theory of Communication, Types and modes of Communication	3	<b>SN</b>
2	Language of Communication	3	<b>AB</b>
3	Speaking Skills	3	<b>ND</b>
4	Writing Skills	3	<b>BD</b>

B.A. (PROGRAMME) ENGLISH CBCS SYLLABUS, BANKURA UNIVERSITY, 2017-18

**SEMESTER- II**

**Course Title: English Communication Skills**  
**Course Code: ACSHP- 204/AECC-ENG:**

**Credit: 06**

**Contact Hours/week: 06**

**Maximum Marks: 50 (ESE-40; IA-10)**

**Examination Duration: 2 Hours**

**(10x4)**

- 1. Introduction:** Theory of Communication, Types and modes of Communication
- 2. Language of Communication:**  
Verbal and Non-verbal  
(Spoken and Written)  
Personal, Social and Business  
Barriers and Strategies  
Intra-personal, Inter-personal and Group communication
- 3. Speaking Skills:**  
Monologue  
Dialogue  
Group Discussion  
Effective Communication/ Mis-Communication  
Interview  
Public Speech
- 4. Writing Skills**  
Documenting  
Report Writing  
Making notes  
Letter writing



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## Semester-III

Course Code: UG-ENG-305/SEC-1 (Honours) + APENG -304/SEC-1 (Programme)

<b>Course Title: Skill Enhancement Course (English Language Teaching)</b>			
<u>Sl.</u>	<u>Topic</u>	<u>Lectures</u>	<u>Lecturer</u>
1.	<u>English Language Teaching</u> a) Tenses- b) Clause Types (Noun Clause, Adj. Clause, Finite Clause, Non-finite Clause)- c) Subordination, Coordination, Embedding, Co-joining-	2 4 5	<b>AB</b> <b>SN</b> <b>BD</b>
2.	<u>Methods of Teaching English Language and Literature</u> a) Traditional Method / Grammar Translation Method b) Communicative Language teaching Method / Audio-Lingual Method	6	<b>ND</b>
3.	<u>Writing Ability Assessment</u> a) Paragraph Writing b) Letter Writing c) Precis Writing d) Report Writing	6	<b>SN</b>

B.A. (PROGRAMME) ENGLISH CBCS SYLLABUS, BANKURA UNIVERSITY, 2017-18



### SEMESTER- III

Course Title (Skill Enhancement Course): English Language Teaching

Course Code: APENG -304/SEC-1 Credit: 02

Contact Hours/week: 02

Maximum Marks: 50

(ESE-40; IA-10)

Examination Duration: 2 Hours

1. Structures of English Language: (10+5)
  - a) Tenses
  - b) Clause types (Noun clause, Adj. clause, Adv. Clause, Finite Clause, Non-finite Clause)
  - c) Subordination, Coordination, Embedding, Co joining
2. Methods of Teaching English Language and Literature (10+5)
  - a) Traditional Method / Grammar Translation Method
  - b) Communicative language teaching method / Audio-Lingual Method
3. Writing Ability Assessment (10)
  - a) Paragraph Writing
  - b) Letter Writing
  - c) Précis
  - d) Report Writing



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Course Code: UG-ENG-404/GE-4 & APENG -401/C-1D

Course Title: Language and Linguistics

<u>Sl.</u>	<u>Topic</u>	<u>Lectures</u>	<u>Lecturer</u>
1.	Language: Language and Communication; Language varieties: standard and non- standard language; language change	3 3	SN AB
2.	Phonetics: -- Overview of Articulatory Phonetics	4	BD
3.	The Consonants of English	3	SN
4	The Vowel Sounds of English	3	AB
5	Phonology and Phonetic Transcription The Phonology of English Transcription of Consonants Transcription of Vowels	6	KB

Course Title (Skill Enhancement Course): Soft Skills

Course Code: APENG -404/SEC-2

Course Title: Soft Skills

<u>Sl. No</u>	<u>Topic</u>	<u>Lectures</u>	<u>Lecturer</u>
1.	Team Work	4	ND
2.	Emotional Intelligence	3	KB
3.	Adaptability	3	SN
4	Leadership	3	AB
5	Problem Solving	3	BD



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B.A. (PROGRAMME) ENGLISH CBCS SYLLABUS, BANKURA UNIVERSITY, 2017-18



## SEMESTER- IV

Course Title (Core Course): Language and Linguistics

Course Code: APENG -401/C-1D

**Credit: 06**

**Contact Hours/week: 06**

**Maximum Marks: 50 (ESE-40; IA-10)**

**Examination Duration: 2 Hours**

1	Language: language and communication; language varieties: standard and non- standard language; language change.	10
2	Phonetics: Overview of Articulatory Phonetics The Consonants of English The Vowel Sounds of English	15
3	Phonology and Phonetic Transcription: The Phonology of English Transcription of Consonants Transcription of Vowels	15

## SEMESTER IV

Course Title (Skill Enhancement Course): Soft Skills

Course Code: APENG -404/SEC-2

**Credit: 02**

**Contact Hours/week: 02**

**Maximum Marks: 50 (ESE-40; IA-10)**

**Examination Duration: 2 Hours**

Teamwork.	(10x4)
Emotional Intelligence.	
Adaptability	
Leadership.	
Problem Solving.	

\*Six Long Questions & Ten Short Questions of 02 marks to be set from the above components



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## The Department of Sanskrit



Bankura University

B.A.(Programme) Sanskrit

CBCS w.e.f. 2017-18

### SEMESTER - IV

Course Code	Course Title	Course Topic	Credit	Marks			No. of Hours		
				I.A.	ESE	Total	Lec	Tu.	Pr.
APSNS 401C-1D	Rājadharmā & Brahmatat twam	Manusamhitā 7 <sup>th</sup> Chapter with Manvarthamuktāvalī & Isopanisaḍ with śankarbhasya	6	10	40	50	5	1	-
402C-2D	DIS-2		6	10	40	50	5	1	-
ACP 403C- E-2	English-2		6	10	40	50	5	1	-
APSNS 405SEC-2	Spoken Sanskrit & Communicat ive English		2	10	40	50	2	0	-
Total in Semester - IV			20	40	160	200	17	3	

### SEMESTER - V

Course Code	Course Title	Course Topic	Credit	Marks			No. of Hours		
				I.A.	ESE	Total	Lec.	Tu.	Pr.
APSNS 501DSE- 1A	Kāvya & Philosophy	A. Kāvya – Kumārasambhavaṃ (5 <sup>th</sup> Sarga) B. Philosophy – Vivekachūṛāmaṇi	6	10	40	50	5	1	-
502DSE- 2A	Discipline-2		6	10	40	50	5	1	-
APSNS 503GE-1	History of Indian Philosophy	History of Indian Philosophy	6	10	40	50	5	1	-
APSNS 504SEC- 3	Spoken Sanskrit & Computer Application		2	10	40	50	1	-	2
Total in Semester - V			20	40	160	200	16	3	2



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Bankura University

B.A.(Programme) Sanskrit

CBCS w.e.f. 2017-18

## SEMESTER - II

Course Code	Course Title	Course Topic	Credit	Marks			No. of Hours		
				I.A	ES E	Total	Lec	Tu	Pr
APSNS 201C-1B	Sanskrit Poetry and And Metre	Raghuvamśam (Canto -1) & Chandomanjarī (Samavṛtta)	6	10	40	50	5	1	-
202 C-2B	Discipline-2		6	10	40	50	5	1	-
ACP 203C- E- 1	English-1		6	10	40	50	5	1	-
ACSHP 204AEC C-2	English/MIL	A. Hitopadeśa - Prastāvanā & First two story from Mitra lābha B. Nīśatakam of Bhartṛhari	2	10	40	50	2	-	-
Total in Semester - I			20	40	160	200	17	3	

## SEMESTER - III

Course Code	Course Title	Course Topic	Credit	Marks			No. of Hours		
				I.A	ESE	Total	Lec	Tu	Pr
APSNS 301C-1C	History of Literature	History of SNSK Lit. & Translation – Beng. – Sans.	6	10	40	50	5	1	-
302C-2C	Discipline- 2		6	10	40	50	5	1	-
ACP 303C- MIL-2	MIL-2 (Bengali/ Sanskrit/ Santali)	Sandhi, Samāsa & Panchatantram - Kśapaṇakakathā, Siṃha-kārāka- mūrkhabrahmaṇakathā, Vānara-makara- macchakathā, Gaṃgadattamaṇḍūkathā	6	10	40	50	5	1	-
APSNS 305SEC-1	Spoken Sanskrit & Communi- cative English		2	10	40	50	2	0	-
Total in Semester - III			20	40	220	250	17	3	



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## THE DEPARTMENT OF PHILOSOPHY



Bankura University

B.A.(Honours) Philosophy

CBCS w.e.f. 2017-18

Dept. of Philosophy

Bankura University

### B.A. (Honours) in Philosophy CBCS Syllabus

Per Course Internal Assessment: 10 marks and End Semester Examination: 40 marks

Revised by the UGBS Meeting on 11.01.2019

#### SEMESTER-I

COURSE: AHPHI101C: OUTLINES OF INDIAN PHILOSOPHY I (Marks: 50)

1. **Cārvāka:** Perception as the only source of knowledge, Refutation of Inference and Testimony as sources of knowledge, *jaḍavāda* and *dehātmavāda*. (15 Hours)
2. **Bauddha:** Four Noble Truths, *pratītyasamutpāda*, *kṣaṇabhangavāda*, *nairātmyavāda*, Basic tenets of four Schools of Buddhism (*Bāhyānumeyavāda*, *Bāhyapratyakṣavāda*, *Yogācāra* & *Śūnyavāda*) (20 Hours)
3. **Nyāya Epistemology:** Perception, Inference (Excluding *hetvābhāṣa*), Comparison and Testimony (35 Hours)
4. **Saṃkhya:** Theory of Evolution, *prakṛti* and its *guṇa*-s, Notion of *puruṣa*, *bahupuruṣavāda*, Theory of Causality (20 Hours)

#### References:

- C. D. Sharma, *A Critical Survey of Indian Philosophy*, Motilal Banarasidass.
- M. Hiriyanna, *Outlines of Indian Philosophy*, Motilal Banarasidass.
- D.M. Dutta & S.C. Chatterjee, *An Introduction to Indian Philosophy*, University of Calcutta.
- Pradyot Kumar Mandal, *Bhāratīya Darśan*
- Debabrata Sen, *Bhāratīya Darśan*
- Niradbaran Chakraborty, *Bhāratīya Darśan*
- Panchanan Sastri, *Cārvaka Darśan*,
- Panchanan Sastri, *Bauddha Darśan*
- Narayan Chandra Gouswami, *Sāṃkhyatattvakumudī*





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B.A.(Honours) Philosophy

CBCS w.e.f. 2017-18

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- Pradyot Kumar Mandal : *Bhāratīya Darśan*
- Debabrata Sen : *Bhāratīya Darśan*
- Niradbaran Chakraborty : *Bhāratīya Darśan*
- Karuna Bhattacharya: *Nyaya-Vaiśeṣika Darśan*
- Panchanan Shastri : *Cārvaka Darśan*
- Panchanan Shastri : *Bauddha Darśan*

## SEMESTER-II

**COURSE: AHPHI201C: OUTLINES OF INDIAN PHILOSOPHY II (Marks: 50)**

1. **Jaina:** *anekāntavāda, syādvāda*, Nature of Substance: Relation between Substance, Attributes and Modes. (20 Hours)
2. **Vaiśeṣika Metaphysics** :Nature of Cause, Classification of Cause, Theory of Causality, *paramāṇuvāda*, Seven Categories (20 Hours)
3. **Yoga:** *citta, cittabhūmi, cittavṛtti, cittavṛtti nirodha (aṣṭāṅga yoga), Īśvara*, (15 Hours)
4. **Mīmāṃsā:** *pramāṇa-s (arthāpatti and anupalabdhi)*, Theories of error. (10 Hours)
5. **Advaita Vedānta:** Nature of Brahman, *vivartavāda, māyā, jīva and jagat*(15 Hours)
6. **Viśiṣṭādvaita Vedānta:** Distinction between *advaitavāda* and *viśiṣṭādvaitavāda*, Nature of *Īśvara, jīvaandjagat*, Ramanuja's Criticism of Śaṅkara's Doctrine of *māyā*. (10 Hours)

### References:

- C. D. Sharma, *A Critical Survey of Indian Philosophy*
- M. Hiriyanna, *Outlines of Indian Philosophy*
- D.M.Dutta & S.C. Chatterjee, *An Introduction to Indian Philosophy*
- Pradyot Kumar Mandal, *Bhāratīya Darśan*
- Debabrata Sen, *Bhāratīya Darśan*
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## SEMESTER –VI

**COURSE: AHPHI601C: CONTEMPORARY INDIAN PHILOSOPHY (Marks: 50)**

1. **Vivekananda:** Practical Vedānta, Universal Religion (15 Hours)
2. **Sri Aurobindo:** Nature of Reality, Human Evolution— its different stages, Integral Yoga (20 Hours)
3. **S. Radhakrishnan:** Nature of Man, Nature of Religious Experience, Nature of Intuitive Apprehension (15 Hours)
4. **Md. Iqbal:** Nature of the Self, Nature of the World, Nature of God (15 Hours)
5. **M. K. Gandhi:** Truth, Non-Violence, Swaraj and Satyagraha (15 Hours)
6. **Amartya Sen:** Capability Approach (10 Hours)

### References:

- Basant Kr. Lal, *Contemporary Indian Philosophy*, Motilal Banarasidass, 1995.
- Dharendra M. Dutta, *Chief Currents of Contemporary Philosophy*, University of Calcutta, 1950.
- Paul Arthur Schilpp (ed.), *The Philosophy of Sarvepalli Radhakrishnan*, Motilal Banarasidass, 1992.
- Sri Aurobindo, *The Integral Yoga*, Lotus Press, Wisconsin, 1993.
- Tulsidas Chatterjee, *Sri Aurobindo's Integral Yoga*, Sri Aurobindo Ashram, Pondicherry, 1970.
- Sri Aurobindo, *Future Evolution of Man*, Lotus Press, Wisconsin, 1990.
- R. A. McDermott, *The essential Aurobindo*, Lindisfarne Books, 2001.
- Verinder Grover, *Sri Aurobindo Ghose*, Deep & Deep Publications, 1993.
- Swami Vivekananda, *Complete Works of Swami Vivekananda* (Vol. II)
- Sunil Roy, *Śrī Aurobindo Darśan Manthane*
- G. S. Banhatti, *Life And Philosophy Of Swami Vivekananda*, Atlantic, New Delhi, 1989.
- S. Ehsan Ashraf, *A Critical Exposition of Iqbal's Philosophy*, Adam Publishers, New Delhi, 2003.
- Md. Iqbal, *The Reconstruction of Religious Thought in Islam*, Stanford University Press, 2013.
- Surendranath Dasgupta, *Yoga*, Motilal Banarasidass, 2007.
- M. C. Nussbaum and Amartya Sen, *The Quality of Life*, OUP, 1993.
- J. M. Alexander, *Capabilities and Social Justice*, Routledge, 2016.



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B.A.(Programme) Philosophy

CBCS w.e.f. 2017-18

## References:

- I. M. Copi & C. Cohen, *Introduction to Logic* (9<sup>th</sup> Edition) [Relevant Chapters]
- B. Indra Kr. Roy, *Pratiki Nyaya*
- Samir Kumar Chakraborty, *Yuktibijnāner Bhunikā*, Disha Prakashan, Hooghly, 2008
- Shukla Chakraborty, *Tarkabijnān*, Pragatishil Prakashak, Kolkata, 2009

**COURSE: APPHI304SEC -1: YOGA PHILOSOPHY (THEORY AND PRACTICE) (Marks: 50)**

**UNIT I: (Theory) (20 Marks) (15 H|ours)**

1. The Definition and Essence of *Yoga*.
2. Basic Concept of four *Yoga, Jnana Yoga, Bhakti Yoga, Raj Yoga and Karma Yoga*.

**UNIT II: (Practical): To be conducted at home centres in presence of an external expert: (20 Marks) (30 Hours)**

1. Practice of any five *Asanas*.

## Recommended Readings:

- Abhishiktananda, Swami: (1974) *Guru and Disciple*, London: Society for the Promotion of Christiana Knowledge,
- Aranya, H.: (1983) *Yoga Philosophy of Patanjali*, rev. ed. Trans. by P. N. Mukherji, Albany, New York: Suny Press,
- Bhattacharya, H. (1956) (ed.). *The Cultural Heritage of India*, Calcutta: Ramkrishna Mission Institute of Culture, 4 vol.
- Cleary, T. (1995) translated *Buddhist Yoga: A Comprehensive Course*, Boston, Mass: Shambhala Publications.
- Dasgupta, S. N. (1930) *Yoga Philosophy in Relation to Other Systems of Indian Thought*, Calcutta: University of Calcutta.
- Gopalan S. (1974) *Outlines of Jainism*, John Wiley & Sons (Asia) Pte Ltd.
- Kaveeshwar, G. W. (1971) *The Ethics of the Gita*, Delhi: Motilal Banarsidas
- Swami Satchidananda, *The yoga Sutras of Patanjali*
- *Light on Yoga*, BKS.
- *Yoga Philosophy of Patanjali*, tr.by P.N. Mukherjee.
- D.M. Datta and S.C.Chatterjee, *An Introduction to Indian Philosophy*, Calcutta, 1939.
- Swami Muktibodhananda, *Hathayoga Pradipika*, (4th ed., 2012), Yoga Publications Trust, Munger, Bihar.



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Bankura University

B.A. Physical Education (Programme)

CBCS w.e.f. 2022-23

## SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)

### DEPARTMENT OF *B.A Program: 5<sup>th</sup> Semester* PHYSICAL EDUCATION

Course Code	Course Title	Cour. Type	Credit	Marks Division			Total Marks	No. Hour (L-T-P)	
				Int. Ass	Prac	E.S.E			
AP/PHE/501/ DSE-1	1. Test, Measurement & Evaluation	Any One	DSE-1	6	10	--	40	50	5-1-0
	2. Sports Training								
	Discipline -2 (Other Subjects)	Any One		6	10	--	40	50	
	Discipline -2 (Other Subjects)								
AP/PHE/503/ GE-1	1. First Aid & Personal Hygiene	Any One	GE -1	6	10	15	25	50	5-0-2
	2. Recreation, Physical Activity and Physical Fitness								
AP/PHE/504/ SEC-3	Indigenous and Minor Game and Excursion- Camping Program	SEC-3	2	10	40	--	50	0-0-4	
SEMESTER	TOTAL :		20	40	160	200			

### B.A Program: 6<sup>th</sup> Semester

Course Code	Course Title	Cour. type	Credit	Marks Division			Total Marks	No. Hour (L-T-P)	
				Int. Ass	Prac	E.S.E			
AP/PHE/601/ DSE-1B	1. Sports Psychology	Any One	DSE-3	6	10	--	40	50	5-1-0
	2. Management of Sports and Physical Education								
	Discipline -2 (Other Sub)	Any One	DSE-4	6	10		40	50	
	Discipline -2 (Other Sub)								
AP/PHE/603/ GE-2	1. Health Education & Safety Edu.	Any One	GE -2	6	10	15	25	50	5-0-2
	2. Complete Fitness & Therapeutic values of Phy. Edu.								
AP/PHE/604/ SEC-4	Adapted Physical Education and Computer Application in Physical Edu.	SEC-4	2	10	15	25	50	1-0-2	
SEMESTER	TOTAL :		20	40	160	200			



Ph.-9474641566

# ONDA THANA MAHAVIDYALAYA

Affiliated to Bankura University

Govt. Aided college recognised under section 2 (f) & 12 (B) of the UGC

P.O.-MURAKATA, P.S.-ONDA, DIST.-BANKURA PIN-722144 (W.B.)

Website:-www.ondathanamahavidyalaya.in

Email:-otm.principal@gmail.com

## DEPARTMENT OF EDUCATION



Bankura University

B.A. (Honours) Education

CBCS w.e.f. 2017-18

### SEMESTER-III

Course Title: Computer Application in Education

Course Code: AHEDN/305/SEC-1A

Contact Hours per week: 2

Maximum Marks: 50

Examination Duration: 2 hours

Internal: 10

ESE: 40

#### Course Objectives:

1. To understand the basic knowledge of computer
2. To apply Word, Excel, and Power Point

#### Course Contents:

1. Basic knowledge of Computer
2. Uses and Applications of Word, Excel, Power Point, and Statistical Software

### SEMESTER-III

Course Title: Presentation of Term Paper with Power Point

Course Code: AHEDN/305/SEC-1B

Contact Hours per week: 2

Maximum Marks: 50

Examination Duration: 2 hours

Internal: 10

ESE: 40

#### Course Objectives:

1. To write the term paper
2. To present the term paper

#### Course Contents:

1. Select a topic from the syllabus and write a term paper within 1000 words. Student is required to present the paper with the help of Power point projection (presentation 8 min. and interaction 2 min.).



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## ICT CLASSES





Ph.- 9474641566

# ONDA THANA MAHAVIDYALAYA

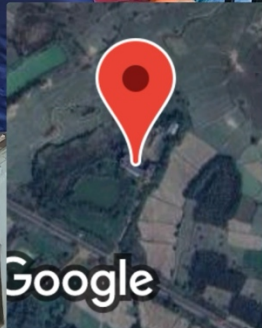
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Manipur, West Bengal, India

55M2+QJW, Bankura - Bishnupur Rd,  24.01° C

Manipur, West Bengal 722174, India

Lat 23.184574° Long 87.151448°

20/03/23 02:43 PM GMT +05:30

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Ph.- 9474641566

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Email:-[otm.principal@gmail.com](mailto:otm.principal@gmail.com)

## POWERPOINT

## PRESENTATIONS BY STUDENTS



Google

Manipur, West Bengal, India

55M2+QJW, Bankura - Bishnupur Rd, Manipur, West Bengal 722174, India

Lat 23.1845812 / Long 87.1515626

Thursday 12 May 2022 12:38:54





Google



Manipur, West Bengal, India

55M2+QJW, Bankura - Bishnupur Rd, Manipur, West Bengal 722174, India

Lat 23.1845563 / Long 87.151557

Monday 14 June 2021 13:43:18

# ICT-based Classes sample Attendance

## REGISTER OF ATTEN-

For the Month of

Class 3rd Sem Section .....

### ATTEN -

Roll No.	NAME OF STUDENTS	Admission No.	ATTEN -													
			1	2	3	4	5	6	7	8	9	10	11	12	13	14
24	Priyanka Bagdi		1	2	3	4	5	6	7	8	9	10	11	12	13	14
25	Rimpa Chaudhary		1	2	3	4	5	6	7	8	9	10	11	12	13	14
26	Riya Datta		1	2	3	4	5	6	7	8	9	10	11	12	13	14
27	Sandeep Das		1	2	3	4	5	6	7	8	9	10	11	12	13	14
28	Supriya Khatri		1	2	3	4	5	6	7	8	9	10	11	12	13	14
30	Tapiya Ghosh		1	2	3	4	5	6	7	8	9	10	11	12	13	14
39	Sagar Mandani		1	2	3	4	5	6	7	8	9	10	11	12	13	14
37	Priyanka De		1	2	3	4	5	6	7	8	9	10	11	12	13	14
38	Aneeta Pal		1	2	3	4	5	6	7	8	9	10	11	12	13	14
39	Sumit Das		1	2	3	4	5	6	7	8	9	10	11	12	13	14
41	Bhadr Dhan		1	2	3	4	5	6	7	8	9	10	11	12	13	14
42	Ms. Manu Molla		1	2	3	4	5	6	7	8	9	10	11	12	13	14
44	Bibhansu Tewari		1	2	3	4	5	6	7	8	9	10	11	12	13	14
45	Mousumi Datta		1	2	3	4	5	6	7	8	9	10	11	12	13	14
47	Sameta Gupta Choudhary		1	2	3	4	5	6	7	8	9	10	11	12	13	14
55	Swarshree Majumder		1	2	3	4	5	6	7	8	9	10	11	12	13	14
127	Tapiya Das		1	2	3	4	5	6	7	8	9	10	11	12	13	14
142	Puja Pramanik		1	2	3	4	5	6	7	8	9	10	11	12	13	14
147	Kri Shree Maji		1	2	3	4	5	6	7	8	9	10	11	12	13	14
356	Dinesh Banerjee		1	2	3	4	5	6	7	8	9	10	11	12	13	14
622	Asim Chatterjee		1	2	3	4	5	6	7	8	9	10	11	12	13	14
623	Disha Dubey		1	2	3	4	5	6	7	8	9	10	11	12	13	14
624	Swajit Basu		1	2	3	4	5	6	7	8	9	10	11	12	13	14
674	Brishu Goswami		1	2	3	4	5	6	7	8	9	10	11	12	13	14
699	Akash Tiwari		1	2	3	4	5	6	7	8	9	10	11	12	13	14
715	Sona Pal		1	2	3	4	5	6	7	8	9	10	11	12	13	14

## DANCE OF STUDENTS

July - August 2018-19

Subject English (H)

### DANCE

Roll No.	DANCE													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
24	1	2	3	4	5	6	7	8	9	10	11	12	13	14
25	1	2	3	4	5	6	7	8	9	10	11	12	13	14
26	1	2	3	4	5	6	7	8	9	10	11	12	13	14
27	1	2	3	4	5	6	7	8	9	10	11	12	13	14
28	1	2	3	4	5	6	7	8	9	10	11	12	13	14
30	1	2	3	4	5	6	7	8	9	10	11	12	13	14
39	1	2	3	4	5	6	7	8	9	10	11	12	13	14
37	1	2	3	4	5	6	7	8	9	10	11	12	13	14
38	1	2	3	4	5	6	7	8	9	10	11	12	13	14
39	1	2	3	4	5	6	7	8	9	10	11	12	13	14
41	1	2	3	4	5	6	7	8	9	10	11	12	13	14
42	1	2	3	4	5	6	7	8	9	10	11	12	13	14
44	1	2	3	4	5	6	7	8	9	10	11	12	13	14
45	1	2	3	4	5	6	7	8	9	10	11	12	13	14
47	1	2	3	4	5	6	7	8	9	10	11	12	13	14
55	1	2	3	4	5	6	7	8	9	10	11	12	13	14
127	1	2	3	4	5	6	7	8	9	10	11	12	13	14
142	1	2	3	4	5	6	7	8	9	10	11	12	13	14
147	1	2	3	4	5	6	7	8	9	10	11	12	13	14
356	1	2	3	4	5	6	7	8	9	10	11	12	13	14
622	1	2	3	4	5	6	7	8	9	10	11	12	13	14
623	1	2	3	4	5	6	7	8	9	10	11	12	13	14
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674	1	2	3	4	5	6	7	8	9	10	11	12	13	14
699	1	2	3	4	5	6	7	8	9	10	11	12	13	14
715	1	2	3	4	5	6	7	8	9	10	11	12	13	14

Lectures Delivered During : 200 - 200

Lectures Delivered During : 200 - 200												Percentage	Shortage	
June	July	August	September	October	November	December	January	February	March	April	May			
												TOTAL		







**Course Title:** Yoga and Meditation.

**Course Duration:** 34 hours.

**Course Outcome:** This course could offer a holistic approach to yoga and meditation, combining physical practice with philosophical teachings and practical applications for mental and emotional well-being. Guest speakers, workshops, and field trips to yoga studios or meditation centers could further enrich the learning experience. Additionally, students might be encouraged to keep a reflective journal to track their progress and insights throughout the course.

**Course Content:**

#### **Introducing to Yoga and Meditation (3 hours)**

- 1) History and origins of yoga.
- 2) Philosophy of yoga and its relevance to modern life.
- 3) Benefits of yoga and meditation for physical, mental, and emotional well-being.

**Resource Persons:** Dr. SK Jahir Abbas (Course Coordinator and Internal Resource Persons)

#### **Foundations of Yoga Practice (3 hours)**

- 1) Basic yoga postures (*asanas*) and their alignment.
- 2) Importance of breath (pranayama) in yoga practice.
- 3) Introduction to meditation techniques.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal)

#### **Yoga Philosophy and Ethics (4 hours)**

- 1) The Eight Limbs of Yoga according to Patanjali's Yoga Sutras.
- 2) Ethical principles (Yamas and Niyamas) in yoga philosophy.
- 3) Application of yogic principles in daily life.

**Resource Persons:** Radharanjan Saha & Arindam Ganguly (Internal)

#### **Mindfulness Meditation (4 hours)**

- 1) Understanding mindfulness and its benefits.
- 2) Techniques for cultivating present-moment awareness.
- 3) Mindfulness practices for stress reduction and emotional regulation.

**Resource Persons:** Joymalya Paramanik & Basudev Dey (Internal)

#### **Health Yoga Practice (4 hours)**

- 1) Detailed exploration of Hatha yoga postures and sequences.

- 2) Incorporating breath awareness into Hatha yoga practice.
- 3) Modifications and variations for different body types and abilities.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal)

#### **Meditation Practice (4 hours)**

- 1) Different styles of meditation (e.g., loving-kindness, body scan, visualization).
- 2) Guided meditation sessions focusing on relaxation, clarity, and insight.
- 3) Developing a personal meditation practice routine.

**Resource Persons:** Sri Sibram Dey (Internal) & Atanu Ghar (External)

#### **Advanced Yoga Practice (4 hours)**

- 1) Exploration of advanced yoga postures and transitions.
- 2) Pranayama techniques for advanced practitioners.
- 3) Incorporating meditation into dynamic yoga sequences.

**Resource Persons:** Goutam Pal & Arnab Kundu (External)

#### **Yoga Philosophy and Spirituality (4 hours)**

- 1) Exploring the spiritual dimensions of yoga.
- 2) Studying ancient texts such as the Bhagavad Gita and Upanishads.
- 3) Finding meaning and purpose through yoga practice.

**Resource Persons:** Asim Kumar Betal (Internal) & Arnab Kundu (External)

#### **Yoga and Meditation in Daily Life (4 hours)**

- 1) Integrating yoga and meditation into everyday routines.
- 2) Maintaining a balanced lifestyle through mindfulness practices.
- 3) Cultivating compassion and gratitude through yoga philosophy.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal) & Goutam Pal (External)