

VAC-401 T (Two Credits) - HENYE

First Semester

HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS

Full Marks: 50

UNIT-I

Concept of Health and Wellness, Dimensions and determinants of Health and Wellness, Importance of Health and Wellness Education, Local, demographic, social issues and factors affecting Health and Wellness, Nutrition and Balanced Diet for Health and Wellness, Essential components of balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins and minerals, Malnutrition-under nutrition and over nutrition, Basic concept of Immunity, Body systems and common diseases, Sedentary lifestyle and its risk of disease, Stress, anxiety and depression, Factors affecting mental health, Spirituality and mental health, Identification of suicidal tendencies, Globalization and its impact on Health, Roles of different agencies in promoting Health, Stress Management, Processed foods and unhealthy eating habits, Role of physical activity for maintaining healthy life style, Ayurveda for leading healthy life, Acupressure and its benefits, Importance of Sunlight, Fundamental of Naturopathy and its importance.

UNIT-II

Concept of Yoga Meaning and characteristic of Yoga, Aims and objectives of Yoga, Need and importance of Yoga, Origin and history of Yoga in Indian context, Misconceptions related to Yoga, Astanga Yoga, Yoga and Health, Yogic management of common respiratory disorders, Yogic management of common Cardio-vascular disorders, Yoga for stress management, Yoga practices-Asanas, Pranayam, Meditation and Mudras.

UNIT-III

Concept of Sports & Fitness, Importance of Sports and Fitness, Difference between Games and Sports, History of Sports, Meaning, definition and importance of Sports Management, Scope of Sports Event Management, Principles of Sports Event Management, Major and Minor Sports Events, Traditional Games Management, Development and maintenance of Fitness.

Suggested Readings-

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VAC-401 T- IKS

चतुर्थ सत्रार्द्ध (Fourth Semester)

भारतीय ज्ञान प्रणाली (Indian Knowledge System)

भारतीय ज्ञान प्रणाली-

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अङ्क

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भारतीय ज्ञान के स्रोत-

वेद (ऋग्वेद, यजुर्वेद, सामवेद, अथर्ववेद), वेदाङ्ग (शिक्षा, व्याकरण, निरुक्त, छन्दस्, कल्प, ज्योतिष), उपनिषद्, रामायण, महाभारत, पुराण

Source of Indian Knowledge-

Vedas (Rigveda, Yajurveda, Samaveda, Atharvaveda), Vedang (Shiksha, Vyakarana, Nirukta, Chandas, Kalpa, Jyotish), Upanishads, Ramayana, Mahabharata, Puranas)

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प्राचीन भारत में कलाओं का विकास-

संगीतकला, नाट्यकला, काव्यकला, वास्तुकला, मूर्तिकला, चित्रकला

Development of arts in ancient India-

Music, Drama, Poetry, Architecture, Sculpture, Painting

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प्राचीन भारत में शास्त्रों का विकास-

दर्शनशास्त्र (सांख्य, योग, न्याय, वैशेषिक, वेदान्त, मीमांसा), आयुर्वेदशास्त्र, कोशशास्त्र, व्याकरणशास्त्र, न्यायशास्त्र

Development of Shastras in ancient India-

Philosophy (Samkhya, Yoga, Nyaya, Vaisheshika, Vedanta, Mimamsa), Ayurveda, Kosha, Vyakarana and Jurisprudence

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प्राचीन भारत में विज्ञान का विकास-

गणित, खगोलविज्ञान, भौतिक विज्ञान, रसायनविज्ञान, वनस्पतिविज्ञान, प्राणिविज्ञान, कृषिविज्ञान, खनिजविज्ञान, प्रौद्योगिकी

Development of science in ancient India-

Mathematics, Astronomy, Physics, Chemistry, Botany, Zoology, Agronomy, Mineralogy, Technology

प्रश्नों एवं अङ्कों का विभाजन

प्रश्न-1) दश में से पाँच प्रश्नों के उत्तर (अधिकतम 500 शब्दों में)-

10X5=50

अनुशंसित पुस्तकें-

- संस्कृत में विज्ञान-डा. विद्याधर शर्मा गुलेरी-संस्कृत भारती, देहली
- प्राचीन भारतीय साहित्य की सांस्कृतिक भूमिका-रामजी उपाध्याय- चौखम्बा विद्याभवन, वाराणसी
- प्राचीन भारतीय विद्याएं एवं कलाएं-डा. नत्थूलाल गुप्त-चेतना प्रकाशन, नागपुर
- Introduction to Indian Knowledge System (Concepts and Applications)-B.Mahadevan, Vinayak Rajat Bhat and Nagendra Pavana R.N.-PHI Learning Private Limited
- लघुसिद्धान्त कौमुदी-महेश सिंह कुशवाहा- चौखम्बा विद्याभवन, वाराणसी

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VAC-401T (Two Credits) - DE
Fourth Semester
DIGITAL EDUCATION

Full Marks 50

Learning Outcome

- Students will understand the meaning of digital education and its importance.
- They will be able to focus on different digital platform, its utility and its applications.
- The students will be exposed to different tools of digital education available in India.
- They will understand the importance of E-Learning in the changing context of Digital India.
- They will come to know about their responsibility as citizen in digital growth in India.

A. THEORY

UNIT I: Basic Concept of Computer

(3 Classes)

What is Computer, Applications of Computer, Types of computers, Components of Computer System, Central Processing Unit (CPU)

UNIT II: Concepts of Hardware & Software

(3 Classes)

Input Devices, Output Devices, Computer Memory, Types of Memory, processing Concept of Computer. What is Software, Types of Software, Computer Software- Relationship between Hardware and Software, System Software, Application Software, some high-level languages.

UNIT III: Operating system

(3 Classes)

What is an Operating System, Operating System Examples, Functions of Operating System(Basic), Introduction to Windows 11, Working on Windows 11 environment, Installation of Application Software, My Computer, Control Panel, searching techniques in window environment.

UNIT IV: Introduction to Digital Education

(3 Classes)

Meaning & Evolution of Digital Systems. Role & Significance of Digital Technology, Digital Education vs Traditional Education, advantages and disadvantages of Digital education. Information & Communication Technology & Tools
Interactive Tools-Microsoft Teams, Google Classroom, LinkedIn
Creative Tools-Google Slides, Google Spreadsheets, Google form, Youtube)
Government initiatives for Digital education in India: SWAYAM, E-Pathshala, National Digital Library of India (NDL India), DigiLocker, Advantages & Challenges in digital education in India.

UNIT V: E- Governance

(3 Classes)

Introduction of E-Governance in India, Types of E-Governance-G2C (Government to Citizen), G2E (Government to Employee), G2B (Government to Business), G2G (Government to Government), E-Governance in Jharkhand.

UNIT VI: Internet & its uses

(3 Classes)

Basic of Computer networks; LAN, WAN, MAN, Concept of Internet, Applications of Internet connecting to internet, what is ISP, World Wide Web, Web Browsing software's, Search Engines, URL, Domain name, IP Address, using e-governance website, Basics of electronic mail getting an email account, Sending and receiving emails.

B. PRACTICAL

UNIT VII: Microsoft Word

(5 Classes)

Word processing concepts, Creation of Documents, Formatting of Documents, Formatting of Text, Different tabs of word 2016 environment, Formatting Page, Navigation of Page, Table handling, Header and footer, Page Numbering, Page Setup, Find and Replace, Printing the document.

UNIT VIII: Microsoft Excel (Spreadsheet)

(5 Classes

(2 Classes)

Suggested Readings:

1. E-Governance in India: Initiatives and issues by R. P. Sinha
2. Information & Communication Technology (ICT) in Education by Dr. Vanaja M. Dr. S. Rajasekar, Dr. S. Arulsamy.
3. Digital India: Understanding Information, Communication and Social Change by Pradip N.
4. Joan Preppernau, Microsoft Power Point 2016 step by step, Microsoft press (2015)
5. Steven Welkler, Office 2016 for beginners, Create Space Independent Publishing Platform (2016)
6. Wallace Wang, Microsoft Office 2019, Wiley (January 2018)

1. www.slideshare.net
2. www.lisportal.com/en/lis-blog
3. <https://www.w3schools.blog/ms-word-tutorial>
4. <https://www.w3schools.blog/excel-tutorial>
5. <https://www.w3schools.blog/powerpoint-tutorial>

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