



SNDT Women's University, Mumbai

*Co-Curricular Course*

*as per NEP-2020*

*SEMSTER I*

**Syllabus**

**(w.e.f. 2025-26)**

<b>Sr. No.</b>	<b>Code</b>	<b>Particular</b>
<b>1</b>	<b>11450121</b>	<b>Basics of National Service Scheme</b>
<b>2</b>	<b>11450221</b>	<b>National Cadets Corps. (NCC)</b>
<b>3</b>	<b>11450322</b>	<b>Health and Wellness</b>
<b>4</b>	<b>11450421</b>	<b>Performing Art Exploration</b>

## Basics of National Service Scheme

<b>Course Title</b>	<b>Basics of National Service Scheme</b>
<b>Course Credits</b>	<b>02</b>
<b>Course Outcomes</b>	<ol style="list-style-type: none"> <li>1. Describe the concept of Youth and compare the international definitions of the term Youth.</li> <li>2. Appreciate the demographic advantage and its role in nation building.</li> <li>3. Understand the growth and evolution of NSS and its role in Nation building through community service.</li> <li>4. Visualize the signs, symbols, logo of NSS and understand their broader meaning.</li> </ol>
<b>Module 1(Credit 1) : Introduction to NSS</b>	
<b>Learning Outcome</b>	<p>After learning the module, learners will be able to</p> <ol style="list-style-type: none"> <li>1. Summarize History, Aims and objectives, structure of NSS</li> <li>2. Recite NSS Song</li> <li>3. Describe NSS Symbol and its meanings.</li> <li>4. Define structures, roles &amp; responsibilities of NSS cell.</li> </ol>
<b>Content Outline</b>	<p><b>Unit - 01: Introduction and Basic Concepts of NSS</b></p> <ul style="list-style-type: none"> <li>• Historical background of NSS in India and its development</li> <li>• Aims and Objectives of NSS</li> <li>• Organizational structures, roles &amp; responsibilities.</li> <li>• Emblem sign, NSS badge, Flag, Clap</li> <li>• NSS Songs :Lakshya Geet, Sadbhavana Geet, Rashtriya Yuva Geet.</li> </ul>
<b>Module 2(Credit 1):NSS Programmes and Activities and Role of Youth</b>	
<b>Learning Outcomes</b>	<p>After learning the module, learners will be able to</p> <ol style="list-style-type: none"> <li>1. Discuss the Concept of Regular Activity and Special Camp.</li> <li>2. Understand the Roles &amp; responsibilities as a Youth Volunteer.</li> </ol>
<b>Content Outline</b>	<p><b>A. Concept of NSS activities</b></p> <ul style="list-style-type: none"> <li>• Regular activities</li> <li>• Special camp</li> <li>• Day Camps,</li> <li>• Financial pattern of the scheme</li> <li>• Maintenance of the Diary</li> </ul> <p><b>B. Role of Youth</b></p> <ul style="list-style-type: none"> <li>• Understanding Youth</li> <li>• Understanding the community.</li> <li>• Youth as an agent of social change</li> <li>• Issues , challenges and opportunities for youth</li> <li>• Youth-adult partnership</li> <li>• Voluntarism need and importance</li> </ul>

## CC COURSES SEM I

Semester	Course Type	Course Title	Course Credits	Hours	Evaluation		
				Total	C1 (10 Marks)	C2 (10 Marks)	C3 (30 Marks)
I	CC Practical	Basics of National Service Scheme	2	60	Assignment / Test / Quiz	Assignment / Test / Quiz	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Leadership &amp; Responsibility</li> <li>• Report Submission</li> </ul>

## National Cadets Corps. (NCC)

**Under Graduate**

**Co-curricular Course**

**Course Title: National Cadets Corps. (NCC) Course**

**Credit: 02**

**Duration: 45 hours**

**Marks: 50**

**Mode: Offline / Online**

**Structure of the Course:**

### Co-Curricular Course

<b>Course Title</b>	<b>NCC</b>
<b>Course Credits</b>	<b>2</b>
<b>Module 1 (Credit 1):</b>	<b>NCC General and Foot Drill</b>
	<b>After learning the module, learners will be able to</b>
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. The students will demonstrate the sense of discipline; improve bearing, smartness, turnout.</li> <li>2. Develop the quality of immediate and implicit obedience of orders, with good reflexes.</li> <li>3. The training shall instil patriotism, commitment and passion to serve the nation motivating the youth to join the defence forces.</li> </ol>
<b>Content Outline</b>	<ol style="list-style-type: none"> <li>1. Introduction, Aims of NCC, Objectives of NCC.</li> <li>2. Organisation of NCC, Duties of NCC</li> <li>3. Advantages of being a Cadet, Dos and Don'ts of NCC</li> </ol>
<b>Module 2 (Credit 1):</b>	<b>National Integration &amp; Social Service</b>
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. It gives a feeling of togetherness</li> <li>2. National Integration Creates unity among the people of the country.</li> <li>3. It provides the atmosphere where all the religion and reason leave together peacefully</li> <li>4. The student shall have an understanding about social service and its need, about NGOs and shall participate in community action programmes for betterment of the community.</li> </ol>

## CC COURSES SEM I

<b>Content Outline</b>	<b>1.</b> Introduction and Importance of National Integration <b>2.</b> Essence of National Integration, Necessity of National Integration <b>3.</b> Factors Affecting and Measures to Achieve National Integration <b>4.</b> Methods of Social Service, Types of Social Service Activities. <b>5.</b> Contribution of NCC Cadets
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The titles of the papers for F.Y.B.A/ B.Com.– N.C.C Studies are given below;

<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>	<b>No of Credits</b>	<b>No of hours</b>
I	NCC/CC/2024- 1	NCC Studies CC –I	2	15 theory and 30 practical

### NCC

Se m.	Course Type	Course Title	Cour se Credi ts	Hou rs	Class Evaluation (C E) (50 Marks)		
				Tota l	C. E.1 (15 Marks)	C. E.2 (10 Marks)	C. E. 3 (25 Marks for theory)
I	NCC/ CC-I Practical & Theory	NCC Common Subject	2	45	Drill	Social Service	NCC General National Integration Social Service.

### Assessment Criteria:

- 15 marks- Drill (related to syllabus)**
- 10 Marks- Social service Activities (Visit, Beach cleaning etc.) Done by students,**
- 25 marks- Written exam on NCC- General, National Integration & Social Service.**

## Health and Wellness

**Under Graduate**

**Co-curricular Course**

**Course Title: Health and Wellness**

**Course Credit: 02**

**Duration: 45 hours**

**Marks: 50**

**Mode: Offline / Online**

**Co-Curricular Course- Health and Wellness**

<b>Course Title</b>	<b>Health and Wellness</b>
<b>Course Credits</b>	<b>2</b>
<b>Course Outcome</b>	1. Apprehend the fundamental concepts of health and wellness
	2. Acquire practical tools for managing stress, enhancing emotional resilience, and implementing mind-body practices.
	3. Appreciate the critical impact of nutrition, sleep, and fitness in maintaining holistic health and wellness.
<b>Module 1: Health and wellness (Theory 15 hours)</b>	
<b>Learning Outcomes</b>	After learning the module, learners will be able to
	1. Apprehend the concept of Health and Wellness, distinguish between the two and understand the importance of both.
	2. Identify and comprehend the key Dimensions of Wellness
	3. Perceive the significance of Wellness in maintaining good Health.
<b>Content Outline</b>	<ul style="list-style-type: none"> <li>• Concept of Health and Wellness</li> <li>• Importance of Health</li> <li>• Dimensions of Wellness</li> <li>• The difference between Health and Wellness.</li> <li>• Importance of Wellness in maintaining good Health</li> </ul>
<b>Module 2: Practical Exercise (30 hours)</b>	
<b>Learning Outcomes</b>	1. Overview on Health and Wellness.
	2. Recognize the importance of warming up before physical activity to prevent injuries and enhance performance.

	3. Perceive the role of cool-down exercises in promoting flexibility, reducing musclesoreness, and aiding in recovery.
	4. Apply practical techniques to enhance physical, mental and emotional health in daily life.
<b>Content Outline</b>	<ul style="list-style-type: none"> <li>• Warm up and Cool down before exercise</li> <li>• Posture and basics of exercise</li> <li>• 5 Components of Health-related Fitness               <ul style="list-style-type: none"> <li>- Body Composition</li> <li>- Muscular Strength</li> <li>- Muscular Endurance</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>- Cardiorespiratory Endurance</li> <li>- Flexibility</li> <li>• Mind-body Practices               <ul style="list-style-type: none"> <li>- Pranayama</li> <li>- Meditation.</li> </ul> </li> </ul>

**Assessment Criteria:**

- 10m = Assignment/ Presentation (related to syllabus)
- 10m = MCQ Exam
- 15m = Fitness Test (Flexibility+ Strength)
- 15m = Endurance Test

**Reference Book List:**

- B Shrilaxmi,V Suganthi,CKalaivani Ashok (2024) Exercise Physiology Fitness and Sports Nutrition
- Mark A. Finley and Peter N. Landless (2015) Health and Wellness: Secrets That Will Change Your Life
- G. Sireesha N. Rajani (2019) Nutrition, Health and Wellness
- S.P. Nimbalkar (2019) Meditation: Easy Effortless Dhyanasadhana
- Durgadas Sawant (2020) Nisargahar: Natural Diet for healthy life.
- S.P. Nimbalkar (2017) Pranayama: An Effective Means to Mental Health

**\*Note:**

1. Students who have represented SNTD Women's University in the West Zone, South West Zone, All India Inter University Championships and Khelo India University Games will be directly awarded marks for 2 Credits in the semesters where they have participated in the above mentioned tournaments.

## Performing Art Exploration

**Under Graduate**

**Co-curricular Course**

**Course Title: Cultural Activities (Performing Art Exploration)**

**Course Credit: 02**

**Duration: 45 hours**

**Marks: 50**

**Mode: Offline / Online**

### Programme Outcomes:

- ❖ Lifelong commitment to holistic wellbeing.
- ❖ To develop the skill and understanding of sketching drawing and Painting.
- ❖ Enhanced Skill Development using tool techniques and observation and Practice.
- ❖ Ability to navigate challenges with confidence.

### Semester I

Course Title	Cultural Activities (Performing Art Exploration)
Course Credits	2
Course Outcomes	1. Students will be able to identify and describe key historical developments in various forms of performing arts.
	2. Students will acquire foundational skills and techniques specific to their chosen area(s) of performing arts.
	3. Students will participate in solo and group projects, showcasing their ability to work both independently and as part of a team.
	4. Students will critically evaluate artistic works, considering historical, cultural, and social contexts.



## CC COURSES SEM I

<b>Module 1(Credit 1) : Introduction to Performing Arts</b>	
<b>Learning Outcome</b>	After learning the module, learners will be able to
	1. Understand proficiency in vocal techniques specific to Hindustani or Karnatic classical traditions.
	2. Comprehend creativity in improvisational segments within classical frameworks
	3. Exhibit an understanding of the cultural significance of the dances.
	4. express their ideas creatively and effectively, using appropriate literary and rhetorical techniques.
	<ul style="list-style-type: none"> <li>• Definition and Basics of Performing Art</li> <li>• General and Historical Information of Performing Art.</li> <li>• Benefits of Performing Arts.</li> <li>• Introduction to Fine Arts and its importance in personality development</li> </ul>
<b>Module 2(Credit 1): Practical of Performing Arts</b>	
<b>Learning Outcomes</b>	After learning the module, learners will be able to
	1. Understand proficiency in acting techniques, including voice modulation, body language, and emotional expression.
	2. Provide constructive feedback, demonstrating an understanding of the elements that contribute to effective theatrical productions.
	3. Understand artworks that demonstrate control of materials, techniques, and artistic processes.
	4. Develop analytical and critical thinking skills, applying them to the evaluation of performances and artworks.

## CC COURSES SEM I

<b>Content Outline</b>	<p>Practical of Any Performing Art</p> <p>Cultural Performance through Performing Art</p> <p>Practical Demonstration and Performance of any two of the following:</p> <ul style="list-style-type: none"><li>• One Act Play</li><li>• Skit</li><li>• Mime</li><li>• Mimicry</li><li>• Street Play</li></ul> <p>Practical presentation of any two of the following</p> <ul style="list-style-type: none"><li>• On the Spot Painting</li><li>• Collage</li><li>• Poster Making</li><li>• Clay Modelling</li><li>• Cartooning</li><li>• Rangoli</li></ul>
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### **Evaluation –**

- Viva / Theory - 25 marks
- Practical (Performance) - 25 Marks