



SNDT Women's University, Mumbai

Co-Curricular Course

as per NEP-2020

SEMSTER II

Syllabus

(w.e.f. 2025-26)

Sr. No.	Code	Particular
1	21450121	Volunteerism and National Service Scheme
2	21450221	National Cadets Corp/ (NCC) Studies – II
3	21450323	Yoga Education
4	21450421	Fine Art

Volunteerism and National Service Scheme

Course Title	Volunteerism and National Service Scheme
Course Credits	02
Course Outcomes	After going through the course, learners will be able to :
Course Outcomes	Appreciate the spirit and purpose of Volunteerism.
	Understand the organizational structure and its functions at national to Institutional level.
	Learn the skills of critical thinking and Decision making.
Module 1(Credit 1) : Activity Based Programmes:	
Learning Outcome	After learning the module, learners will be able to
	Find Practical solutions to individual and community problems.
	Develop a sense of social and civic Responsibility.
Content Outline	<ul style="list-style-type: none"> • Awareness Programmes – Seminar, workshops, celebration of National and International days, Personality Development programmes, group activities, etc., • Yoga day celebration • Rally • Campus Cleaning • Tree plantation • Blood donation • Medical check up • Health Awareness camp, etc.
Module 2 (Credit 1): NSS Programmes (Government Organisations / Non – Government Organisations)	
Learning Outcomes	After learning the module, learners will be able to
	Develop a sense of social and civic Responsibility.
	Find Practical solutions to individual and community problems.
Content Outline	<ol style="list-style-type: none"> 1. Implementation of Central, State Govt. and Local governing bodies and NGO Program Activities or Directed by University. <ul style="list-style-type: none"> • Yuva Portal • Voter awareness • Skill Development • Entrepreneurship and Rural development • Youth exchange program • Women Empowerment

SEM II CC Courses

Sem e ster	Course Type	Course Title	Cours e Credits	Hours	Evaluation		
				Total	C1 (10 Marks)	C2 (10 Marks)	C3 (30 Marks)
II	CC Practical	Volunteerism and National Service Scheme	2	60	Assignme n t / Test / Quiz	Assignme nt / Test / Quiz	<ul style="list-style-type: none">• Participation• Leadership & Responsibility• Report Submission

National Cadets Corp/ (NCC) Studies – II

Under Graduate

Co- Curricular Course

course Title: National Cadets Corps.

(NCC) Course Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline/Online

Programme Structure of National Cadets Corps. (NCC)

OBJECTIVES:

- To create evolved youth, who will be equipped to contribute in the development of the nation building.
- To train students so as to achieve their physical, mental, psychological and emotional development.
- To inculcate spirit of adventure, undertake adventure activities, to hone leadership and personality development qualities and risk-taking abilities.

Program Outcome:

- Students shall get exposure towards community services and insptil the practices of National integration and social service activities.
- They shall bring out to be, not just physically but also mentally and emotionally strong towards military aspects.
- They will sink in the spirit of adventure learning and impart basic military knowledge and practices.
- Students will be built in with good leadership qualities and have a better personality development opportunity.

Co- Curricular course

Course Title	NCC
Course Credits	After learning the module, learners will be able to understand National Integration
Module 1 (Credit 1):	National Integration and Awareness and drill Duties of NCC Cadets. Importance and necessity. Factors affecting National Integration. Unity in diversity.
Learning outcomes	1. The students will demonstrate the sense of discipline; turnout. improve bearing, smartness. 2. Develop the quality of immediate and implicit obedience of orders, with good reflexes. 3. The training shall instill patriotism, commitment and passion to serve the nation motivating the youth to join the defence forces.
Content outline	1. Introduction, Duty of NCC cadets, Objectives of NCC. 2. Need of national integration 3. Unity in diversity, Dos and Don'ts of NCC
Module 2	Social service and community development
Learning outcomes	1. 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.
Content Outline	Social service capsule -1 <ul style="list-style-type: none"> • Basic of social service (Methods) • Types of social service activities. • Contribution of NCC cadets. • Rural Development objectives. • Importance and feature of MGNREGA.

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

Structure of the course:

The titles of the paper for F.Y.B.A/B.Com.- N.C.C Studies are given below;

Semester	Course Code	Course title	No of Credits	No of hours
1	(NCC)CC/2024- 2	NCC Studies CC-1	2	15 theory and 35 practical

Yoga Education

Under Graduate

Co-curricular Course

Course Title: Yoga

Education Course Credit:

02

Duration: 45 hours

Marks: 50

Mode: Offline / Online

Course Title	Yoga Education
Course Credits	2
Course Outcome	1. Students will develop a comprehensive understanding of Yoga Philosophy and Anatomy.
	2. Students will develop an understanding of how Asanas, Pranayamas and meditation affect various systems of the body.
Module 1: Theory Part (15 hours)	
Learning Outcomes	After learning the module, learners will be able to
	1. The learner will understand the meaning and concept of Yoga and its physiological effect on our body and mind.
Content Outline	<ul style="list-style-type: none"> • Meaning and Definition of Yoga, various theories, and History of Yoga. • Anatomy of the Respiratory system, Circulatory System and Endocrine glands • Physiological aspects of Yoga • How Yoga contributes to a healthy lifestyle in modern times. • Ashtanga Yoga, Yama –Niyama • Effect of meditation practice on the various system.
Module 2: Practical part (30 hours)	
Learning Outcomes	After learning the module, learners will be able to
	1. The learner will able to perform correct form of Suryanamaskar with mantra.

	2. They can perform various asanas with correct techniques.
	3. The learner will be able to perform omkar chanting and prayer. Comprehend the correct techniques of breathing and pranayama.
Content Outline	<ul style="list-style-type: none"> • Surya Namaskar and Mantras • Micro movement before Asanas • Preparation before Asanas • Demonstration of Basic Asanas Standing, Sitting, Lying • Omkar Chanting • Breathing Techniques • Pranayama • Importance of Prayer

EVALUATION:

1. Theory exam – 25m and Practical exam – 25m

2. Assessment Criteria:

- **10m = MCQ Exam**
- **10m = Assignment/ Presentation**
- **15m = Asana Practical Exam**
- **15m = Pranayama Practical Exam**

***Note:**

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 2 Credits for each semester.

REFERENCES:

- ❖ Iyengar, B. K. S., Evans, J. J., & Abrams, D. (2005). Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom. Rodale Press.
- ❖ Satyananda Swami (1969) Asana, Pranayama, Mudra, Bandha
- ❖ Swami Ananda Rishi & Ms. Ananda Varsha (2021) Patanjali yoga darshana- A Comparative Study
- ❖ Dr. Ram Mahun Mojumdar (2017) Anatomy and Physiology

SEM II CC Courses

- ❖ Sadashiv Nimbalkar (2018) Soorya Namaskar: Health promoting exercise and & Sun Worship for all.
- ❖ M.M. Gore (2020) Anatomy and Physiology of Yogic Practices: Understanding of the yogic concepts and physiological mechanism of the yogic practices
- ❖ S.P. Nimbalkar (2017) Pranayama: An effective means to mental health

Fine Art

Under Graduate

Co-curricular Course

Course Title: Cultural Activities

Course Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline / Online

Semester II

Course Title	Cultural Activities
Course Credits	2
Course Outcomes:	<ol style="list-style-type: none">1) Lifelong commitment to holistic wellbeing.2) To develop the skill and understanding of sketching drawing and Painting.3) Enhanced Skill Development using tool technics and observation and Practice.4) Ability to navigate challenges with confidence.
Module 1(Credit 1): Sketching Drawing, Landscape, Calligraphy	Fine Arts
	After learning the module, learners will be able to
Learning Outcomes	<ol style="list-style-type: none">1. The students will understand the difference between sketching and Drawing. They learn Devnagari and roman Calligraphy2.The students will understand detail methods for sketching and drawing, calligraphy with different tools and technics.

	<p>3.The students will understand the different dimensions of Drawing and methods of calligraphy</p> <p>4.Understand composition from scenery, nature structure, shade light, texture, perspective.</p>
Content Outline	<ul style="list-style-type: none"> • Perspective • Nature drawing, Object drawing, and human drawing. • Shade and lights study. • Handling of various mediums, drawing skills, perspective for on-the-spot landscape. • Calligraphy in Devnagari and Roman style.
Module 2 (Credit 1): (Fine Arts) Colour, 2 D and 3D Design	
	After learning the module, learners will be able to
Learning Outcomes	<ul style="list-style-type: none"> • Understand the six limbs of Indian Art and its significance to create art. • Explore the design elements and its composition through Principles, laws. • Understand Colour wheel, greyscale, and colour schemas. • Understand different Type of materials, techniques and assembling possibilities and their applications. • Understand the significance of 3d Design from installation, stage design, murals, stall design.

Content Outline	<ul style="list-style-type: none"> • Study of six limbs. • Importance of Design for any type of composition. • Understanding of Hierarchy, Colour schema, use of texture, possibilities of space division in design. • 3d Design visualization • Various Material use for creating 3d design • Cutting, pasting, folding, hanging techniques. • Texture and Shade light importance in 3d design.
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Evaluation –

1. Viva / Theory - 25 marks
2. Practical (Performance) - 25 Marks

Assessment Criteria:

25m - Assignment/ Presentation (related to syllabus)

10m - Visit and small research report on art in 1000 words.

15m - Portfolio presentation

Reference Book List:

- Aksharanubhav, Achyut Palav, Calligraphic Expressions
- Colour- A Workshop for artists and designers, David Harnung, Laurence King Publishing
- Druk Kala, Shantinath Arwade
- Perspective Drawing, Milind Mulik, Jyotsna Prakashan
- Anatomy and Drawing, Victor Perard, Grace Prakashan

Sem e ster	Course Type	Course Title	Course Credits	Hours	Evaluation	
				Total	C1 (25 Marks)	C2 (25 Marks)
II	CC Practica I / Theory	Fine Art	2	45	Assignment / Written Exam / MCQ	Practical demonstrations