



SNDT Women's University, Mumbai

Co-Curricular Course

as per NEP-2020

SEMSTER III

Syllabus

(w.e.f. 2025-26)

Sr. No.	Code	Particular
1	31450121	Social issues Advocacy and Action
2	31450221	National Cadets Corps. (NCC) Studies- III
3	31450321	Traditional Sports and Fitness
4	31450421	Unfolding The Beauty Of Indian Music

Social issues Advocacy and Action

Course Title	Social issues Advocacy and Action
Course Credits	02
Course Outcomes	After going through the course, learners will be able to :
	Analyze themselves in society
	Utilize their knowledge to protect social environment
	Learn and apply various self Defense techniques
Module 1(Credit 1) : Youth and Social issues 1	
Learning Outcome	After learning the module, learners will be able to
	Analyze the sociological and psychological behavioral aspects influencing youth
	Understand the concept of Crime and apply the knowledge gained to Propose innovative solutions and interventions aimed at reducing of youth Crime rates and promoting positive youth development
	Formulate strategies for youth empowerment community engagement and crime prevention initiative within local contexts
Content Outline	<ul style="list-style-type: none"> • Sociological and psychological factor influencing for youth crime • Awareness about Anti-Ragging and Drug addiction • Cyber Crime and its Prevention Juvenile Justice • Family and Society • Peer Mentoring in preventing crimes • Self defense
Module 2(Credit 1):Youth and Social issues 2	
Learning Outcomes	After learning the module, learners will be able to
	Understand the importance of various Awareness Activities
	Adopt healthy Lifestyle.
Content Outline	A. Environment Issues- B. Health, Hygiene & Sanitation C. Disaster Preparedness & Disaster Management

III	CC Practical	Social issues Advocacy and Action	2	60	Assignment / Test / Quiz	Assignment / Test / Quiz	Participation <ul style="list-style-type: none"> • Leadership & Responsibility • Report Submission
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National Cadets Corps. (NCC) Studies- III

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 Cleanliness drive
Module 1 (Credit 1):	Swachh Bharat Abhiyan -2 <ul style="list-style-type: none"> • Aims and Objective. • implementation. • Outcome and benefits expected. • Contribution of NCC towards SBA.
Learning outcomes	1. Develop the quality of immediate and implicit obedience of orders, with good reflexes. 2. The training shall instill patriotism, commitment and passion to serve the nation motivating the youth to join the defence forces.
Content outline	Social service capsule -2 <ul style="list-style-type: none"> • Basic of social service (Methods) • Types of social service activities. • Contribution of NCC cadets.

Module 2	Community development -1
Learning outcomes	1. Develop the quality of oneness and brother wood, obedience of orders. 2. The training shall instill patriotism, commitment and passion to serve the nation motivating the youth to join the defence forces.

Content Outline	<ul style="list-style-type: none">• Introduction/ concept.• Factors influencing/shaping personality.• Self-awareness.• Empathy.• Critical and creative Thinking
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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 S.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- 3	NCC Studies CC-1	2	15 theory and 35 practical

Traditional Sports and Fitness

Under Graduate
Co-curricular Course (CC)
Course Title: Traditional Sports and
Fitness Course Credit: 02
Duration: 45 hours
Marks: 50
Mode: Offline / Online

Course Title	Traditional Sports and Fitness
Course Credits	2
Course Outcomes	1. Develop an understanding of how traditional Indian sports contribute to overall fitness levels.
	2. Develop practical skills through hands-on learning experience.
	3. Acquire an understanding of traditional Indian sports and their impact on overall well-being.
Module 1(Credit 1)	
Learning Outcome	After learning the module, learners will be able to
	1. Students will gain insight into traditional Indian sports and their historical context.
	2. Appreciate the role of traditional Indian sports in promoting overall fitness.
	3. Incorporate elements of traditional Indian sports to enhance overall fitness levels.
Content Outline	<ul style="list-style-type: none"> • Introduction to traditional Indian Sports such as Lagori, Langdi, Skipping, Mallakhamb, Arm Wrestling (panja ladavne), Dand Baithak, Kho- Kho, Kabaddi. • Historical significance and cultural roots of traditional sports in India. • Rules and regulations of Traditional Indian Sports

Module 2(Credit 1): Practical	
Learning Outcomes	After learning the module, learners will be able to
	1. Demonstrate proficiency in the practical execution of traditional Indian sports.
	2. The students will acquire a comprehensive understanding on the components of Agility, Balance and Speed.
Content Outline	<ul style="list-style-type: none"> • Practical learning of Traditional Indian Sports: <ul style="list-style-type: none"> - Lagori, Langdi, Skipping, Mallakhamb, Arm Wrestling (panja ladavne), Dand Baithak, Kho- Kho, Kabaddi • Testing of traditional Indian sports through: <ul style="list-style-type: none"> - Agility Test - Balance Test - Speed Test
Assessment Criteria:	<ul style="list-style-type: none"> - 10m = Assignment/ Presentation (related to syllabus) - 10m = MCQ Exam - 15m = Fitness Test (Agility+ Balance) - 15m = Speed Test + Demonstration of Traditional Sports

Reference Articles:

- Dr. Ashok Kumar, Dr. M.G. Kerutagi, Dr. S.G. Praveenakumar (2022) Indian Traditional Games
- BINAYAK KR. DUBEY, SACHIN KR. TIWARY (2022) Indigenous Games and Sports of India
- Priyanka Narang (2011) Traditional Indian Sports

***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 marks for 2 Credits for the semester in which they have represented the University in any of the above tournaments.

Marking Scheme of Department of Students' Development under Co-Curricular Credit- based Course

Level	50 Marks	
Inter-Collegiate Competition Winner (I, II, III)	35	
State Level / West Zone / National Participation / Winner	40	
Inter-National (AIU)	50	
Note:- <ul style="list-style-type: none">❖ Students will get the marks for Co-Curricular directly based on their performance❖ The Student's list for marks should be verified by the Department of Students' Development and sent to the University Department with the Principal's Signature		

Unfolding The Beauty Of Indian Music

Under Graduate

Co-curricular Course

Course Title: Cultural Activities

Course Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline / Online

Semester III

Course Title	Cultural Activities
Course Credits	02
Course Outcomes	Students will learn about the basics of Indian music including melody, harmony, and rhythm.
	Students will enjoy the beauty of various Alankaras by learning and reciting them.
	Students will gain the knowledge of Taalas.
Module 1 (Credit 1) : (Unfolding The Beauty Of Indian Music) Introduction to Swara and Taal	
Learning Outcome	After learning this module, learners will be able to.....
	Find out the beauty and appreciate various melody and rhythm.
Content Outline	Introduction of Alankars Any 10 Alankars of (2,3,4 and 5 notes) Introduction of Taalas 1 Teentaal 2 Keharwa 3 Rupak 4 Dadra

Module 2 (Credit 1): (Unfolding The Beauty Of Indian Music) Forms of Light Music
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Learning Outcomes	After learning this module, learners will be able to....
	Know the importance of theme based songs and will be able to recite them in a more meaningful way. Empower themselves by understanding the inner power of womanhood. Know the incredible culture and Glory of our beloved nation INDIA.
Content Outline	SNTD University Song (Hindi) Maharashtra Geet (Marathi) One Patriotic Song (can be from any Indian Language) One Bhajan (can be from any Indian Language) One Folk Song (can be from any Indian Language)

Evaluation –

- 1) Viva / Theory - 25 marks
- 2) Practical (Performance) - 25 Marks
- 3)

III	CC Practical / Theory	Unfolding The Beauty Of Indian Music	2	45	Assignment / Written Exam / MCQ	Practical demonstrations
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