

*Co-Curricular Course*

*as per NEP-2020*

*SEMSTER III*

**Syllabus**

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

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

## Social issues Advocacy and Action

|   |  |
|---|--|
| <b>Course Title</b>                                   | <b>Social issues Advocacy and Action</b>   |
| <b>Course Credits</b>                                 | 02   |
| <b>Course Outcomes</b>                                | 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  |
| <b>Module 1(Credit 1) : Youth and Social issues 1</b> |  |
| <b>Learning Outcome</b>                               | 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  |
| <b>Content Outline</b>                                | <ul style="list-style-type: none"> <li>• Sociological and psychological factor influencing for youth crime</li> <li>• Awareness about Anti-Ragging and Drug addiction</li> <li>• Cyber Crime and its Prevention Juvenile Justice</li> <li>• Family and Society</li> <li>• Peer Mentoring in preventing crimes</li> <li>• Self defense</li> </ul> |
| <b>Module 2(Credit 1):Youth and Social issues 2</b>   |  |
| <b>Learning Outcomes</b>                              | After learning the module, learners will be able to  |
|   | Understand the importance of various Awareness Activities  |
|   | Adopt healthy Lifestyle.   |
| <b>Content Outline</b>                                | <p>A. Environment Issues-</p> <p>B. Health, Hygiene &amp; Sanitation</p> <p>C. Disaster Preparedness &amp; Disaster Management</p>   |

|     |              |                                   |   |    |                          |                          |  |
|-----|--------------|-----------------------------------|---|----|--------------------------|--------------------------|--|
| III | CC Practical | Social issues Advocacy and Action | 2 | 60 | Assignment / Test / Quiz | Assignment / Test / Quiz | Participation <ul style="list-style-type: none"> <li>• Leadership &amp; Responsibility</li> <li>• Report Submission</li> </ul> |
|-----|--------------|-----------------------------------|---|----|--------------------------|--------------------------|--|

## **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**

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

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

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|------------------------|---|
| <b>Content Outline</b> | <ul style="list-style-type: none"> <li>• Introduction/ concept.</li> <li>• Factors influencing/shaping personality.</li> <li>• Self-awareness.</li> <li>• Empathy.</li> <li>• Critical and creative Thinking</li> </ul> |
|------------------------|---|

### **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<br>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**

|                            |   |
|----------------------------|---|
| <b>Course Title</b>        | <b>Traditional Sports and Fitness</b>   |
| <b>Course Credits</b>      | 2   |
| <b>Course Outcomes</b>     | 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.  |
| <b>Module 1 (Credit 1)</b> |   |
| <b>Learning Outcome</b>    | 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.   |
| <b>Content Outline</b>     | <ul style="list-style-type: none"> <li>• Introduction to traditional Indian Sports such as Lagori, Langdi, Skipping, Mallakhamb, Arm Wrestling (panja ladavne), Dand Baithak, Kho- Kho, Kabaddi.</li> <li>• Historical significance and cultural roots of traditional sports in India.</li> <li>• Rules and regulations of Traditional Indian Sports</li> </ul> |

| <b>Module 2(Credit 1): Practical</b> |   |
|--------------------------------------|---|
| <b>Learning Outcomes</b>             | 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.   |
| <b>Content Outline</b>               | <ul style="list-style-type: none"> <li>• Practical learning of Traditional Indian Sports: <ul style="list-style-type: none"> <li>- Lagori, Langdi, Skipping, Mallakhamb, Arm Wrestling (panja ladavne), Dand Baithak, Kho- Kho, Kabaddi</li> </ul> </li> <li>• Testing of traditional Indian sports through: <ul style="list-style-type: none"> <li>- Agility Test</li> <li>- Balance Test</li> <li>- Speed Test</li> </ul> </li> </ul> |
| <b>Assessment Criteria:</b>          | <ul style="list-style-type: none"> <li>- 10m = Assignment/ Presentation (related to syllabus)</li> <li>- 10m = MCQ Exam</li> <li>- 15m = Fitness Test (Agility+ Balance)</li> <li>- 15m = Speed Test + Demonstration of Traditional Sports</li> </ul>   |

**Reference Articles:**

- Dr. Ashok Kumar, Dr. M.G. Kerutagi, Dr. S.G. Praveenakumar (2022) Indian TraditionalGames
- BINAYAK KR. DUBEY, SACHIN KR. TIWARY (2022) Indigenous Games and Sports ofIndia
- 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**

| <b>Level</b>  | <b>50 Marks</b> |  |
|---|-----------------|--|
| <b>Inter-Collegiate Competition Winner (I, II, III)</b>   | <b>35</b>       |  |
| <b>State Level / West Zone / National Participation / Winner</b>  | <b>40</b>       |  |
| <b>Inter-National (AIU)</b>   | <b>50</b>       |  |
| <b>Note:-</b> <ul style="list-style-type: none"><li>❖ <b>Students will get the marks for Co-Curricular directly based on their performance</b></li><li>❖ <b>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</b></li></ul> |                 |  |

## 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

|  |  |
|--|--|
| <b>Course Title</b>  | <b>Cultural Activities</b>   |
| <b>Course Credits</b>  | <b>02</b>  |
| <b>Course Outcomes</b>   | 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.  |
| <b>Module 1 (Credit 1) : (Unfolding The Beauty Of Indian Music )</b> |  |
| <b>Introduction to Swara and Taal</b>                                |  |
| <b>Learning Outcome</b>  | After learning this module, learners will be able to.....  |
|  | Find out the beauty and appreciate various melody and rhythm.  |
| <b>Content Outline</b>   | <p>Introduction of Alankars<br/>Any 10 Alankars of (2,3,4 and 5 notes)</p> <p>Introduction of Taalas</p> <p>1 Teentaal<br/>2 Keharwa<br/>3 Rupak<br/>4 Dadra</p> |

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| <b>Module 2 (Credit 1): (Unfolding The Beauty Of Indian Music )</b><br><b>Forms of Light Music</b> |
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CC COURSES SEM III

|                          |  |
|--------------------------|--|
| <b>Learning Outcomes</b> | <p>After learning this module, learners will be able to....</p> <p>Know the importance of theme based songs and will be able to recite them in a more meaningful way.<br/>Empower themselves by understanding the inner power of womanhood.<br/>Know the incredible culture and Glory of our beloved nation INDIA.</p> |
| <b>Content Outline</b>   | <p>SNDT University Song (Hindi) Maharashtra Geet (Marathi)<br/>One Patriotic Song (can be from any Indian Language)<br/>One Bhajan (can be from any Indian Language)<br/>One Folk Song (can be from any Indian Language)</p>   |

**Evaluation –**

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

|            |                             |   |   |    |                                       |                             |
|------------|-----------------------------|---|---|----|---------------------------------------|-----------------------------|
| <b>III</b> | CC<br>Practical /<br>Theory | Unfolding<br>The Beauty<br>Of Indian<br>Music | 2 | 45 | Assignment /<br>Written Exam<br>/ MCQ | Practical<br>demonstrations |
|------------|-----------------------------|---|---|----|---------------------------------------|-----------------------------|