

# Yogoda Satsanga Mahavidyalaya

JAGANNATHPUR, DHURWA, RANCHI-834004

Email address: ysmranchi4@gmail.com

(NAAC Accredited, Grade: B++, CGPA:2.89)

## **:ADVERTISEMENT NOTICE, DATED: 01.02.2023:**

Applications are invited for the following temporary/contractual vacancies for the short-term period:

1. **Teacher for the course 'Understanding India' as per NEP Syllabus in Degree level:**

No. of vacancy: 01 (One)

Qualification: M.Ed. with atleast 55% marks..

For syllabus , please see **Annexure-1.**

2. **Teacher for the course 'YOGA EDUCATION' as per NEP Syllabus in Degree level:**

No. of vacancy : 01 (One)

Qualification : Master Degree in YOGA with atleast 55% marks and having Ph.D. in YOGA.

For syllabus, please see **Annexure-2.**

3. **Assistant Professor in Commerce:**

Vacancy position: 01 (one)

Qualification: M.Com. with atleast 55% marks and having NET/Ph.D. in Commerce.

4. **Assistant Professor in Zoology:**

Vacancy position: 01 (one)

Qualification: M.Sc. (Zoology) with atleast 55% marks and having NET/Ph.D. in Zoology.

5. **Assistant Professor in Botany:**

Vacancy position: 01 (one)

Qualification: M.Sc. (Botany) with atleast 55% marks and having NET/Ph.D. in Botany.

6. **Faculty in B.B.A.:**

Vacancy position: 01 (one)

Qualification: At least M. B. A. with 55%.

Appointed persons will be paid remuneration on the class basis as per University norms.

Interested persons having requisite qualification as noted above may send their bio-data with related documents to the undersigned by the email address

(ysmranchi4@gmail.com) or submit directly by 07.02.2023.

Secretary, G.B.

**II. UNDERSTANDING INDIA:**

(Credits: Theory-02)

Marks: 100 (ESE: 3Hrs) = 100

Pass Marks: Th (ESE) = 40

*Instruction to Question Setter for**End Semester Examination (ESE 100 marks):*

*There will be two group of questions. Group A is compulsory which will contain three questions. Question No.1 will be very short answer type consisting of ten questions of 1 mark each. Question No.2 & 3 will be short answer type of 5 marks. Group B will contain descriptive type six questions of twenty marks each, out of which any four are to answer.*

*Note: There may be subdivisions in each question asked in Theory Examinations.*

**UNDERSTANDING INDIA****Theory: 30 Lectures****Course Objectives & Learning Outcomes:**

This course is designed:

1. to enable the students to acquire and demonstrate the knowledge and understanding of contemporary India with its historical perspective
2. to demonstrate the basic framework of the goals and policies of national development
3. to demonstrate the constitutional obligations with special emphasis on constitutional values and fundamental rights and duties.
4. to develop the understanding of Indian knowledge systems, Indian education system and the roles and obligations of teachers to the nation in general and to the society.
5. to deepen knowledge about and understanding of India's freedom struggle and of the values and ideals that it represented.
6. to prepare the learners for their roles and responsibilities as effective citizens of a democratic society.
7. A unit in the context of Jharkhand

**Course Content:****UNIT I: Introducing India**

1. **The Land of India:** Geographical Setting; Physical and Natural Environment
2. **The People of India:** The migration of people into India, such as Indo-Aryans speaking people, the Persians, the Greeks, the Kushans, the Shakas, the Arabs, the Turks, the Mongols, etc., and their contribution to the making of Indian History and Culture
3. **The Name of our Country:** Jambudvipa, Sindhu (Indus), Inde, Hind, Hindustan, India, Bharat.
4. **Historical Background of India:** Historical Background of India through the ages. India's Freedom Struggle: Brief History, Values and Ideals

**UNIT II: The Knowledge System of India**

1. Traditional Knowledge System: Gurukuls, Pathsalsas, Tols, Makhtabs, Madrasas
2. Beginnings of Modern Education: The British Government's Educational Policies
3. Expansion of Higher and Technical Education in India
4. Role and obligations of Teachers in National Development.
5. Education Policy of government. 1986 and 2020.

**UNIT III: The Indian Economy**

1. **Goals and Policies:** Post Independent Goals and Policies of National Development.
2. **Features of National Dev.**
  - a. Social Justice and Economic Equality.

- b. Goals and Policies and National Development during 21st century.
3. Indian Economy through the Ages (Agriculture, Industry and Trade)
4. Directive Principles and Fundamental Rights and Duties.

**UNIT IV: The Making of Contemporary India**

1. The Struggle for Independence (1885-1947)
2. The Making of the Indian Constitution; Concept of Fundamental Rights and Duties
3. India's Foreign Policy: Main Elements (Non Alignment, Panchsheel)
4. Secular- Constitutional sole of a citizen in Democratic India.
5. Formation of Jharkhand: Challenges
6. Panchayati Raj in India with special reference to PESA in Jharkhand

**Reference Books:**

1. L. Basham, *A Cultural History of India*, Oxford University Press, 1997
  2. L. Basham, *A Wonder that was India*, Rupa, New Delhi, 1994
  3. N. R. Ray, *An Approach to Indian Art*, Publication Bureau, Chandigarh, 1974
  4. Kanjiv Lochan: *Medicines of Early India*, Delhi
  5. Hitendra Patel: *Adhunik Bharat ka Aitihāsik Yatharth*
  6. Nayanjot Lahiri, *Marshaling the Past: Ancient India and its Modern Histories*, Permanent Black, 2012
  7. R.C. Majumdar (ed.), *History and Culture of Indian People* (Relevant Volumes and Chapters),
  8. Bhartiya Vidya Bhawan, Bombay.
  9. S. C. Ghosh, *History of Education in Modern India, 1758-1986*, Orient Longman, Hyderabad, 1995
  10. Tirthankar Ray, *The Economic History of India 1857-1947*, OUP, 2006
  11. Vijay Joshi and I.M.D. Little, *India's Economic Reforms, 1991-2001*, OUP, 1996
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### III. COMMON COURSE – HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS: (Credits: Theory-01 + Practical 01 = 02 credits)

Marks: 75 (ESE: 3 Hrs) = 75

Pass Marks: Th (ESE) = 30

*Instruction to Question Setter for*

End Semester Examination (ESE 75 marks):

There will be two group of questions. Group A is compulsory which will contain three questions. Question No.1 will be very short answer type consisting of five questions of 1 mark each. Question No.2 & 3 will be short answer type of 5 marks. Group B will contain descriptive type six questions of fifteen marks each, out of which any four are to answer.

*Note: There may be subdivisions in each question asked in Theory Examinations*

## HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS

Theory: 15 Lectures

### Course Objectives:

This course is designed:

1. To promote an optimal state of physical, emotional, intellectual, social spiritual and environmental wellbeing of a person.
  - a. To organise sports and fitness activities outside the regular institutional working hours.
  - b. Yoga education focusing on preparing the students physically and mentally for the integration of their physical, mental, and spiritual faculties, to maintain self-discipline, self-control,
2. To learn to handle oneself well in all life situations.
  - a. The focus of sports and fitness components of the courses will be on the improvement of physical fitness including the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility;
  - b. Acquisition of sports skills relevant to a particular sport; improvement of tactical abilities; and improvement of mental abilities.

### Course Learning Outcomes:

On successful completion of this course the student should be able to:

1. Think like a healthy citizen thoughtfully, spiritually. Physically fit citizen.
2. A person of sound health and calm mind ready to bear challenges of career and life.

### Course Content:

#### A. YOGA

Theory: 07 Lectures

#### योग परिचय

ईकाई 1 :- योग की परिभाषा, योग की व्याख्या, योग का महत्व, योगी का व्यवित्तत्व एवं वेषभूषा

ईकाई 2 :- योग के प्रकार, ज्ञानयोग, कर्मयोग, भक्तियोग, षट्कर्म परिचय ।

ईकाई 3 :- आसन की परिभाषा, प्रकार, आसन के पारीरिक एवं मानसिक लाभ ।

ईकाई 4 :- प्राणायाम की परिभाषा, प्रकार, प्राणायाम के पारीरिक एवं मानसिक लाभ, ध्यान का परिचय ।

Session 2022-26 onwards

## **HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS** **PRACTICALS:**

Marks: Pr (ESE: 3Hrs) =25

Pass Marks: Pr (ESE) = 10

### *Instruction to Question Setter for*

#### *End Semester Examination (ESE):*

*There will be one Practical Examination of 3Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:*

Practical	= 15 marks
Practical record notebook	= 05 marks
Viva-voce	= 05 marks

### **A. YOGA PRACTICAL**

**Practical: (08 Periods each of 02 Hrs)**

#### **योग प्रायोगिक अभ्यास**

#### **आसन**

1. पवनमुक्तासन  
क) गठिया निरोधक अभ्यास :- पैरों की अंगुलियों और टखने के अभ्यास घुटने एवं मेरुदण्ड के अभ्यास, अर्ध व पूर्ण तितली, कौआ चाल, हाथों की अंगुलियों, कलाई केहुनियों, गर्दन व कंधों के अभ्यास ।  
ख) वायु (वात) निरोधक अभ्यास :- पैर घुमाना, साइकिल चालन, नौकासन ।  
ग) पवित्तबन्ध के आसन :- नौका-संचालन, चवकी चालन, रस्सी खींचना, लकड़ी काटना, उदराकर्षणासन ।  
घ) पिथिलीकरण के आसन :- ष्वासन, मकरासन, मत्स्य-क्रीडासन ।
2. वजासन समूह के अभ्यास :- वजासन, सिंहासन, भद्रासन, उष्ट्रसन, सुप्त वजासन, षषांकासन ।
3. खड़े होकर किये जाने वाले आसन :- हस्त उत्तासन, पादहस्तासन, कटि चक्रासन, ताडासन, त्रियंक ताडासन, त्रिकोणासन ।
4. संतुलन के आसन :- वृक्षासन, बकासन, गरुडासन, नटराज आसन ।
5. आगे की ओर झुकने के आसन :- पश्चिमोत्तनासन, जानु पिरासन ।
6. पीछे की ओर झुकने के आसन :- भुजंगासन, ष्वलभासन, धनुरासन, गोमुखासन, चक्रासन ।  
6 अ - सूर्य नमस्कार ।
7. प्राणायाम :- कपालभांति भस्त्रिका भ्रामरी अनुलोम-विलोम, नाडीषोधन प्राणायाम ।
8. मुद्रा :- ज्ञान मुद्र, चिन्ह मुद्रा ।
9. षटकर्म :- कुंजन, जल नेति ।
10. ध्यान :- अजपा-जप ।