

Syllabus for Bachelor of Agriculture NSS/NCC/Physical Education & Yoga Practices

Subject code: **16PE0201**

**Subject Name: NSS/NCC/Physical Education & Yoga
Practices**

B. Sc. (Hons.) Agri., First Year (Sem.-II)

Objective:

1. To evoke social consciousness among students through various activities.
2. To develop youth leadership in the students
3. To create awareness of the students in Attention, saluting, March shooting etc.
4. To create the awareness of all kinds of discipline to the students
5. To develop skill of the students regarding Hockey, Khokho, track events, field events and various asanas as well as physical Fitness and Health Education.

Credit Earned: 0+1= 1 Credit

Course Outcomes:

After completion of this course, student will be able to:-

1. Maintain his physical fitness and health.
2. Maintain disciplines of all kinds.
3. Create self interest in various sports.
4. Take leadership

Teaching and Examination Scheme

Teaching Scheme (hours)		Credits	Theory Marks			Practical Marks		Total Marks
Theory	Practical		ESE (E)	IA	CSE	Viva (V)	Term Work (TW)	
0	2	1	0	0	0	25	25	50

Syllabus for Bachelor of Agriculture

NSS/NCC/Physical Education & Yoga Practices

Practical:

A. National Service Scheme II

- **Importance and role of youth leadership**

Meaning, types and traits of leadership, qualities of good leaders; importance and roles of youth leadership

- **Life competencies**

Definition and importance of life competencies, problem-solving and decision-making, inter personal communication

- **Youth development programmes**

Development of youth programmes and policy at the national level, state level and voluntary sector; youth-focused and youth-led organizations

- **Health, hygiene and sanitation**

Definition needs and scope of health education; role of food, nutrition, safe drinking water, water born diseases and sanitation (Swachh Bharat Abhiyan) for health; national health programmes and reproductive health.

- **Youth health, lifestyle, HIV AIDS and first aid**

Healthy lifestyles, HIV AIDS, drugs and substance abuse, home nursing and first aid

- **Youth and yoga**

History, philosophy, concept, myths and misconceptions about yoga; yoga traditions and its impacts, yoga as a tool for healthy lifestyle, preventive and curative method.

B. National Cadet Corps

1. Arms Drill- Attention, stand at ease, stand easy. Getting on parade. Dismissing and falling out. Ground/take up arms, examine arms.
2. Shoulder from the order and vice-versa, present from the order and vice-versa.
3. Saluting at the shoulder at the halt and on the march. Short/long trail from the order and vice-versa.

4. Guard mounting, guard of honour, Platoon/Coy Drill.
5. Characteristics of rifle (.22/.303/SLR), ammunition, fire power, stripping, assembling, care, cleaning and sight setting.
6. Loading, cocking and unloading. The lying position and holding.
7. Trigger control and firing a shot. Range Procedure and safety precautions. Aiming and alteration of sight.
8. Theory of groups and snap shooting. Firing at moving targets. Miniature range firing.
9. Characteristics of Carbine and LMG.
10. Introduction to map, scales and conventional signs. Topographical forms and technical terms.
11. The grid system. Relief, contours and gradients. Cardinal points and finding north. Types of bearings and use of service protractor.
12. Prismatic compass and its use. Setting a map, finding north and own position. Map to ground and ground to map.
13. Knots and lashings, Camouflage and concealment, Explosives and IEDs.
14. Field defenses obstacles, mines and mine lying. Bridging, watermanship
15. Field water supplies, tracks and their construction.
16. Nuclear, Chemical and Biological Warfare (NCBW)
17. Judging distance. Description of ground and indication of landmarks.
18. Recognition and description of target. Observation and concealment. Field signals. Section formations.
19. Fire control orders. Fire and movement. Movement with/without arms. Section battle drill.
20. Types of communication, media, latest trends and developments.

C. Physical Education and Yoga Practices

1. Teaching of skills of Hockey – demonstration practice of the skills and correction.
2. Teaching of skills of Hockey – demonstration practice of the skills and correction. And involvement of skills in games situation
3. Teaching of advance skills of Hockey – demonstration practice of the skills and correction. Involvement of all the skills in games situation with teaching of rules of the game

4. Teaching of skills of Kho-Kho – demonstration practice of the skills and correction.
5. Teaching of skills of Kho-Kho – demonstration practice of the skills and correction. Involvement of the skills in games situation
6. Teaching of advance skills of Kho-Kho – demonstration practice of the skills and correction. Involvement of all the skills in games situation with teaching of rules of the game
7. Teaching of different track events – demonstration practice of the skills and correction.
8. Teaching of different track events – demonstration practice of the skills and correction.
9. Teaching of different track events – demonstration practice of the skills and correction with competition among them.
10. Teaching of different field events – demonstration practice of the skills and correction.
11. Teaching of different field events – demonstration practice of the skills and correction.
12. Teaching of different field events – demonstration practice of the skills and correction.
13. Teaching of different field events – demonstration practice of the skills and correction with competition among them.
14. Teaching of different asanas – demonstration practice and correction.
15. Teaching of different asanas – demonstration practice and correction.
16. Teaching of different asanas – demonstration practice and correction.
17. Teaching of different asanas – demonstration practice and correction.
18. Teaching of weight training – demonstration practice and correction.
19. Teaching of circuit training – demonstration practice and correction.
20. Teaching of calisthenics – demonstration practice and correction.

Note:

- 1) Compulsory Uniform: Half pants, Tee Shirts, Shoes and socks all white (Girls will have white Tee Shirt and Track pants)
- 2) The games mentioned in the practical may be inter changed depending on the season and facilities.