

<b>INSTITUTE</b>	<b>FACULTY OF AGRICULTURE</b>
<b>PROGRAM</b>	<b>BACHELOR OF SCIENCE (Hons.) AGRICULTURE</b>
<b>SEMESTER</b>	<b>4</b>
<b>COURSE TITLE</b>	<b>NSS/NCC/PHYSICAL EDUCATION &amp; YOGA PRACTICES (NON-GRADIAL)</b>
<b>COURSE CODE</b>	<b>16PE0401</b>
<b>COURSE CREDITS</b>	<b>1</b>

**Objective:**

- 1 To develop a sense of social and civic responsibility.
- 2 To develop discipline, character, brotherhood and ideals of selfless service among young citizens.
- 3 To develop all aspects of the human personality through physical and sports activity.

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Students will be able to maintain his physical fitness and health.
- 2 Students will able to maintain disciplines of all kinds.
- 3 Students will able to create self interest in various sports.
- 4 Students will able to take leadership.

**Pre-requisite of course:** Course aims at evoking social consciousness among students through various activities.

**Teaching and Examination Scheme**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
0	0	2	0	0	0	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
<b>Total Hours</b>		

**Suggested List of Experiments:**

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	1 Youth and crime Sociological and psychological factors influencing youth crime, cybercrime, peer mentoring in preventing crime and awareness for juvenile justice	2

### Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
2	<b>2</b> Civil/self defense Civil defense services, aims and objectives of civil defense; needs and training of self defense	2
3	<b>3</b> Resource mobilization Writing a project proposal of self-fund units (SFUs) and its establishment	2
4	<b>4</b> Additional life skills Positive thinking, self-confidence and esteem, setting life goals and working to achieve them, management of stress including time management.	2
<b>Total Hours</b>		<b>8</b>

### Textbook :

- 1 NA, NA, NA, NA

### References:

- 1 NA, NA, NA, NA, NA

### Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking
20.00	20.00	30.00	10.00	10.00	10.00

### Instructional Method:

- 1 Evaluation will be done on basis of direct teaching, indirect teaching, movement exploration, command style, exploration style and reciprocal style.