Skill-Enhancement Course

SEMESTER-V

Paper-I: Yoga in Everyday Life

Introduction:

Yoga an ancient practice originating in India has emerged as a beacon of hope & holistic wellbeing for millions arounds around the globe. Beyond being a physical exercise, yoga is a way of life that life that touches every aspect of human life.

Course Outcome:

- It is a comprehensive system that nurtures physical health, mental clarity, emotional balance & spiritual growth.
- By embracing Yoga practitioners develop a greater appreciation for the environment & cultivate practices that promote sustainability and healthy living.

Unit-I

1. The definition & Essence of Yoga.
2. Patanjali's Astanga Yoga marga.

Learning Outcome: -

I. Understand the basic concepts of self (Body, Mind & Spirit) & enhance their self-awareness skill.

2. It demonstrate the basic skills associated with Yoga activities including strength & flexibility, balance & co-ordination.

Unit-II

1. Difference between Yoga Asana & physical exercise.
2. Importance of Yoga in daily life, Therapeutic values of Yoga & Yoga & Health.

Learning Outcome: -

1. It demonstrates on understanding on health related fitness components as well as sound nutritional practices on related to health & physical performance.
2. It explains how holistic focus of Yoga therapy encourages the integration of mind, body & spirit.

Text Books: -

1. The Yoga Sutra of Patanjali.
2. Light on Yoga:- By B.K.S I Yengar.

Reference: -

1. Patanjalis's Yoga Sutra- Swami Vivekananda.
2. Synthesis of Yoga- Sri Aurobindo

Paper-II: Basics of Museum and Archives

Paper-III: Working with Communities

Objectives: the objective is to develop understanding among the students regarding basic concepts and different perspectives of community and to understand the critical elements of community organization practice. Finally, to advance the critical understanding of the models and strategies for community organization and community dynamics.

UNIT 1. INTRODUCTION

- Meaning and Definition of Social Groups and Community.
- The perspective of community- geographical and functional community
- Functions of Community
- Historical Development of Community Work.

UNIT 2. STRATEGIES IN COMMUNITY ORGANIZATION

- Strategies and Techniques in Community Organization
- Role of Community Organizer Unit 3. COMMUNITY DYNAMICS
- Understanding community power structure.
- Empowerment and capacity building through communities.
- People's participation
- Community Organization with rural and urban communities.
- Community Organization with Vulnerable Communities

READINGS

1. Khinduka, S.K. & Coughlin, Bernard 1965 Social Work in India, New Delhi: Kitab Mahal.
2. Gangrade, K.D. 1971 Community Organization in India, Mumbai: Popular Prakashan. 3. Cox Fred 1987 Community Organization, Michigan: F.E. Peacock Publishers.
4. Dhama, O.P. & Bhatnagar, O.P. 1994 Education and Communication for Development New Delhi: Oxford & IBG Pub. CO. Pvt. Ltd.
5. Milson Fred 1973 An Introduction to Community Work, Routledge & Kegan Paul, New Delhi: London OXFORD & IBH Publishing co. Pvt. Ltd.
6. Riss, Murray & Lappin, Ben 1967 Community Organization: Theory, Principles and Practice, New York: Harper & Row
7. Somesh Kumar 2002 Methods for Community Participation: A complete guide for practitioners, New Delhi: Sage Publication (Vistaar).
8. Korten, David C. 1980 Community Organization and Rural Development: A Learning Process Approach, Public Administration Review, Vol. 40 No. 5.
9. Siddiqui, H.Y. 1997 Community Organization in India. New Delhi: Harnam.

10. Milson Fred 1973 An Introduction to Community Work, Routledge & Regan Paul, New Delhi: London OXFORD & IBH Publishing Co. Pvt. Ltd.

Paper-IV: Fundamental of Data Science and Data Management

Paper-V: Quantitative and Logical Thinking

Course Objectives

1. To select and apply appropriate methods to solve real world problems;
2. To interpret quantitative model and understand a variety of methods of communicating them;
3. To improve decision making skills, problem solving skills and setting goals.

Course Outcomes

After completion of the course, learners will be able to

CO1: To apply appropriate methods to solve real world problems,

CO2: To understand various methods to solve the difficulties and communicating thereafter, CO3: To draw conclusion and / or make decisions based on analysis and critique of quantitative information using proportional reasoning.

Unit –I:

Whole numbers, Integers, Rational and irrational numbers, Fractions, Square roots and Cube roots, Surds and Indices, Problems on Numbers, Divisibility; Steps of Long Division Method for Finding Square Roots.

Unit –II:

Basic concepts, Different formulae of Percentage, Profit and Loss, Discount, Simple interest, Ratio and Proportion, Mixture, Time and Work, Pipes and Cisterns, Basic concepts of Time, Distance and Speed; relationship among them **Unit –III:**

Concept of Angles, Different Polygons like triangles, rectangle, square, right-angled triangle, Pythagorean Theorem, Perimeter and Area of Triangles, Rectangles, Circles.

Unit-IV:

Analogy basing on kinds of relationships, Simple Analogy; Pattern and Series of Numbers, Letters,

Figures. Coding-Decoding of Numbers, Letters, Symbols (Figures), Blood Relations. Logical Statements –

Two premise argument, more than two premise argument using connectives; Venn Diagrams, Mirror

Images, Problems on Cubes and Dices.

Suggested Readings

Skill Enhancement Compulsory Course-II – Quantitative and Logical Thinking (Special Course) – Odisha

State Higher Education Council, Bhubaneswar (The recommended Books are to be decided by the Board of

Studies)

Paper-VI: Programming with Mathematica

Objective: The objective of this course is to aware the students for Mathematica language and the programing as well as to create a learning platform to apply for complex mathematical problems.

Learning Outcomes: After completion of this course, the students will be able to:

COI: understand basic principles of programming language, plotting mathematical functions and solving algebraic equations.

C02: learn the technique to find the solutions of ODE and PDE equations.

C03: learn the numerical computation for differentiation and integration.

UNIT-I

User interface, Mathematica language and syntax, functions manipulation, plotting mathematical functions and data. plotting 2D, 3D functions and manipulation, solving algebraic equation: root finding, transcendental equation.

UNIT-II

Solving ordinary differential equation (ODE), solving partial differential equation (PDE).

UNIT-III

Vectors and matrices, limits, integration and differentiation, numerical computation, symbolic manipulation.