



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION

(23/July/Adp./67)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Studies of the following **Value Added and Optional Courses of Semester 3rd and 4th for Four Year Under Graduate Programme** under the **Choice Based Credit System** as per NEP-2020 (as given in the annexure) for the examinations to be held in the years as indicated against each:

S.NO.	Value Added Course	Semester	for the examination to be held in the years
1.	Community Engagement	Semester-III	December 2023, 2024 and 2025
2.	National Cadet Corps (NCC)	Semester-III	December 2023, 2024 and 2025
3.	National Service Scheme (NSS)	Semester-III	December 2023, 2024 and 2025
4.	Introduction of Culture	Semester-IV	May 2024, 2025 and 2026
5.	Sports and Recreation	Semester-IV	May 2024, 2025 and 2026
6.	Yoga for Stress Management	Semester -IV	May 2024, 2025 and 2026

The Syllabus of the course is available on the University website: www.jammuuniversity.ac.in

Sd/-

DEAN ACADEMIC AFFAIRS

No. F. Acd/II/22/ 6879 - 6938

Dated: 18-7-2023

Copy for information and necessary action to:

1. Head/Convener, Board of Studies in Education
2. Sr. P.A. to the Controller of Examinations
3. All Principal of the affiliated Degree Colleges
4. Confidential Assistant to the Controller of Examinations
5. I/C Director, Computer Centre, University of Jammu
6. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG/ Exam Eval Non-Prof/CDC)
7. Incharge, University Website for Uploading of the notification.

Sumita Sharma
18/7/23
Deputy Registrar (Academic)

RS
18/7/23
N
18/7/23

Sr. No	Value added Course	Course Code	Semester	For the Examination to be held in the year
1	Community Engagement	UVACET301	Semester-III	December 2023, 2024, and 2025
2	National Cadet Corps (NCC)	UVANCT302	Semester-III	December 2023, 2024, and 2025
3	National Service Scheme (NSS)	UVANST303	Semester-III	December 2023, 2024, and 2025
4	Introduction to Culture	UVACET401 UVACUT401	Semester-IV	May 2024, 2025, and 2026
5	Sports and Recreation	UVASRT402	Semester-IV	May 2024, 2025, and 2026
6	Yoga for Stress Management	UVAYST403	Semester-IV	May 2024, 2025, and 2026

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University of Jammu
Syllabus for FYUGP as per NEP 2020
Semester-III

Course: Community Engagement
Value Added Courses (VAC)

The examination is to be held in the year 2023, 2024 & 2025

Credits: 02

Course Code: UVACET301

Max Marks: 50

Total No. of Hours: 30 hrs.

1) External Assessment: 25 Marks

2) Internal Assessment: 25 Marks

Learning outcomes:

After completion of the course student will able to understand:

- The relationship between school and community in Indian context
- the role of community engagement in local and national development as per NEP 2020.
- the responsibilities of all citizens towards community development.
- Effective Community participation in School/education

Unit I

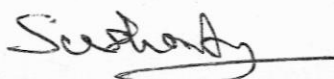
Community Engagement: Concept, Types, Characteristics, Community Engagement at School level (SMC, PTA), Integrating Curriculum on Rural Community Engagement in HEIs, Community Engagement as per NEP 2020

Unit-II

Programmes/institutions: Programmes and projects on Community Engagement, Role of MGNCRE on Community Engagement, Different initiatives implemented by Govt of India: Swachh Bharat Abhiyan, Make in India, Beti Bachao Beti Padhao, Skill India Mission (PM Kaushal Vikas Yojana), Stand up India

Unit-III

Activities: Community based participatory Research, awareness among community members about different programmes, Participation in community based activities, Programmes of Community engagement and their evaluation



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University of Jammu
Syllabus for FYUGP as per NEP 2020
Semester-III
Course: Community Engagement
Value Added Courses (VAC)
The examination is to be held in the year 2023, 2024 & 2025

Credits: 02

Course Code: UVACET301

Max Marks: 50

Total no. of Hours: 30 hrs.

1) External Assessment: 25 Marks

2) Internal Assessment: 25 Marks

Suggested Reading/References:

De Weger, Esther & Vooren, N. & Luijkx, K. & Baan, Caroline & Drewes, H.. (2018). *Achieving successful community engagement: A rapid realist review*. BMC Health Services Research. 18. 10.1186/s12913-018-3090.

Govinda, R and Diwan R. (2002) *Community Participation and Empowerment in Primary Education*. New Delhi: NIEPA.

https://onlinecourses.swayam2.ac.in/ugc23_ge04/preview

https://onlinecourses.swayam2.ac.in/ugc23_ge04/preview

<https://www.cmntv.com/blog/community-engagement-strategies/>

<https://www.education.gov.in/about-moe>

<https://www.mgncre.org/>

Kumar, W G P, Rekha K N and Anasuya V, (2019) *Rural Management Principles and practices*. Hyderabad, MGNCRE.

MHRD (2020) *National Education Policy (2020)*, New Delhi

Mohanty, J. (2002). *Primary and Elementary Education*. New Delhi: Deep & Deep Publications Pvt. Ltd.

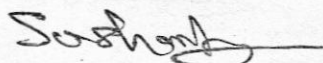
Niranjanaradhya, V. P. (2014). *Community participation and institutional experience in school education: school development and monitoring committees in Karnataka*. New Delhi: Oxfam India.

Omprakash, B. P. (2011). *Sociological Foundation of Education*. New Delhi: APH Publishing Corporation.

Sanoff, H (1999) *Community participation- Methods in design and planning*. Retrieved from <https://books.google.co.in/books>



2



3

University of Jammu
Syllabus for FYUGP as per NEP 2020
Semester-III
Course: Community Engagement
Value Added Courses (VAC)
The examination is to be held in the year 2023, 2024 & 2025

Credits: 02
Max Marks: 50

Course Code: UVACET301
Total No. of Hours: 30 hrs.

- 1) External Assessment: 25 Marks
- 2) Internal Assessment: 25 Marks

Singh, D. P. and Mor, R. (2013). *Community participation in school education*. New Delhi: Shipra Publications.

Walia, J.S. (2010). *Development of Educational System in India*. Jalandhar (Punjab): Ahim Paul publishers.

Scheme of Examination (Community Engagement)

The Paper shall be of 50 marks comprising 25 marks for Internal Assessment and 25 marks for External Assessment. The responsibility for conducting and evaluating the Internal Assessment is vested on the teacher designated as course coordinator. The trainer/teacher of the value added course shall be selected by the Principal of the respective college through its local committee.

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Syllabus for FYUGP as per NEP-2020

Semester III

Course Title: National Cadet Corps (NCC)

Value added Course (VAC)

Examination to be held in the year December 2023, 2024,2025

Course No:UVANCT302

Credits: 02

M.Marks: 50

Internal Assessment: 25 Marks (Theory)

External Assessment: 25 Marks (Practical)

Title: National Cadet Corps (NCC)

Time: 2 ½ hrs

No. of Lectures: 15 Theory & 30 Practical

Course Objectives :-

Course Content Part (I) Theory

1. **Course Objectives**. Cadets will be able to :-
 - (a) Understand the life history and leadership qualities of great leaders, sportspersons & entrepreneurs.
 - (b) Understand the various aspects of types of mindset.
 - (c) Understand public speaking methods & qualities.
 - (d) Understand the organizations related to disaster management and their functioning.
 - (e) Understand the role of NCC cadets in disaster management.
 - (f) Understand the various types to adventure activities.
 - (g) Understand the History, Geography & Topography of Border/Coastal Areas.

2. **Expected Learning Objectives**. After completing this course, the cadets will be able to :-
 - (a) Admire and get inspired from the accomplishments of leaders from various walks of life.
 - (b) Develop public speaking skills.
 - (c) Understand the importance of positive mindset and optimistic attitude in life.
 - (d) Appreciate the need & requirement for disaster management and his role in disaster management activities.
 - (e) Know the history & geographical peculiarity of our borders & coastal regions.

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Col
Commanding Officer,
2 J&K Bn NCC, Jammu

Syllabus for FYUGP as per NEP-2020
Semester III
Course Title: National Cadet Corps (NCC)
Value added Course (VAC)
Examination to be held in the year December 2023, 2024,2025

Course No:UVANCT302

Credits: 02

M.Marks: 50

Internal Assessment: 25 Marks (Theory)

External Assessment: 25 Marks (Practical)

Title: National Cadet Corps (NCC)

Time: 2 ½ hrs

No. of Lectures: 15 Theory & 30 Practical

Course Objectives :-

3. Course Content Part (i) Theory

(a) Unit 1. Personality Development (Contact Hrs. 5)

(i) Group Discussions – Change your Mindset.

(ii) Public Speaking.

(b) Unit 2. Leadership Development (Contact Hrs. 4). Case Studies – APJ Abdul Kalam, Deepa Malik, Maharaja Pratap, N Narayan Murthy.

(c) Unit 3. Disaster management (Contact Hrs. 3)

(i) Disaster Management Capsule.

(ii) Organization.

(iii) Types of Disasters.

(iv) Essential Services

(v) Assistance.

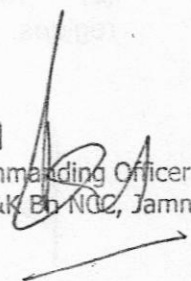
(vi) Civil Defence Organization.

(d) Unit 4. Adventure (Contact Hrs. 1) Adventure activities.

(e) Unit 5. Border &Coastal Areas (Contact Hrs . 2) History, Geography & Topography of Border/Coastal Areas.



Col
Commanding Officer
2 J&K Bn NCC, Jammu



Syllabus for FYUGP as per NEP-2020

Semester III

Course Title: National Cadet Corps (NCC)

Value added Course (VAC)

Examination to be held in the year December 2023, 2024,2025

Course No:UVANCT302

Credits: 02

M.Marks: 50

Internal Assessment: 25 Marks (Theory)

External Assessment: 25 Marks (Practical)

Title: National Cadet Corps (NCC)

Time: 2 ½ hrs

No. of Lectures: 15 Theory & 30 Practical

Course Objectives :-

Course Content Part (II) Practical

1. **Course objectives.** Cadets will be able to :-
 - (a) Understand that drill as the foundation for discipline and to command a group for common goal.
 - (b) Appreciate grace and dignity in the performance of arm drill.
 - (c) Understand the concept and importance of social service.
 - (d) Understand the importance of a weapon its detailed safety precautions necessary for prevention of accidents.
 - (e) Actively participate in social service and community development activities.

2. **Expected Learning Outcomes.** After completing this course, the cadets will be able to :-
 - (a) Perform arm drill gracefully.
 - (b) Give and follow the different word of command.
 - (c) Fire a weapon effectively with fair degree of marksmanship.
 - (d) Different positioning for fire and aiming.
 - (e) Use terrain effectively for concealment, camouflage, indicate landmarks and give field signals.
 - (f) Observe surroundings in better way.
 - (g) Develop the qualities of patience and confidence and become better individuals.
 - (h) Will develop physical as well as mental fitness.

Col
Commanding Officer
2 J&K Bn NCC, Jammu

Course No:UVANCT302

Credits: 02

M.Marks: 50

Internal Assessment: 25 Marks (Theory)

External Assessment: 25 Marks (Practical)

Title: National Cadet Corps (NCC)

Time: 2 ½ hrs

No. of Lectures: 15 Theory & 30 Practical

Course Objectives :-

3. Course Content Part (II) Practical

(a) Unit 1 . Drill(Contact Hrs. 08)

- (i) Arm Drill.
- (ii) Rifle ke saath Savdhan, Vishram aur Aram se.
- (iii) Rifle ke saath Prade Par aur Saj, Rifle ke saath Visarjan, Line Tod.
- (iv) Bhumi Shastra aur Uthao Shastra, Bagal Shastra aur Baju Shastra.

(b) Unit 2 . Weapon Training (Contact Hrs. 04). Short Range firing.

(c) Unit 3 . Map Reading (Contact Hrs. 04)

- (i) Setting of Map.
- (ii) Findings North and Own Position.

(d) Unit 4 . Field Craft & Battle Craft (Contact Hrs . 04)

- (i) Observation.
- (ii) Camouflage.
- (iii) Concealment.

(e) Unit 5. Social Service and Community Development (Contact Hrs. 05). Cadets will participate in various activities throughout the semester e.g. Blood donation Camp, Swachhata, Abhiyan, Constitution Day, Jan Jeevan Hariyali Abhiyan, Beti Bachao Beti Padhao etc as per the requirement and similar announced days National and State level.

(f) Unit 6. Obstacle Training (Contact Hrs. 05)

- (i) Obstacle Training – Introduction, Safely-measures, Benefits.
- (ii) Obstacle Course – Straight balance, Clear Jump, Gate Vault, Zig-Zag Balance, High Wall.

University of Jammu
Syllabus for FYUGP as per NEP-2020
Semester III
Course Title: National Service Scheme (NSS)
Value added Course (VAC)
Examination to be held in the year December 2023, 2024,2025

Course No:UVANST303

Title: National Service Scheme (NSS)

Credits: 02

M.Marks: 50

No. of Lectures: 30

Internal Assessment: 25 Marks

External Assessment: 25 Marks

Learning Objectives:

- *To internalize the importance of social service aspect in the personal growth,*
- *To understand the community in which they work*
- *To understand themselves in relation to their community*
- *To acquire leadership qualities and democratic attitude*
- *To develop capacity to meet emergencies and natural disasters,*
- *To practice national integration and social harmony.*

Unit I

Introduction

- 1.1 National Service Scheme: Introduction, Motto, Objectives and Importance
- 1.2 Goal Setting
- 1.3 Positive Mental Attitude

Unit II

Volunteerism: Community and beyond

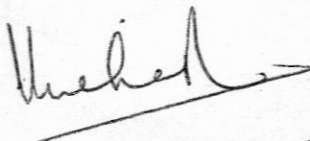
- 2.1 Adopted Village visit
- 2.2 Socio-economic survey in adopted village
- 2.3 Report preparation of socio-economic survey in adopted village

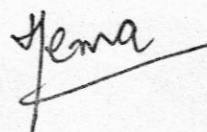
Unit III

National Service Scheme: Engagement and Awareness

- 3.1 Special Project Implementation (as per the direction of Govt. and NSS Authorities)
- 3.2 Observation of Important days
- 3.3 Cultural Talent Expression







University of Jammu
Syllabus for FYUGP as per NEP-2020

Semester III

Course Title: National Service Scheme (NSS)

Value added Course (VAC)

Examination to be held in the year December 2023, 2024,2025

Course No: UVANST303

Title: National Service Scheme (NSS)

Credits: 02

M.Marks: 50

No. of Lectures: 30

Internal Assessment: 25 Marks

External Assessment: 25 Marks

Essential Reading

- National Service Scheme Manual, Govt. of India

Scheme of Examination

The Paper shall be of 50 marks comprising 25 marks for Internal Assessment and 25 marks for External Assessment. The responsibility for conducting and evaluating the Internal Assessment is vested on the teacher designated as course coordinator. The trainer/teacher of the value added course shall be selected by the Principal of the respective college through its local committee. The Trainer/Teacher must be a professional in that field and possess requisite qualification of that field which he/she proposes to teach.

A request shall be made by the college to the Higher Education for a separate provision in the annual budget of the colleges for meeting the expenses of hiring/engaging professional trainer/teacher.

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University of Jammu
Syllabus for FYUGP as per NEP 2020
Semester IV

Course Title: Introduction to Culture (Performing Arts)
Value added Course (VAC)

Examination to be held in the year May 2024, 2025, 2026

Course No: UVACUT401

Title: Introduction to Culture (Performing Arts)

Credits: 02

M. Marks: 50

No. of Lectures: 30

Internal Assessment: 25 Marks

External Assessment: 25 Marks

Learning Objectives:

The objectives of the course are to:

- Give the students a better understanding of different art forms
- Help them recognize their innate creative and aesthetic capabilities.
- Prepare the Students for performance involving the understanding of some of the basic fundamentals and techniques of various art forms

Course Outcomes:

On the successful completion of the course the students will be able to:

- Realize their creative and imaginative faculties.
- Develop an insight into the performing arts
- Understand the concept of arts appreciation
- Utilize their learning both on stage and off stage.

Unit I: Theatre

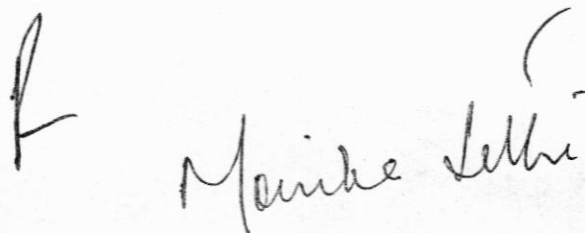
- 1.1 Introduction to Theatre and its different forms
- 1.2 Allied elements of theatre (Light, Sets, Costumes, Make Up, Stagecraft, etc.)
- 1.3 Live Demonstration/Performance of Theatre

Unit II: Music

- 2.1 Introduction to Indian Classical Music (Basic Alankars and Taals of Music)
- 2.2 Introduction to Folk Music forms of Jammu region (Bhaakh, Geetru, Karkan, etc.)
- 2.3 Live Demonstration/Performance of Music

Unit III: Dance

- 3.1 Introduction to Indian Classical Dances (Basic Mudras)
- 3.2 Introduction to Regional Dances of Jammu (Kudd, Chajja Dance, Hern, etc)
- 3.3 Live Demonstration/Performance of Dance


Manika Sethi

University of Jammu

Syllabus for FYUGP as per NEP 2020

Semester IV

Course Title: Introduction to Culture (Performing Arts)

Value added Course (VAC)

Examination to be held in the year May 2024, 2025, 2026

Course No: UVAC/UT 401

Title: Introduction to Culture (Performing Arts)

Credits: 02

M. Marks: 50

No. of Lectures: 30

Internal Assessment: 25 Marks

External Assessment: 25 Marks

Essential Reading:

(Theatre)

- Play Production for Young People by Kenneth Nuttall
- Bharata, the Natyasastra by Kapila Vatsayan

(Music)

- Raag Parichay by Harish Chandra Shrivastav
- Sangeet Visharad by Basant

(Dance)

- Kathak Soundaraya Shastriya by Shiksha Khare
- Analytical study of Folk Dances of Jammu & Kashmir by Dr. Priya Dutta (Ph.D Thesis)

Scheme of Examination

The Paper shall be of 50 marks comprising 25 marks for Internal Assessment and 25 marks for External Assessment. The responsibility for conducting and evaluating the Internal Assessment is vested with the teacher designated as course coordinator. The trainer/teacher of the value added course shall be selected by the Principal of the respective college through its local committee. The Trainer/Teacher must be a professional in that field and possess requisite qualification of that field which he/she proposes to teach.

A request shall be made by the college to the Higher Education for a separate provision in the annual budget of the colleges for meeting the expenses of hiring/engaging professional trainer/teacher.

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Manika Sethi

UNIVERSITY OF JAMMU
Syllabus for FYUGP as per NEP 2020

SEMESTER-IV
SPORTS AND RECREATION
VALUE ADDED COURSE

The examination is to be held in the year 2024, 2025 & 2026

VALUE ADDED COURSE: UVASRT402
COURSE TITLE: SPORTS AND RECREATION
MAX MARKS: 50

CREDITS: 02

Total no. of Hours: 30 hrs.

- 1) External Assessment: 25 Marks
- 2) Internal Assessment: 25 Marks

Course Learning Objectives:

To Understand and analyze Recreation through Sports
Understanding Importance Recreation and Participation in Sports
To Practice Organization of Indigenous and Organization of Tournaments

UNIT 1: INTRODUCTION

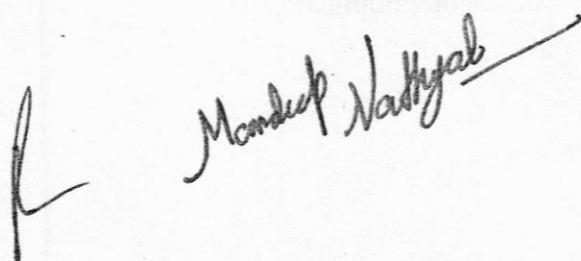
- Meaning, Definition Recreation and Types of Recreation
- Aim and Objectives of Recreation.
- Need and Importance of Recreation.

UNIT II: INDIGENOUS GAMES

- Indigenous Games of India
- Report preparation on Tournaments and Competitions in Indigenous Games of India
- Role of Indigenous Games of India in Recreation, Democratic Approach and Mental Health

UNIT III: ORGANIZATION OF TOURNAMENTS

- Meaning and Importance of Tournaments and Competitions.
- Drawing Fixture and its Preparation: Elimination Tournaments and Leagues
- Organization of Intramural and Extramural Competitions.


Manoj Nathyal

UNIVERSITY OF JAMMU

Syllabus for FYUGP as per NEP 2020

SEMESTER-IV

SPORTS AND RECREATION

VALUE ADDED COURSE

The examination is to be held in the year 2024, 2025 & 2026

VALUE ADDED COURSE: UVASRT402

CREDITS: 02

COURSE TITLE: SPORTS AND RECREATION

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External Assessment: 25 Marks

2) Internal Assessment: 25 Marks

Suggested Readings

1. Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
2. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Madeep Singh and others, Vinod Publication, J&K
4. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
5. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
6. Dick, Frank W. Sports training Principles. London: Henry kimpton publishers, 1980.
7. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics
8. Klafs, Carl E. and Daniel D. Arnheim. Modern principles of Athletic training. Saint Louis:
The C.V. Mosby Company, 1969.
9. Matveyev, L. Fundamentals of sports training. Moscow: Progress Publishers, 1981.
10. Harre, Dietrich (ed). Principles of sports training. Berlin: Sportverlag, 1982.
11. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
12. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
13. Singh, Hardayal, Science of Sports training. New Delhi : D.V.S. Publication, 1991.
14. Wilmore, Jack H. Athletic Training and Physical fitness. Boston: Allyn and Bacon, 1977.
15. Yograj Thani (2003), Sports Training, Delhi : Sports Publications



Mandeep Nathyal

UNIVERSITY OF JAMMU
Syllabus for FYUGP as per NEP 2020
SEMESTER-IV
SPORTS AND RECREATION
VALUE ADDED COURSE

The examination is to be held in the year 2024, 2025 & 2026

VALUE ADDED COURSE: UVASRT402
COURSE TITLE: SPORTS AND RECREATION
MAX MARKS: 50

CREDITS: 02

Total no. of Hours: 30 hrs.

- 1) External Assessment: 25 Marks
 - 2) Internal Assessment: 25 Marks
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Scheme of Examination

The Paper shall be of 50 marks comprising 25 marks for Internal Assessment and 25 marks for External Assessment. The responsibility for conducting and evaluating the Internal Assessment is vested on the teacher designated as course coordinator. The trainer/teacher of the value added course shall be selected by the Principal of the respective college through its local committee. The Trainer/Teacher must be a professional in that field and possess requisite qualification of that field which he/she proposes to teach.

A request shall be made by the college to the Higher Education for a separate provision in the annual budget of the colleges for meeting the expenses of hiring/engaging professional trainer/teacher.

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Mandeep Nathyal

University of Jammu
Syllabus for FYUGP as per NEP 2020

SEMESTER-IV

**COURSE TITLE: YOGA FOR STRESS MANAGEMENT
VALUE ADDED COURSE**

The examination is to be held in the year 2024, 2025 & 2026

VALUE ADDED COURSE: UVAYST403

CREDITS: 02

COURSE TITLE: YOGA FOR STRESS MANAGEMENT

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External Assessment: 25 Marks

2) Internal Assessment: 25 Marks

Course Learning Objectives:

- To Understand and analyze the Stress and Its Management
- Understanding Importance of Yoga for Stress Management
- To Practice Yoga as learning technique to Manage Stress

UNIT 1 INTRODUCTION

- Introduction to Stress and Common Reasons
- Aim and Objectives of Yoga.
- Need and Importance of Yoga in Managing Stress.

UNIT II RELAXATIVE YOGA APPROACH

- Benefits of Relaxed Mind and Body
- Special Project on Techniques of Relaxation in Yoga.
- Group Dynamics and Practice of Yoga in Groups and as Mass Participation.

UNIT III ASANAS & PRANAYAMA

- Practicing Asanas & Pranayama for Stress Management.
- Report on Benefits of Meditation
- Types of Bandhas and Mudras

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Mandeep Nathyal

University of Jammu
Syllabus for FYUGP as per NEP 2020
SEMESTER-IV
COURSE TITLE: YOGA FOR STRESS MANAGEMENT
VALUE ADDED COURSE
The examination is to be held in the year 2024, 2025 & 2026

VALUE ADDED COURSE: UVAYST403

CREDITS: 02

COURSE TITLE: YOGA FOR STRESS MANAGEMENT

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External Assessment: 25 Marks

2) Internal Assessment: 25 Marks

Suggested Readings

1. Swami Stayanada Sarawswati: Asna, Pranayama, Nindra & Bandas, Bihar School of Yoga
Munger 2004
2. Swami Vida Bharti: Yoga Polity Economy and Family Rishikesh Sadnana Mandir Trust,
2000
3. Yogeshwar Text Book of Yoga (2004) Penguin Book
4. Singh Mandeep. et.al. (2022) Yoga, Vinod Publishing House, J&K (India)
5. Bedi Yashpal: Social & Preventive Medicine, New Delhi Atmaram & Sons, 1985
6. Kumar Amresh (Prof) Yoga for Helath & Body, Publisher by Khel Sahitya Kendra, Delhi
2007
7. Kuvalayananda "Asana" Popular Prakashna, Bombay
8. Harvey Paul "All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
9. Debnath, Monica "Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports
Publication G-6, 23/23/B EMCA Marg Ansar Road, Darya Ganj, New Delhi
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and
Rachhpal Singh Brar.



Mandeep Nathyal