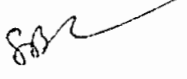






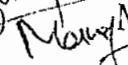


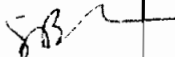
Minutes

A Meeting of Board of Studies (Commerce) is held on 04.07.2018 at Committee Room of C.C.S. University, Meerut at 11:00 AM. The following members are present in the meeting.

- | | | |
|---|---|--------------------------|
| 1. Dr. S.B. Gupta, |  | M.M.H college, Ghaziabad |
| 2. Dr. Vinod Kumar Agarwal, |  | I.P college, Bulandshahr |
| 3. Dr. R.C Lal, |  | M.M college Modinagar |
| 4. Rakesh Kumar Singhal(Retd. Asso.Professor) |  | D.N college Meerut |
| 5. Rakesh Kumar (Retd. Asso.Professor) |  | Meerut college Meerut |
| 6. Dr. Sudhir Kumar (Associate Professor) |  | D.N. college Meerut |
| 7. Dr. A.K Agarwal(Associate Professor) |  | Meerut college Meerut |
| 8. Dr. Manoj Agarwal (Associate Professor) |  | Meerut college Meerut |

The Meeting unanimously resolved the following.

1. New syllabus of B.Com is approved, which will be effective from the academic session 2018-19
2. Changes in M.Com. Syllabus are approved.
3. Changes in B.Com(Hons.) and M.Com (CBCS) Syllabus for Campus only are approved



Following changes have been approved by Board of Studies in the Syllabus of M.Com course from the academic session 2018-19 onwards. in its meeting held on 04.07.2018 at committee room C.C.S University campus Meerut.

1. In I-1002 'Direct Taxes'
Unit V replaced by the following - Tax Planning and Tax Management, Tax Avoidance and Tax Evasion.
2. In I-2002 'Indirect Taxes' Entire paper is replaced by a New paper "Goods & Service Tax. (Annexure-1)
3. In I-2004 'Corporate Laws' Entire paper is replaced by new paper "Corporate Law and Governance. (Annexure-2)

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**M.COM. II SEMESTER
GOODS & SERVICE TAX (I-2001)**

Learning Objective: To provide students a sound knowledge of principles and provisions of GST.

- Unit I:** **Introduction :** Constitutional framework of Indirect Taxes before GST (Taxation Powers of Union & State Government); Major Defects in the structure of Indirect Taxes prior to GST; Rationale for GST Structure of GST (SGST, CGST, UTGST & IGST); GST Council, GST Network, State Compensation Mechanism.
- Unit II:** **Levy and collection of GST :** Taxable event- "Supply" of Goods and Services; Place of Supply: Within state, Interstate, Import and Export; Time of supply; Valuation for GST- Valuation rules, Taxability of reimbursement of expenses; Exemption from GST: Small supplies and Composition Scheme; Classification of Goods and Services: Composite and Mixed Supplies.
- Unit III:** **Input Tax Credit & Value of Supply :** Eligible and Ineligible Input Tax Credit; Apportionments of Credit and Blocked Credits; Tax Credits in respect of Capital Goods; Recovery of Excess Tax Credit; Availability of Tax Credit in special circumstances; Transfer of Input Credit (Input Service Distribution); Payment of Taxes; Refund; Doctrine of unjust enrichment; TDS, TCS. Reverse Charge Mechanism, Job work. Valuation procedures.
- Unit IV:** **Registrations & Assessment Procedures :** Registrations, Tax Invoice, Credit and Debit Notes, GST Returns, Audit in GST, Assessment: Self-Assessment, Summary and Scrutiny.
- Unit V:** **Special Provisions:** Taxability of E-commerce, Anti-Profiteering, Avoidance of dual control, E-way bills, Zero-rated supply, Offences and Penalties, Appeals.

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CORPORATE LAW AND GOVERNANCE: (I-2004)

Unit I : **The Insolvency and Bankruptcy Code , 2016**

Unit II : **The Competition Act , 2002**

Unit III : **Documentation & Filing relating to ROC and MCA - 21**

Unit IV : **Corporate Governance 1. Conceptual Framework of corporate Governance; Principles of corporate of Governance; Theories of Corporate Government;. Legislative and Regulatory Frameworks of Corporate Government n in India. , Business ethics Vis-a-cis CG.**

Unit V : **Corporate Governance 2. Codes and Practices in Corporate-Government in India; Bost Practices of Corporate-Government ; Case studies on corporate Government Inidan Prospective.**

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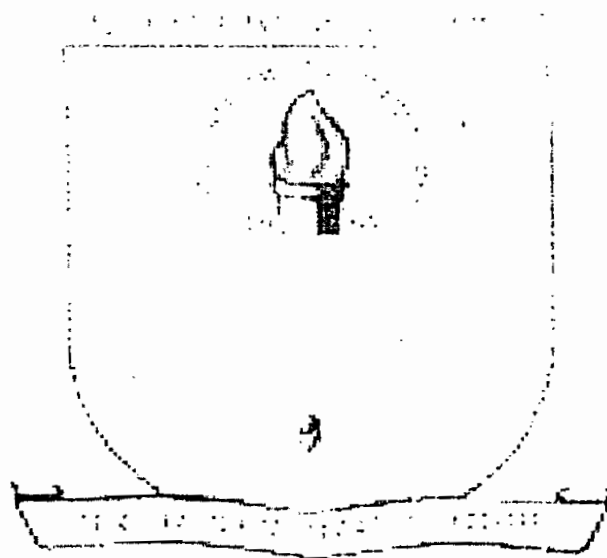
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CH. CHARAN SINGH UNIVERSITY, MEERUT
BACHELOR OF COMMERCE



SYLLABUS
(Effective from Academic Year 2018-19 onwards)

CH. CHARAN SINGH UNIVERSITY, MEERUT

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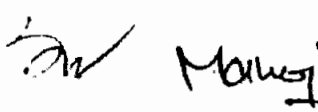

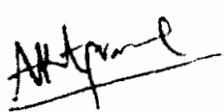
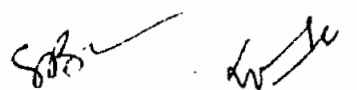
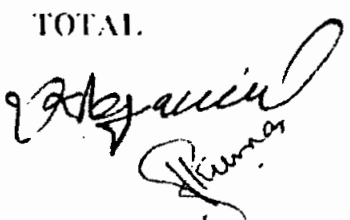
CHL CHARAN SINGH UNIVERSITY, MEERUT
B.COM SYLLABUS (2018-19 and onwards)

Year : I

CODE NO.	TITLE OF PAPER / COURSE	EXTERNAL MARKS
C-101	BUSINESS COMMUNICATION	100
C-102	BUSINESS STATISTICS	100
C-103	FINANCIAL ACCOUNTING	100
C-104	BUSINESS REGULATORY FRAMEWORK	100
C-105	BUSINESS ECONOMICS	100
C-106	BUSINESS ENVIRONMENT	100
Total		600

Year: II

CODE NO.	TITLE OF PAPER/COURSE	EXTERNAL MARKS
C-201	COMPANY LAW	100
C-202	COST ACCOUNTING	100
C-203	PRINCIPLES OF BUSINESS MANAGEMENT	100
C-204	INCOME TAX	100
C-205	FUNDAMENTALS OF ENTREPRENEURSHIP	100
C-206	PUBLIC FINANCE	100
TOTAL		

Year III

CODE NO.	TITLE OF PAPER/COURSE	EXTERNAL
		MARKS
C-301	CORPORATE ACCOUNTING	100
C-302	AUDITING	100
C-303	PRINCIPLES OF MARKETING	100
C-304	ECONOMIC LAWS	100
C-305	E-COMMERCE	100
C-306	MANAGEMENT ACCOUNTING	100

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BUSINESS COMMUNICATION (C-101)

Objective

The objective of this course is to develop effective business communication skills among the students.

Course Inputs:

- Unit V:** Modern Forms of Communicating: Fax; E-mail; Video conferencing; etc. International Communication: Cultural sensitiveness and cultural context; Writing and presenting in international situations; Inter-cultural factors in interactions; Adapting to global business.

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Objective

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Analysis of time series: component of time series, Calculation of secular trend: moving average method and method of least squares, Index numbers, Utility of index number for problems in the construction of index numbers: simple and weighted index number, base shifting fisher's ideal index number, and tests of reversibility.

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PAPER III
FINANCIAL ACCOUNTING (C-103)

Objective:

To impart basic accounting knowledge & to apply it in practice.

Course Inputs:

- Unit I: Introduction to Accounting standards and IFRS, Human Resource Accounting, Inflation Accounting and Responsibility Accounting. Theoretical concept only.
- Unit II: Introduction to Accounts, Trial Balance & Profit & Loss Statement, Balance Sheet.
- Unit III: Branch Accounts: Dependent Branch; Debtors system; Stock and debtors system; Final accounts system; Wholesale branch; Independent branch; Foreign branch; Departmental Accounts.
- Unit IV: Hire purchase and installment purchase system; Meaning of hire purchase contract; Legal provision regarding hire purchase contract; Accounting records for goods of substantial sale values, and Accounting records for goods of small values; Installment purchase system; After sales services.
- Unit V: Royalty Accounts; Insurance claims.

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PAPER - IV
BUSINESS REGULATORY FRAMEWORK (C-104)

Objective

The objective of this course is to provide a brief idea about the frame work of Indian business law.

- Unit I: The Indian Contract act, 1872 : Nature of contract classification: Offer and acceptance: Capacity of parties to contract: Free consent, Consideration, legality of object: agreement declared void: Performance of contract: Discharge of contract: Remedies for breach of contract.
- Unit II: Special contract: Indemnity: Guarantee: Bailment and pledge, Agency
- Unit III: Sale of goods act 1930 : Formation of contracts of sale : Goods and their classification, Price: Condition, And warranties: Transfer of property in goods: Performance of the contract of sale: Unpaid seller and his rights, Sale by auction: Hire purchase agreement
- Unit IV: The consumer protection act 1986 : Salient feature, definition of consumer: Grievance redressal machinery.
- Unit V: Limited liability partnership act 2008

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PAPER - V
BUSINESS ECONOMICS (C-105)

Objective

This course is meant to acquaint the student with the principles of business economics as applicable in business.

- Unit I: Introduction : Basic problems of an economy working of price mechanism
- Unit II: Elasticity of demand : Concept and measurement of elasticity of demand: Price, Income and cross Elasticities: Average revenue, Marginal revenue. And elasticity of Demand: Determinants of elasticity of demand: Importance of elasticity of demand
- Unit III: Production function: Law of variable properties iso-quants: Economic regions and optimum factor combination: Expansion path: Return to scale: Internal and external economies and diseconomies: Ridge lines.
Theory of Costs: Short-run and long-run cost curves- Traditional and modern approaches.
- Unit IV: Market structure : Market structure and business decisions: Objectives of a business firm a perfect competition: Profit maximization and equilibrium of firm and industry short run and long run supply curves: Price and output determination practical applications. Monopoly: Determination of price under monopoly: Equilibrium of a firm: Comparison between perfect competition and monopoly: Multi-plant monopoly: Price discrimination. Practical application.
- Unit V: a. Monopolistic competition: Meaning and characteristic: Price and output Determination under monopolistic competition: Product differentiation: selling costs: Comparison with perfect competition: Excess capacity under monopolistic competition.
b. Oligopoly: Characteristics indeterminate pricing and output: Classical models of oligopoly: Price leadership: Collusive oligopoly: Kinked demand curve.

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A. S. S.

K. K. A. P. M. S.

V. S. G. A. K. A. L.

M. S. S.

PAPER - VI
BUSINESS ENVIRONMENT (C-106)

Objective

This course aims acquainting the students with the emerging issue in business at the national and international level in the light of the policies of liberalization and globalization.

- Unit I: Indian business environment: Concept, Components, and Importance
- Unit II: Economic trend (overviews), Income, Savings and investment, Industry, Trade and balance of payments, Money, Finance, Prices.
- Unit III: Problems of growth: Unemployment, Poverty, Regional imbalances, Social injustices, Inflation paralled economy, Industrial sickness
- Unit IV: Role of Government: Monetary and fiscal policy, Industrial policy, Industrial licensing Privatization, Devolution, export - import policy, Regulation of foreign investment.
- Unit V: Niti Aayog: Philosophy, Function and role of niti aayog.

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B.COM. II
PAPER - I
COMPANY LAW (C-201)

PROVISIONS OF THE COMPANIES ACT, 2013 AND AMENDMENTS UP TO DATE RELATING TO

Unit - 1: Introduction to Companies Act, 2013; Important Definitions; Incorporation of
a company and matters incidental thereto

Unit - 2: Prospectus and Allotment of Securities- Public Offer & Private Placement,
Share Capital & Debentures; Acceptance of Deposits by Companies;
Registration of charges.

Unit - 3: Management & Administration - Register of Members, Annual Returns,
Annual General Meeting, Extra ordinary General Meeting; Declarations and
Payment of Dividend; Accounts and Audit of Companies.

Unit - 4: Directors - Appointment & Qualification; Meeting of Board and its powers;
Prevention of oppression & Mismanagement.

Unit - 5: Winding up - Modes of winding up, Winding up by Tribunal, Voluntary winding up,
Official Liquidator

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PAPER - II
COST ACCOUNTING (C-202)

(Objective)

This course exposes the students to the basic concepts and the tools used in cost accounting.

(Course Inputs)

Unit I: Introduction: Nature and scope of cost accounting, cost concepts and classification
Methods and techniques: Installation of costing system, concept of cost audit.

Unit II: Basics of Material, Labour and Overhead cost

- Concept of Material: Pricing of material issues; Treatment of material losses.
- Labour turnover: Idle time and overtime; Methods of wage payment-time and piece rates;
- Classification and departmentalization of overhead; Absorption of overheads;

Determination of overhead rates; Machine hour rate.

Unit III: Cost Ascertainment: Unit costing; Operating costing.

Unit IV: Job, Batch and Contract costing; Process costing including inter-process profit; Joint and By product.

Unit V: Cost Records: Integral and non-integral system; Reconciliation of cost and financial accounts.

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 - To the right, "Raj" is written vertically.
 - To the left, "Raj" is written vertically.
 - Below the main signature, "Raj" is written horizontally.

PAPER III

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Course inputs:

- Unit I: Introduction : Concept, nature process and significance of management : Managerial roles (Mintzberg); An overview of functional areas of management. Development of management thought : Classical and neo-classical system : Contingency approaches.

- Unit II: Planning : Concept, process , Types, Decision making- concept and process: Bounded rationality : Management by objective : Corporate planning , Environment analysis and diagnosis : Strategy formulation.

- | | |
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| Unit III: | Organizing: Concept, nature, process, and significance; Authority and responsibility relationship |
|-----------|---|

- Unit IV:** Motivating and Leading People at work : Motivation concept; Theories-Maslow Herzberg, McGregor, and Quchi; Financial and non-financial incentives; Leadership concept and leadership styles; Leadership theories (Drannenbaum and Schmidt); Likert's System Management; Communication-nature process, Network and barriers; Effective communication.

- Unit VI: Managerial Control: Concept and process : Effective control system: Techniques of control - traditional and modern.

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PAPER - IV
INCOME TAX (C-204)

Subject: e

It enables the students to know the basics of Income Tax and its implications.

(course inputs)

Unit 1:	Basis Concept Income, Agricultural income, Casual income, Assessment year, Previous Year, Gross total income, person; Tax evasion, Avoidance and tax planning.
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Unit II:	Basis of Charge; Scope of total income, Residence and tax liability, Income which does not form part of total income.
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Unit 14:	Heads of Income: Salaries; Income from house property; Profit and gains of business or profession, including provision relating to specific business; Capital gains; Income from other sources.
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Unit IV:	Computation of Tax Liability: Computation of total income and tax liability of an individual. Aggregation of income; Set-off and carry forward of losses; Deduction from gross total income.
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Unit V:	Tax Management: Tax deduction at source; Advance payment of tax; Assessment procedures; IT Authorities.
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PAPER - A
FUNDAMENTALS OF ENTREPRENEURSHIP (C-205)

Objective

It provides exposure to the students to the entrepreneurial culture and industrial growth so as to preparing them to set up and manage their own small units.

Course Inputs:

- Unit I: Introduction - The entrepreneur - Definition - Emergence of entrepreneurial class - Theories of entrepreneurship - Role of socio-economic environment - Characteristics of entrepreneur - Leadership, Risk taking, Decision-making and business planning
- Unit II: Promotion of a Venture: Opportunities analysis, External environmental analysis- economic, social, and technological, Competitive factors, Legal requirements for establishment of a new unit, And raising of funds: Venture capital sources and documentation required
- Unit III: Entrepreneurial Behaviour: Innovation and entrepreneur: Entrepreneurial behavior and Psycho-Theories, Social responsibility.
- Unit IV: Entrepreneurial Development Programmes (EDPs), EDP, Their role, Relevance - And achievements, Role of Government in organizing EDPs: Critical evaluation.
- Unit V: Role of Entrepreneur: Role of an entrepreneur in economic growth as an innovator, Generation of employment opportunities, Complimenting and supplementing economic growth, Brining stability and balanced regional development of industries: Role in export promotion and import substitution, Forex earning, and augmenting and meeting local demand.

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PAPER VI
PUBLIC FINANCE (C-206)

Objectives

The objective of this course is to provide basic knowledge about various intricacies for Public Finance.

Course Inputs:

- Unit I: Meaning & Scope of Public Finance. Public Finance vs. Private Finance. Principle of Maximum Social Advantage. Public Budget. Techniques of Budgeting (ZBB, PBB). Deficit Financing.
- Unit II: Public Expenditure: Meaning & Nature. Wanger's views on increasing state activities. Wiseman-peacock hypothesis. Canons and classification of public expenditure effects on production, Distribution and economic stability.
- Unit III: Public Revenue: Main sources of revenue. Tax revenue. Direct and Indirect Taxes. Progressive, Proportional & Regressive Taxes. Value added tax. The Division of tax burden. Incidence of a tax. Effect on production & distribution.
- Unit IV: Public Debts: Role and classification of Public debts and methods of their redemption.
- Unit V: Indian Public Finance: Financial Federalism under constitution. Financial Adjustment in India. Finance Commission. Review of Indian Tax System. Budgetary Procedure and Financial Control in India.

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B.COM. III
(PAPER - I)
CORPORATE ACCOUNTING (C-301)

Objective

This course enable the students to develop awareness about corporate accounting in conformity with the provisions of companies Act.

Course Input

- Unit I: Issue of Shares and Debentures, Issue, Forfeiture and re-issue of shares, Redemption of preference shares, Issue and redemption of debentures
- Unit II: Accounting for special issue - Bonus issue, Employee' stock option plan, Buy back of shares.
- Unit III: Valuation of goodwill and shares, Underwriting of shares.
- Unit IV: Final accounts :As per latest format Prescribed under companies Act, 2013.
- Unit V: Consolidated balance sheet of holding companies with one subsidiary only.

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PAPER - II
AUDITING (C-302)

Objective

This course aims at imparting knowledge about the principal and methods of auditing and their applications.

Course Inputs

- Unit I: Introduction: Meaning and objective of auditing; Types of audit; Audit programme; Audit notebooks; Working papers and evidences; Consideration for commencing an audit; Routine checking and test checking; Internal check system; Internal audit and Internal control.
- Unit II: Audit Procedure; Vouching; Verification of assets and liabilities.
- Unit III: Audit of companies; Company auditor appointment; Powers, Duties and Liabilities; Removal of auditor as per provision of the companies Act 2013.
- Unit IV: Auditor's report-clean report and qualified report.
- Unit V: Recent trends in auditing; Nature and significance of cost audit; Tax audit; management audit.

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PAPER - III
PRINCIPLES OF MARKETING ~~XXXXXX~~ (C-303)

Objective: The objective of this course is to help students understand the concept of marketing and its applications.

Course Inputs

- Unit I: Introduction: Nature and scope of marketing, Importance of marketing as a business function and in the economy, Marketing concept: Traditional and modern, Selling vs marketing, Marketing mix, Marketing environment
- Unit II: Consumer Behavior and market Segmentation: Nature, Scope And significance of consumer behavior: Market segmentation- concept and importance: Bases for market segmentation
- Unit III: Product: Concept of product, Consumer and industrial goods, Product planning and development: Packaging, Role and Functions: Brand name and trade market, After sales service, Product life cycle concept
Price: Importance of price in the marketing mix, Factors affecting Price of a product: service: Discounts and rebates
- Unit IV: Distributions channels and physical Distribution: Distribution channels- Concept and role: Types of distribution channels: Factors affecting choice of a distribution channel, Retailer and wholesaler, Promotion: Methods of promotion, Optimum Promotion mix, Advertising media-their relative merits and limitation: Characteristics of an effective advertisement: Personal Selling as a career
- Unit V: International Marketing: Nature, Definition and scope of international marketing: Domestic marketing vs. international marketing, International marketing environment external and internal.

Identifying and selecting foreign market: Foreign market entry mode decisions.

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PAPER - IV
ECONOMIC LAWS (C-304)

Objective	It will provide a basic knowledge of Economic laws to the learners.
Unit I:	Securities Laws: SEBI Act, 1992, Depositories Act, 1996.
Unit II:	Environmental Laws: The Environment Protection Act, 1986; water (Prevention & control of pollution) Act, 1974, Air (Prevention control of Pollution) Act, 1981; NGT Act, 2010.
Unit III:	IPR Laws: Trade Mark Act, 1999; Patents 1970, The designs Act, 2000; Indications of Goods (Registration & Protection) Act, 1999; copy right Act, 1957.
Unit IV:	Foreign exchange & Anti-corruption Laws: FEMA, 1999; Prevention of Money Laundering Act, 2002.
Unit V:	Industrial Laws: Factoreis Act 1948; Industrial Disputes Act, 1947.

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PAPER - V
E-COMMERCE (C-305)

- Objective : To enable the student to become competent to understand the mechanism for excelling in E-Commerce based employment and self-employment opportunities.
- Unit I: Introduction: Introduction to E-commerce and Definition E-commerce based activities, Goals of E-commerce, Technical components of E-commerce, Functions, Advantages and disadvantages of E-commerce Scope of E-commerce, Electronic commerce Application Framework of E-commerce, Supply chain Management Electronic commerce and Electronic Business.
- Unit II: Planning on-line Business, Nature and dynamics of the internet Electronic business models: B2B, B2C, C2C, C2B, website Design Websites as market place E-commerce, Pure online vs. brick and click business, Assessing requirement for an online business designing developing and deploying the system.
- Unit III: Technology for online-Business, Internet and its Evolution It Infrastructure Middleware Domain names, Contents, Text and integrating E-business applications component of internet information technology structure, Development of internet, Extranet and their Difference.
- Unit IV: Operations of E-commerce: online-payment mechanism, Electronic Payment system, Payment Gateways, Visitors to website Tools for promoting websites, Risk management option for e-Payment Systems.
- Unit V: Security and legal Aspects of E-commerce Threats in E-commerce, Security of clients and Service-Provider, Cyber Laws-Relevant Provisions of information Technology Act 2000, offences, Secure electronic records and digital signatures Penalties and adjudication.

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1. What is the purpose of the study?
 The purpose of the study is to investigate the effect of the independent variable on the dependent variable.

Introduction: Meaning, Nature, Scope and Function of Management Accounting	Techniques of Management Accounting
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<p>1. Types and Functions of Budgetary Control (Objectives)</p> <p>2. Methods and Techniques of Budgetary Control (Fixed and Flexible)</p> <p>3. Advantages and Disadvantages of Budgetary Control (Performance Budgeting)</p>	<p>4. Cost Accounting and Budgetary Control (Cost Accounting as a Basis for Budgeting)</p> <p>5. Capital Budgeting and Budgetary Control (Capital Budgeting as a Part of Budgetary Control)</p>
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चौ० चरण सिंह विश्वविद्यालय, मेरठ

CH.CHARAN SINGH UNIVERSITY, MEERUT

Department of Physical Education

Ref: Phy.Edu./2018-19/932

Dated: 17.05.2019

सेवा में,

उपकुलसचिव महोदय,

कमैटी सैल

चौ० चरण सिंह विश्वविद्यालय,

मेरठ

विषय: PG Diploma in Yoga Education (D.Y.Ed) पाठ्यक्रम की बोर्ड ऑफ स्टडीज़ की बैठक के सम्बन्ध में ।

महोदय,

शारीरिक शिक्षा विभाग में संचालित PG Diploma in Yoga Education (D.Y.Ed) पाठ्यक्रम की बोर्ड ऑफ स्टडीज़ की बैठक दिनांक 15/05/2019 को सम्पन्न हुई है । बैठक में उक्त पाठ्यक्रम के सिलेबस, ऑर्डिनेस तथा बाह्य परीक्षकों की सूची पर निर्णय लिये गये । जिसकी प्रतिलिपि आपके समक्ष प्रेषित की जा रही है ।

संलग्नक: यथोपरि ।

Prof. V. K. AISWAL
15/5/2019
समन्वयक
शारीरिक शिक्षा विभाग
PROF. V. K. AISWAL
Department of Physical Education
Campus

17/05/2019

(P.G. D.Y.Ed.)

One Year Post Graduate Diploma

in

Yoga Education

TWO SEMESTER COURSE

Session 2018-19

ORDINANCES

Principi

Principi

Principi

Principi

Principi

One Year Post Graduate Diploma in Yoga Education (P.G. D.Y.Ed.)

Introduction:

Yoga is an Indian philosophical system. The founder of Yoga philosophy was Maharishi Patanjali. He elaborately described various Yogic practices for overall well-being without any side effects. Various Yogic practices i.e. Asanas, Pranayamas, Kriyas, Bandhas, Mudras & Meditative feelings are very effective for total personality development. Yoga symbolizes a sound mind in a healthy body. In today's world it would mean a feel good habit that always brings positive thoughts to a person. In Yoga there are several techniques to develop various facets of human personality. The world has tried to adopt Yoga help to cope with their hectic and often materialistic life styles. Its practices are effectively used in the treatment of several psychosomatic disorders for which there is no effective treatment in modern medicine. With the growing demand for Yoga all over the world, it has become essential to train people in the theory & practices of the system.

By succeeding in these courses the student shall be able to teach Yoga practices to the public on scientific lines and can also run a training center on their own.

Aims:

1. It is aimed to provide a basic understanding of Yoga, based on classical texts, with scientific orientation.
2. Imparting skills to introduce Yoga for health & total personality development of general public & students in respectively.
3. It is also aimed to introduce the students to the fundamental principles of the Indian system of health sciences.
4. To generate possible employment opportunities & establish Yoga center on their own.
5. To establish peace & prosperity Internally & Externally.

Duration: One Year (Two Semesters)

Admission Criteria: The candidate must have passed Bachelor Degree (10+2+3) with at least 45% marks from a recognized University. The Admission will be done on the basis of Merit, Aptitude Test and Interview. Students must also be medically fit and able to perform various Asanas.

Medical Test- Candidates shall be medically fit. Selection will be subject to the medical Fitness certificate from Civil Assistant Surgeon and general flexibility test conducted by the selection committee.

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Age Limit: ~~40~~ years as on 1st June.

Fee : Rs. 30,000/- and its 50% will be payable in each Semester at a time.

Intake Capacity: Minimum 30 Students

Medium of Instruction: The medium of instruction and writing examination shall be in English / Hindi.

Attendance: The candidate has to attend at least 75% of the classes.

Award of Degree:

1. The One Year Post Graduate Diploma in Yoga Education in the faculty in education will be conferred on candidates who has passed Diploma in Post Graduate Diploma in Yoga Education a of study for a One Year (Two Semesters) prescribed in the scheme of instructions and has passed all the examinations (Theory and practical). As prescribed in the scheme of examination.
2. In One Year (Two Semesters) of the course of the study candidate fails to secure the minimum percentage of attendance she shall not be eligible to appear in the examination.

3. **Evaluation Patten:**

Examination procedures and related rules:

There will be One Year in PGDYED programme:

Each theory paper shall carry 100 marks which are allocated in the proportion of 70: 30 (external: internal).

Each practicum shall carry 100 marks which are allocated in the proportion of 70: 30 (external: internal).

Standard of Passing:

- a.1. The minimum passing standard for External Examinations shall be 40 %, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses.
- a.2. Successful candidates shall be placed divisions in theory as under:
 - A. Ist Division - 60% and above marks.
 - B. IInd Division - 50% and above but below 60%.
 - C. IIIrd Division - 40% and above but below 50%.
 - D. Below 40% Fail
- a.3. Successful candidates shall be placed divisions in Practicum as under:
 - A. Ist Division - 60% and above marks.
 - B. IInd Division - 50% and above but below 60%.
 - C. IIIrd Division - 40% and above but below 50%.
 - D. Below 40 % Fail

Internal Evaluation

a In each Theory and Practicum the internal assessment system would have a weightage of 30% marks.

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The marks for internal assessment (**theory Course**) in each paper will be distributed as under:

▪ Paper related internal test	20 Marks
▪ Seminar based activities / Assignments	5 Marks
▪ Attendance	5 Marks

Rules of the examination:

4. The students shall have to take the final examination at the end of the One Year (Two Semesters) after fulfilling the required norms as fixed by the Ch. Charan Singh University Meerut from time to time.
5. The Students have to complete the degree in a maximum of two successive sessions including the session of admission.
6. No students shall be declared to have passed each examination unless she secured not less than aggregate and 40% in practical examination and 40% aggregated both in theory and practical.
7. Question Paper Pattern: Each theory paper of hundred marks shall comprise 10 questions out of which the candidates have to answer 5. Distribution of marks shall be equal to all questions.
8. Practical Examination-The practical examination may be conducted before / After the theory Examination.
9. Back-paper facility will be available to PGDYED students. The facility of back-paper at the end of the semester session provides promotion up to the next semester session.
Students of the following categories will be eligible for EB Back Paper (EBP).
 - a) Only one back paper facility will be available to students in one semester session.
 - b) Previous paper facility will not be given to a candidate if his examination of the last semester session has more than one number of his unclear papers.
 - c) A candidate who has failed in the examination of the semester session or is ineligible for promotion in the next semester session, the next regular examination of that semester session will be given only one chance to reappear and not after that. He can do so only by depositing the prescribed examination fee for that examination and he will be exempt from attendance.
 - d) Only one candidate failing in the examination of one semester session can be allowed to read the respective head of the department as well as the dean of the faculty and the approval of the Vice Chancellor as a regular student in that other semester session.
 - e) A candidate who has completed his course for the PGDYED 1st / 2nd semester program, but failed to pass / present both written and practical examinations. Candidates will have only one opportunity for 1st / 2nd semester session exam.
 - f) Candidates allowed to appear at the PGDYED semester session examination under this ordinance as exempted candidates shall be required to pay the examination fee as prescribed by the University.
 - g) All the candidates who pass a semester session examination, they can improve only one theory paper of any semester session of the next semester. However, improvement in Practical will not be facilitated.

Paper Pattern:

- a The format for the marking scheme for question papers in theory courses in external written examination shall be as follows:

Total = 70 marks

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1 Long Question (2 questions from each unit. Candidate is required to attempt 4 questions, at least one question from each unit) (Unit 1 to Unit 4) 15 Marks

2 M.C.Q. Type Questions (10 out of 12 Que.) 10 Marks

or

One Shot Question (Unit 1 to Unit 4) 10 Marks

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gaurav

Gaurav

Shant

Shant

for kind approval
Hon'ble V.C. Sir.

M
16-5-19.



CH. CHARAN SINGH UNIVERSITY, MEERUT
DEPARTMENT OF PHYSICAL EDUCATION

**(P.G. D.Y.ED.) ONE YEAR POST GRADUATE DIPLOMA IN YOGA
EDUCATION**

External Examiners List

1. Dr. Ishwar bhardwaj professor & dean, faculty of ~~ayurveda~~ and medical science & Health department of yoga, gurukul kangri university, haridwar 9412025142., 7300761207
2. Prof. G. D. Sharma, ex. Prof himachal university shimla & ex. Prof. & head department of yoga, patanjali yogpeeth, university of patanjali, roorkee-haridwar road, haridwar-249405 (uttarakhand) 9418007767.
3. Prof suresh lal barnwall, dean & head, dept. Of yogic sciences and human consciousness, school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand 9258369627.
4. Dr. Kamakha kumar, ^{Asso.}prof. Head of the dept. Yogic sciences uttarakhand sanskrit university hridwar 9258369603
5. Dr. J.P. Sharma, associate professor indira gandhi institute of physical education of sports sciences (university of delhi) b-block, vikaspuri, new delhi-110018 9958998646
6. Prof. N. P. Giri. Ccs haryana agricultural university, hisar 9416107709.
7. Dr. I. V. Basavaraddi director morarji desai national institute of yoga, delhi 9810800289.
8. Dr. Sadhna Dauneria Head, Department of Yogic Science, Barkatulla University, Bhopal, Madhya Pradesh
9. Dr. Bhanu Joshi Head, Department of Yoga, Uttarakhand Open University, Haldwani
10. Dr. Vinod Upadhyaya Professor & Head, Ayu. Phrma. Himalaya Ayurvedic College, Rishikesh, Uttarakhand.
11. Dr. Taraknath Pramnik, Assistant Professor, (Phy.Edu.). I.G.IPESS B-Block.Vikaspuri New Delhi Cell- 9811099026.
12. Dr. Kapil Mishra, Asst. Professor, Dept. of Phy. Edu., Gurukul Kangri, Haridwar Cell- 09412904900.
13. Dr. Laxminarayan Joshi Assistant Professor Yogic sciences uttarakhand sanskrit university hridwar
14. R.B. Bhandari Assistant Professor (Yoga Science) at the University of Patanjali, Patanjali Yogpeeth, Haridwar 9634510540
15. Miss Arti Yadav Assistant Professor (Yoga Science) at the University of Patanjali, Patanjali Yogpeeth, Haridwar 8218994741
16. Dr. Sanjay Singh Assistant Professor (Yoga Science) at the University of Patanjali, Patanjali Yogpeeth, Haridwar 09719426763

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17. Dr. Narendra Singh Assistant Professor, (Yoga Science) at the University of Patanjali, Patanjali Yogpeeth, Haridwar 09759727882
18. Dr. Rakesh Giri ^{Assoc.} Assistant professor, DEPARTMENT OF YOGA, GURUKUL KANGRI UNIVERSITY, HARIDWAR 9897106822
19. Dr. Surendra Kumar Assistant Professor, DEPARTMENT OF YOGA, GURUKUL KANGRI UNIVERSITY, HARIDWAR 9897173154
20. Dr. Udham Singh/DEPARTMENT OF YOGA, GURUKUL KANGRI UNIVERSITY, HARIDWAR 8439353407 [Asst. H. Prof.]
21. Dr. Amrit Lal Guruvendra Associate Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
22. Dr. Vandana Srivastava Associate Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
23. Dr. Vijay ~~Kumar~~ Singh Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
24. Shri Gulam Askari Zaidi Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
25. Dr. Asim Kulshrestha Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
26. Dr. Sunil Kumar Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
27. Dr. Indrani Trivedi Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
28. Dr. Kamta Prasad Sahu Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
29. Dr. Reema Srivastava Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
30. Dr. Dayanand Sinha Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
31. Dr. Swarnkala Singh Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
32. Shri Rakesh Verma Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand

33. Shri Ram Avatar Patidar Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
- X 34. ~~Dr. Shikha Rani~~ Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
35. Dr. Sarita Prajapati Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
36. Dr. Manorama Nikhra Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
- X 37. ~~Dr. Alka Mishra~~ Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand
38. Shri Kamal Kishore Yadav Assistant Prof. Dept. Of yogic sciences and human consciousness school of indology, faculty of yoga and health, dev sanskriti university vishwavidyalaya haridwar, uttarakhand

J.S. Bhardwaj
15/5/2019
(Prof. J.S. Bhardwaj)
Chairperson

Ishwar Bhardwaj
15/5/19
(Prof. Ishwar Bhardwaj)
(Memder)

Suresh Lal Barnwall
15/5/19
(Prof Suresh Lal Barnwall)
(Memder)

Vijay Jaiswal
15/5/19
(Prof. Vijay Jaiswal)
Convener
Praveen Kumar
(Dr. Praveen Kumar)
(Memder)

For Kind approval

N.C. Sin

1/19



CH. CHARAN SINGH UNIVERSITY, MEERUT

Department of Physical Education

Dated: 15.05.2019

Minutes of the meeting of BOS held on 15.05.2019

A meeting of the Board of Studies (University Campus) in the subject of PG Diploma in Yoga Education under the Physical Education was held on 15-05-2019 at 10:00 A.M. in the Dept. of Education Chaudhary Charan Singh University, Meerut. The following members were presents :-

Member of Board of studies in PG Diploma in Yoga Education:-

1. Prof. J.S. Bhardwaj, Dean Faculty of Education, C.C.S. University, Meerut **(Chairperson)**
2. Prof. Vijay Jaiswal, Coordinator, Dept. Phy. Edu., C.C.S. University, Meerut **(Convener)**
3. Prof. Ishwar Bhardwaj Professor & Dean Faculty of Ayurveda and Medical Science Department of Yoga Gurukul Kangri University, Haridwar 9412025142. **(Member)**
4. Prof. G. D. Sharma, Ex. Prof Himachal University Shimla & Ex. Profeesor & Head Department of Yoga, Patanjali Yogpeeth, University of Patanjali, Roorkee-Haridwar road, Haridwar-249405 (Uttarakhand) 9418007767. **(Member)**
5. Prof Suresh Lal Barnwall Dean & Head Dept. of Yogic Sciences and Human Consciousness School of Indology, Faculty of Yoga and Health, Dev Sanskriti University Vishwavidyalaya Haridwar, Uttarakhand 9258369627. **(Member)**
6. Dr. Praveen Kumar Associate Professor Dept. of Physical Education Ch. Charan Singh University Meerut. 9997089741. **(Member)**

At the onset, the Chairman welcomed the members to the meeting of BOS PG Diploma in Yoga Education and placed the agenda for the deliberations of the members. The following deliberations were made as per the circulated agenda:-

1. To consider and approve the Ordinances and Syllabus for PG Diploma in Yoga Education.

The Chairman invited the House to discuss and proposed the Ordinances and Syllabus of PG Diploma in Yoga Education program (One year course).

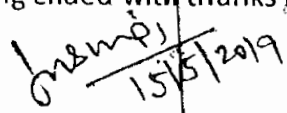
The Members approved the Ordinances and Syllabus of PG diploma in Yoga Education Courses. It was also discussed about the implementation of Ordinances and Syllabus from academic year 2018-19 and it was decided that Ordinances and syllabus can be implemented.

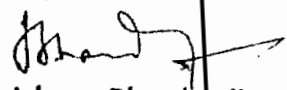
2. To consider and approve the panel of examiners for theory and practical exam.


The Chairman invited the House to discuss and propose the lists for External examiners theory and practical exam of PG Diploma in Yoga Education.

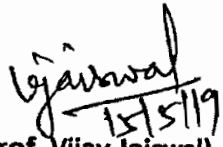
The Members approved the External examiners lists for theory and practical exam.

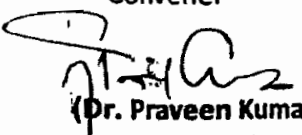
Meeting ended with thanks to the Chair.


(Prof. J.S. Bhardwaj)
Chairperson


(Prof. Ishwar Bhardwaj)
(Member)


(Prof Suresh Lal Barnwall)
(Member)


(Prof. Vijay Jaiswal)
Convener


(Dr. Praveen Kumar)
(Member)

For kind approval
Honble V.C. sir

SYLLABUS OF YOGA (P.G. D.Y.Ed.) One Year Post Graduate Diploma in Yoga Education
TWO SEMESTER COURSE
Semester – I

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
DYCC-101	Foundations History of Yoga and Bhagavad Gita	30	70	100
DYCC-102	Applications of Yoga and Patanjala Yoga Sutra.	30	70	100
DYCC-103	Anatomy and Physiology & Diet and Nutrition	30	70	100
Part-B Practical Course				
DYPC-101	ASANA Standing Postures Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakanasana, Veersana, Sitting postures Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana Supine Asanas Shavasana, Ardha Halasana (One leg/both legs) Uttana Padasana, Pawanamuktasana (Ardha/Purna) Setubandhasana, Crocodile variations, Naukasana (Supine), Matsyasana, Halasana, Chakrasana (Backward)	30	70	100
DYPC-102	PRANAYAMA Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari, Pranayama (with Antar & Bahya Kumbhaka)	30	70	100
DYPC-103	MUDRAS & BANDHAS Brahma Mudra, Simha Mudra, Jivha Bandha Mula Bandha, Jalandhara Bandha, Uddiyana Bandha (Bahya/Antar)	30	70	100
DYPC-104	Yoga Teaching Lessons (5 Lessons)	30	70	100
TOTAL		210	490	700

Semester – II

		Part A: Theoretical Course			
Course Code		Title of the Papers	Internal Marks	External Marks	Total Marks
		Core Course			
DYCC-201		Yoga and Health	30	70	100
DYCC-202		Yoga Therapy	30	70	100
DYCC-203		Methods of Teaching Yoga	30	70	100
DYCC-204		Hatha Yoga	30	70	100
		Part-B Practical Course			
DYPC-201		SHUDDHI KRIYA Kapalabhati, Agnisara, Nauli, Trataka, JalaNeti Rubber Neti, Vaman Dhauti	30	70	100
DYPC-202		ASANAS Prone Asanas Makarasana, Niralambasana, Marjari Asana, Bhujangasana, Sarpasana, Ardha Shalabhasana Shalabhasana, Co-ordination Movement (Prone) Naukasana (Prone), Dhanurasana Inverted Asanas Viparitarani, Sarvangasana, Shirshasana Advanced Asanas Akarna Dhanurasana, Tolangulasana, Bakasana Padma Bakasana, Gorakshasana, Ugrasana Shirsha Padangushthasana, Kapotasana Rajkapotasana, Matsyendrasana, Kurmasana Kukkutasana, Uttana Kurmasana, Hansasana Mayurasana, Vatayanasana, Karnapidasana Padangushthasana, Ek PadaSkandhasana Meditative Asanas, Virasana, Swastikasana, Samasana, Padmasana, Siddhasana	30	70	100
DYPC-203		MANTRA CHANTING Pranava Japa, Swasti Mantra, Om Stavan, Savitropasana, Rudropasana	30	70	100
DYPC-204		Teaching Lessons Plans of Yoga (5 Lessons)	30	70	100
		TOTAL	240	560	800

Semester I
Theory Courses
DYCC-101 FOUNDATIONS HISTORY OF YOGA
AND
BHAGAVAD GITA

Total Marks :100
Theory Marks :70
Sessional Marks :30

UNIT-I

Origin of Yoga & History and Development of Yoga , Concept of Yoga, Meaning of yoga, Objectives of Yoga & Its principles, General Introduction to Vedic Granthas of Yoga-Veda Upanishad, Purusharth Chatrashtya, General Introduction to 'Bhartiya Darshana's (Sankhya Yoga-Nyaya Vaisheshik, Mimansa-Vedant, Jain-Bodh, Chawark)

UNIT-II

General Introduction to Ramaya &, Mahabharat , Basic Introduction to contemporary Yogis- Maharishi Patanjali, Maharishi Dayanand, Swami Vivekanand, Shri Arvind, Swami Kuwalyanand, Swami Shivanand.

UNIT-III

Various Methods of yoga-Rajyog, Gyanyoag, Karmyog, Bhaktiyog, Swaryog, Dhyanyog, Hathh Yoga, Ashtang Yoga.

UNIT-IV

General Introduction to Bhagvad Gita (BG) & Its Importance. Definition of Yoga According to Shrimad Bhagwad-Geeta, Karm Yoga According to Shrimad Bahgwad Geeta, Bhakti Yoga, Gyan Yoga, Sthit Pragyata, Yogic Aahar Diet, (Signs) Symptoms of Yogi, Daivy-Aasuri Sampada, Aatma Swaroop, Sankhya Yoga.

TEXT BOOK

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advalta Ashrama Publication-Depo Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009

4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
10. Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
11. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.
14. योग दर्शन : स्वामी रामदेव
15. योग सूत्र : वाचस्पतिमिश्र
16. योग सूत्र राजमार्तण्ड : भोजराज
17. पातंजल योग प्रदीप : ओमानन्द तीर्थ
18. पातंजल योग विमर्श : विजयपाल शास्त्री
19. ध्यान योग प्रकाश : लक्ष्मणानन्द
- योगदर्शन : राजाराम शास्त्री (2002)
2. पातंजल योग दर्शन : स्वामी सत्यपति परिव्राजक (2012)

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Semester I

Theory Courses

DYCC-102 APPLICATIONS OF YOGA AND PATANJALA YOGA SUTRA

Total Marks :100

Theory Marks :70

Sessional Marks :30

UNIT-I

Value Education, Its Meaning and Definition, Types of Values , Value Oriented Education, Role of yoga towards development of Values.

UNIT-II

Yoga for Stress Management: Introduction to Stress, Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation; Yoga and Stress Management; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, impact of yogic lifestyle on stress management

UNIT-III

Introduction to Patanjali Yoga Sutra, Definition of yoga, Concept of Chitta, Chitta Bhumiies, Chitta Vrattiya, Chitta Vratti Nirodhopaya.

Yoga Antaray, Chaturvyuhvad, Chitta Prasadana, Types of Samadhi & Prakrati, Ritambhara Pragy and Adhyatma Prasad, Concept of Ishwara & Qualities of Ishwara.

UNIT-IV

Sadhna Pada-Kriya Yoga, Karm Siddhanta, Panch Klesh, Panch Praman, Prakriti Purusha, Brief Introduction to Astang Yoga, (Yama, Niyam, Aasan, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi)

Vibhuti and Kaivalya Pad: Introduction to Dhyana, Sanyam & Siddhi, four types of Karma, Vivek Khyati, Kaivalya.

TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanabikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

3. Swami Omar andatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994

4. Swami Anant Bharati. Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda
Yoga Sangthan, Delhi

5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai
2005.

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|-------------------------|---|--------------------------|
| 6 योग दर्शन | : | स्वामी रामदेव |
| 7 योग सूत्र | : | वाचस्पतिमिश्र |
| 8 योग सूत्र राजमार्तण्ड | : | भोजराज |
| 9. पातंजल योग प्रदीप | : | ओमानन्द तीर्थ |
| 10. पातंजल योग विमर्श | : | विजयपाल शास्त्री |
| 11. ज्ञान योग प्रकाश | : | लक्ष्मणानन्द |
| 12 योगदर्शन | : | राजवीर शास्त्री |
| 13. पातंजल योग दर्शन | : | स्वामी सत्यपति परिव्राजक |

15/5/2019

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Semester I
Theory Courses
DYCC-103 ANATOMY AND PHYSIOLOGY
&
DIET AND NUTRITION,

Total Marks :100

Theory Marks :70

Sessional Marks :30

UNIT-I

Cell, Tissues and concept of structure of tissue & their basic knowledge, structure of cell, cell main functions of cell, types of Tissues & their functions. Main systems & their function, Digestive System, Structure, Functions , Detailed concept of digestion.

UNIT-II

Introduction to Excretory System, Parts of Excretory System & their structure & functions, urine formation mechanism, Endocrine Glands System- Endocrine Gland Structure, Naming, Glandular Location, Hormones and their working for the body and details of other glands.

UNIT-III

Nervous System- Subdivision of Nervous System, Organs, structure of Brain-External and Internal Functions, Composition of Sushumna & its functions, Basic concept of different types of Nerves, Skeleton System-The main components of Bone clow & its functions, conformation of bones traditions, concept of spinal cord, types of Joint, Healthy & destroyed joint. Introduction to Muscular System.

UNIT-IV

Basic concept of cardio- vascular system, structure of Heart, Functions of Blood , Blood Pressure & Mechanism, Basic concept of respiratory system, functions of lungs & its structure. Detailed concept of Reproduction system.

UNIT-V

Basic concept of Food & Nutrition, Human Nutritional requirements, Concept of Food, Components of Food and their classification, functions & effect on the body. Fat soluble, nutrients, sources, functions & effects on the body, water soluble Nutrients, sources , functions & effect on the body. Concept of components of food, concept of Yogic diet & Life system.

TEXT BOOK

- Anatomy & Physiology of yogic practices, Kanchan Praksan Lonovola
- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

- Gore M. M. (2003). *Anatomy and Physiology of Yogic practices*. KanchanPrakashan, Lonavla, India
- Stanley Davidson & others: *Human Nutrition & Dietetics*, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : *The Ayurvedic Diet*, New age books, New Delhi, 2001
- Randolph Stone : *A Purifying Diet*, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
- Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™
- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas
- Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.
- Gupta, A.P. (2011). *Human anatomy and physiology*. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). *Text book of medical physiology* (11th ed.). Pennsylvania: Elsevier.
- Kaminoff, L. (2007). *Yoga Anatomy*. Champaign: Human Kinetics
- Kumar, V. (2004). *Manav Sarir Samrachna aur sarir kriya vijyan*. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.
- Malshe, P. C. (2005). *Yoga for doctors*. Haridwar, India: Antar Prakash Center for Yoga
- McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell..
- Pandya, K.K. (1998). *Human anatomy*. Varanasi, India: Krishnadas Academy.
- Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

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Semester II
Theory Courses
DYCC-201 YOGA AND HEALTH

Total Marks :100
Theory Marks :70
Sessional Marks :30

UNIT I

Definition of Health and its concept, Determinant factors of Health, Daily Routine, Prateh Kalin Jagran, Nitya Karma, Dantadhawan, Mukhshodhan and Netra Prakshalan, Nindra, Ritucharya, Need of Sandhya & hawan. Meaning of Health Education, Definition, Its objectives & Principles, Health Education & Its Relation with Yoga, Symptoms of Healthy Human.

UNIT II

- Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definitions, Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing;

UNIT III

- Role of Yoga in preventive health care – Yoga as a way of life, Heyam dukham anagatam; Potential causes of ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa.
- Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya
- Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.

UNIT IV

- Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action Karma Yoga, Published by SVYP, Bangalore, 2003

Semester II
Theory Courses
DYCC-202 YOGA THERAPY

Total Marks :100
Theory Marks :70
Sessional Marks :30

UNIT I

Yoga Therapy Meaning, Definition, Aims, Basic principles of Yoga Therapy, naturopathy in yoga, Concept of Yoga Therapy, Types of yoga therapy, Asana, Pranayama, Relaxation, Meditation therapy. Yoga management for Diabetes, Blood Pressure, Heart Patients Asthma, Headaches.

UNIT II

Ayurveda and Yoga.: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of yoga therapist.

Tridosha, Dhātu, Mala, Sadāsa, concept of health according to Ayurveda Dincharya. Elements of snehana, Bastikriya in Panch Karma.

UNIT III

Musculo-Skeletal Therapy Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

UNIT IV

Acupressure & Pranic Therapeutics: Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

TEXT BOOKS

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yogatherapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

1. Sh4anand Saraswati: Yoga Therapy (Hindi & English)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami V4ekananda

Yoga Prakashana, Bangalore, 2002

4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011

5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005

7. Nagarathna R and Nagendra HR: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekanaanda Yoga Prakashana, Bangalore, 2000

8. Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadhama, Lonavala, Revised Edition

9. Swami Shankardevananda Saraswati: Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002

10. Swami Satyananda Saraswati: A Systemic programme in the ancient tantric techniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007

11. चरक संहिता : महर्षि चरक

12. सुश्रुत संहिता : महर्षि सुश्रुत

13. आयुर्वेद सिद्धान्त रहस्य: आचार्य बालकृष्ण

14. स्वस्थवृत्त विज्ञान : रामहर्ष सिंह

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Yogi

Yogi

Yogi

Semester II
Theory Courses
DYCC-203 METHODS OF TEACHING YOGA

Total Marks :100
Theory Marks :70
Sessional Marks :30

UNIT I

Principles and methods of teaching yoga Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

UNIT II

Basics of yoga class management [15 Hrs.] Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

UNIT III

Lesson planning in yoga [15 hrs.] Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications.

UNIT IV

Educational tools of yoga teaching [15 hrs.] Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

TEXT BOOKS 1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

BOOKS FOR REFERENCE

1. Dr. Gharote M.L. : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi, 4. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

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Semester II
Theory Courses
DYCC-204 HATHA YOGA

Total Marks :100
Theory Marks :70
Sessional Marks :30

Unit-1

Hatha Yoga Its Philosophy and Practices

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apáthya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogi's of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

Unit-2

Hatha Yoga Practices: Shodhana-Kriyas and Asanas

Shodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranda Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranda Samhita: their techniques, benefits, precautions and importance.

Unit-3

Hatha Yogic Practices: Pranayama, Bandhas and Mudras

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

Unit-4

Hathayoga Practices: Pratyahara, Nadanusandhana & Svarodaya Jnana Concept of Pratyahara, Dharāna and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya.

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TEXT BOOKS

1. I. K. Talmi : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005).
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

BOOKS FOR REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
10. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)
- 11 हठ प्रदीपिका : स्वामी कुवल्यानन्द, कैवल्यधाम, लोनावला
- 12 वेरुण्ड संहिता : स्वामी दिगम्बर जी/ एम.एल. धरौटे (1997) कैवल्यधाम, लोनावला
- 13 गोरक्ष संहिता : डॉ. चमनलाल गौतम (1985)
- 14 भक्ति सागर : स्वामी चरणदास
- 15 उपनिषद् संग्रह : मोतीलाल बनारसीदास
- 16 बहिरंग योग : स्वामी योगेश्वरानन्द
- 17 योगासन विज्ञान : स्वामी धीरेन्द्र ब्रह्मचारी

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पत्रकारिता एवं जनसंचार विभाग
चौधरी चरण सिंह विश्वविद्यालय, मेरठ

पत्रांक MC/PB/1662
दिनांक 08/08/18

सेवा में,

प्रभारी
कमेटी सेल,
चौ० चरण सिंह विश्वविद्यालय,
मेरठ

महोदय,

विभाग में एम०फिल० पाठ्यक्रम की बोर्ड ऑफ स्टडीज का आयोजन दिनांक 5.7.2018 को हुआ था। अग्रिम कार्यवाही हेतु एम०फिल० पाठ्यक्रम की प्रति संलग्न है।

सादर, धन्यवाद सहित

(डॉ० प्रशान्त कुमार)
समन्वयक

समन्वयक
पत्रकारिता एवं जनसंचार विभाग
चौ० चरण सिंह विश्वविद्यालय, मेरठ



Department of Journalism & Mass Communication
Chaudhary Charan Singh University, Meerut

Ref. No.:
Dated-28-06-18

To,

Hon'ble Vice Chancellor
Ch. Charan Singh University,
Meerut

Sub.: Panel for Framing Syllabus and Rules of M.Phil. Course in Journalism and Mass Communication for University Campus.

Respected Sir,

Following panel is proposed for the above.

(A) **External** (any three of the following)

- 1- Prof. Arun Bhagat, M.C.R.P. University, Noida Campus
- 2- Prof. Pradeep Mathur, Ex. HOD English Journalism, IIMC, New Delhi
- 3- Dr. Subodh Agnihotri, Head, Deptt. of Jour. & Mass Comm., V.M.O.U., Kota
- 4- Prof. R.C. Tripathi, Ex. HOD, JMC, University of Lucknow
- 5- Prof. Mahaveer Singh, M.C.R.P. University, Bhopal

(B) **Dean**, Faculty of Arts, C.C.S. University, Meerut

(C) **Convener**: Coordinator, Deptt. of J. & M.C., C.C.S. University, Campus, Meerut.

(D) **Special Invitees:**

- i. Dr. M.K. Srivastava, Associate Professor, Deptt. of J.M.C., C.C.S. University, Mrt.
- ii. Ms. Deepika Verma, Lecturer, Deptt. of J. M.C., C.C.S. University, Mrt.

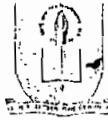
Kindly approve 3 from 'A' and 'B', 'C' 'D' & also allowed their TA/DA and remuneration as per university rules.

Prashant Kumar
(Dr. Prashant Kumar)
Coordinator

Submitted for Approval

A. Prashant
Vice Chancellor

M
28.6.18
VICE-CHANCELLOR



Chaudhary Charan Singh University, Meerut
Syllabus of M.Phil in Journalism & Mass Communication
w.e.f. 2018-19

E.O.S 05/07/2018

(For University Department only)

Objective of Course: The M.Phil. (Master of Philosophy) in Journalism and Mass Communication aims at development of research skills in the field of Journalism and Mass Communication. This programme aims to increase the capacity of scholars and professionals in research activities. The M.Phil course is envisaged and contribute the growth and development of the communication and media studies.

General Rules : The whole programme is divided into two semesters (one year). There will be 2 papers in Ist semester and 2 paper and one Research Project in IInd semester. The project shall be in the area of specialization, which he/she wishes to take. The candidate needs to submit a dissertation/project at the end of second semester. Each paper will carry 100 marks, out of which an external examination will be held carrying 80 marks and an internal assessment carrying 20 marks. An open Viva-Voce examination of dissertation which will be examined by an external examiner and the supervisor concerned.

Selection and Eligibility: Admission to this course will be through entrance examination. The candidates who have post graduate degree in Journalism and Mass Communication from recognized University/College with 55% marks, is eligible to appear in the entrance examination. 5% marks relaxation will be given to the eligible SC/ST candidates as per University rules and G.O.

Note: Fee of the M.Phil. Programme under Self-finance scheme will be Rs 40,000/-

(Prof. R.C. Tripathi)

(Prof. Arun Bhagat)

(Dr. Prashant Kumar)

(Dr. Manoj Kr. Srivastava)

(Prof. Beer Singh)

(Ms. Deepika Verma)

Hon'ble V.C.
for your kind approval


09.7.18
VICE-CHANCELLOR



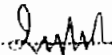
Chaudhary Charan Singh University, Meerut
Department of Journalism & Mass Communication

Proceedings of the meeting of the Board of Studies in Journalism and Mass Communication for preparing the syllabus of **M.Phil.** (1year / 2 semester course) was held on 05 /07/2018 from 09:00 a.m. in the Department of JMC.

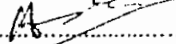
Members Present:

1- Prof. Beer Singh, Chairman, 

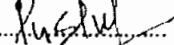
Dean Faculty of Arts, C.C.S. Uni, Meerut

2- Prof. R.C. Tripathi, 

Ex. HOD, Journalism and Mass Communication, University of Lucknow, Lucknow

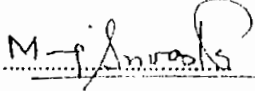
3- Prof. Arun Bhagat, 

Director, M.C.R.P. E.S. University, Noida Campus

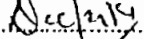
4- Dr. Prashant Kumar, Convener, 

Coordinator, Deptt. Of Journalism & Mass Comm., C.C.S. Uni., Meerut

Special Invitee:


6- Dr. Manoj Kumar Srivastava, (Associate Professor), 

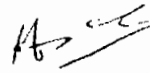
Deptt. of Journalism & Mass Comm., C.C.S. Uni. Meerut,


7- Deepika Verma, (Lecturer), 

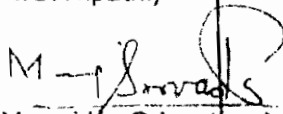
Deptt. of Journalism & Mass Comm., C.C.S. Uni. Meerut,

The members of B.O.S. discussed the possible aspects of the syllabus of **M.Phil** and finalized its contents. The syllabus prepared is enclosed herewith.



(R.C. Tripathi)


(Arun Bhagat)



(Prashant Kumar)


(Manoj Kr. Srivastava)


(Deepika Verma)


(Beer Singh)

Hon'ble V.C.
for your kind Approval

Approved


09.7.18



Chaudhary Charan Singh University, Meerut
Syllabus of M.Phil. in Journalism & Mass Communication
w.e.f. 2018-19

B.O.S 05/07/2018

(For University Department only)

(Two semester/ one year programme)

Semester- I

Course -I	Advance study of Communication	M.M. 100 (Ext. 80 & Int. 20)
Course -II	Communication Research Methodology	M.M. 100 (Ext. 80 & Int. 20)

Semester- II

Course -III	Modern Trends in Journalism	M.M. 100 (Ext. 80 & Int. 20)
Course -IV	Development Communication	M.M. 100 (Ext. 80 & Int. 20)
	Dissertation	



Chaudhary Charan Singh University, Meerut
Syllabus of M.Phil. in Journalism & Mass Communication
w.e.f. 2018-19

B.D.S 05/07/2018

(For University Department only)

Semester- I

C-I : ADVANCED STUDY OF COMMUNICATION

Max Marks : 100
(Ext. 80 ; Int. 20)

Unit 1 : Theory: Meaning and Concept

Introduction to theory building, defining theory. Characteristics of theory, Objectives of theory, General and Specific Kinds of theory, How theories are developed? Conventional Criteria for identifying a good theory, Significance of theories, models and conceptual framework in research. Overview of human communication and mass communication theories.

Unit 2

Philosophy of Indian Communication : Introduction to Naraduni's Communication Formula. Concept and Process of Vasudhaiv Kutumbkam and Human Communication. Bharat Muni's Model of Drama. Sahridaya and Sadharinikaran (Tender Hearted and Simplification): Concept and Interpretation. Spiritual Communication,

Unit 3

Media-audience interaction : S-R theory, Perspectives of individual differences, social categories and social relations; concept of selectivity; One-step, two-step and multi-step flow; concept of Gate keeping; Gate keeping models of White and Galtung and Ruge, News flow models of McNelly, Bass and Mowlana.

Unit 4

Development Communication perspectives: Evolution of Development Communication Paradigms. Major Propositions of dominant paradigm. Daniel Lerner , Wilbur Schramm, Everett M Rogers and diffusion of innovation theory, Social marketing approach, Dependency Theory, Marxist/Socialist Paradigm, Participatory communication approach, , The Emancipatory Paradigm.

Unit 5

Mass Communication in Socio-cultural perspectives: Cultural Norms Theory, Mainstreaming / Synchronization Theory etc. Persuasion Theories, Media Violence Theories, Media Intrusion Theory, Social Semiotics, Theory, Information Processing Theory, Post-industrial society perspective, Surveillance society perspective, Informational, Capitalist Perspective, Post-Modern Society Perspective

References

1. Agee, Warren K., Ault, Philip H. and Emery, Edwin: Introduction to Mass Communications.
2. Devito, Joseph A. : Communicology: An Introduction to the study of communication.
3. McQuail, Denis: McQuail's mass communication theory.
4. McQuail, Denis and Windahl, Sven : Communication models for the study of mass communications.
5. De Fleur, Melvin L. and Ball-Rokeach, Sandra J. : Theories of mass communication.
9. Swanson, David L. and Nimmo, Dan (ed.): New Directions in political communication – A resource book.
10. Nimmo, Dan : Political communication and public opinion in America.
11. Kumar, Keval J. : Mass communication in India.
12. Watson, James and Hill, Anne : Dictionary of Media and Communication Studies.
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Semester- I

C-II COMMUNICATION RESEARCH METHODOLOGY

Max Marks : 100
(Ext. 80 ; Int. 20)

Unit 1

Introduction to Communication Research: Development of communication research. Nature and scope of communication research. Characteristics of research. Elements of research: concepts and constructs; variables – dependent, independent and intervening; Levels of measurement – nominal, ordinal, interval and ratio; discrete and continuous variables.

Unit 2

Types of research: Pure research and applied research; action research; qualitative and quantitative research; ex post facto research; experimental research; survey research; content analysis; longitudinal studies; panel studies; case studies; formative and summative research.

Unit 3

Sampling methods: Probability sampling methods – simple random sampling, stratified random sampling, cluster sampling; systematic sampling – sample size; sampling error; non probability sampling methods – quota sampling, convenience sampling, purposive sampling; snowball sampling.

Unit 4

Research Procedures: Formulating research problem; literature review; stating objectives/research questions and hypotheses; developing data collection tools–questionnaires, interview schedules; scales–Likert, Guttman, Thurstone and Semantic Differential scales. Validity and reliability; Data coding and analysis. Basic statistical procedures: Non parametric statistics–chi-square; contingency table, parametric statistics – the t- test, ANOVA, MANOVA; Spearman and Pearson correlation, Introduction to computerized statistical packages. SPSS

Unit 5

Research writing and publication: Writing research reports/Thesis – chapterisation; reference/citation styles. Summary / Synopsis writing. Communication research journals, Academic publishing procedures, peer review, post publication review, ISSN, ISBN, Bibliometrics: impact factor, h- index and other systems. Current trends in social science research.

REFERENCES

1. Ginner, Roger D. and Dominic, Joseph R : Mass Media Research: An Introduction.
2. Kerlinger, Fred N. : Foundations of Behavioural Research.
3. Kumar, Ranjit. : Research Methodology : A step-by-step guide for beginners.
4. Lowery, Shearon A. and De Fleur, Melvin L. : Milestones in Mass Communication Research – Media effects.
5. Stempel III, Guido H. and Westley, Bruce H. (ed.): Research Methods in Mass Communication.
6. Dunleavy, Patrick. Authoring a Ph.D. How to plan, draft, write and finish a doctoral thesis or dissertation.
7. Sparks, Glenn G. : Media Effects Research – A Basic Overview.
8. Reinard, John C. : Communication Research Statistics.
9. Clarke, Peter. (ed.) : New Models for Communication Research.
10. Anderson, James, A. : Communication Research Issues and Methods.
11. Stephens, Larry J. : Schaum's Outline of Theory and Problems of Beginning Statistics.
12. Jensen, Kais Bruhn. : Handbook of Media and Communication Research, Routledge.



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Semester- IInd

C-III: MODERN TRENDS IN JOURNALISM

Max Marks : 100
(Ext. 80 ; Int. 20)

Unit- I

1. Contemporary journalism, meaning and concept
2. Historical Perspective
3. Characteristics of present news stories
4. Managing the news context, today's news room.

Unit- II

1. Journalism and objectivity & Challenges to it
2. Credibility crisis in modern journalism
3. Distortions in journalistic methods
4. Ideology and journalism

Unit -III

1. Multi-perspective news -- methods and audiences
2. Changing theory of news, affects on the audience
3. News biases and news of conflicts
4. Changing scenario of news reporting & role of reporters.

Unit - IV

1. Editorial control of the news
2. Editorial planning and strategy
3. Managing the circulation
4. The status of today's editor

References Books:

1. Rahul Mudgal, Emerging Trends in Journalism Swaroop and Sons, New Delhi, 1999.
2. V.S. Gupta, Communication Technology, Media Policy & National Development, concept Pub., Company, New Delhi, 1999.
3. Suhas Chakraborty, Press and Media, Kanishka Publishers, Distributors, New Delhi, 1997.
4. K. S. Padhy, The Muzzled Press, Introspect and Retrospect, Kanishka Publishers, Distributors, New Delhi, 1994.
5. Rahul Mudgal, Contemporary Issues in Journalism, Vols. 1-2, Sarup & Sons, New Delhi, 1998.
6. F.N. Hoodgson, Modern Newspaper Practice, Heinemann, London, 1984.
7. Brewer Roy, An Approach to Print, Blanford Press, London, 1971.
8. पत्र-पत्रकार और सरकार, काशीनाथ जोगलेकर
9. मीडिया विमर्श -- रामशरण जोशी
10. उत्तर आधुनिक मीडिया तकनीक -- हर्षदेव (वाणी)
11. मीडिया और बाजारवाद -- रामशरण जोशी (राधाकृष्ण)
12. सूचना समाज -- जगदीश्वर चतुर्वेदी



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Semester- II

C-IV : DEVELOPMENT COMMUNICATION

Max Marks :100

(Ext. 80 : Int. 20)

Unit. I

Concept of development: Definitions, Indicators, Theories and Approaches: Adam Smith, Ricardo, Malthus, Rostow, Marx, Mahatma Gandhi, Modernization and the Dominant Discourse of Development, Sustainable development. Development in third world, Development and globalization. Development and communication- Approaches to development communication. Daniel Learner, Everett M. Rogers, Schramm, Participatory model of development communication- critical consciousness - active social and political involvement of beneficiaries. Communication Approach in the Modernization of the Third World.

Unit 2

Communication for Development: Indian Scenario, NITI Aayog, Development Journalism- Role of Radio and Television, Newspapers, Field Publicity, DAVP, Films Division, PIB, Song & Drama Division, HMC, Traditional and other alternative modes of development, Case studies- Sonagachi Project, The Kheda Communication Project (KCP) and SITE, Project Chhatera - an experiment in Development Journalism, etc.

Unit 3

Communication for Rural Development: Alternative paradigms of development, Rural development policies in India - action plans, integrated rural development, democratic decentralization, Panchayati Raj. Development support communication: case studies in agriculture, health, education, population, environment, literacy and education, science popularization. Women in development (WID), Gender and development (GAD).

Unit 4

UN and Development Agenda, United Nations and specialized agencies, United Nations Development Programme (UNDP); United Nations Educational, Scientific and Cultural Organization (UNESCO); United Nations Conference on Trade and Development (UNCTAD) and the World Intellectual Property Organization (WIPO); World Summit on the Information Society (WSIS); World Social Forum (WSF) - movement opposed to neo-liberalism and US hegemony; UNDP's Human Development Report- content and use, UNESCO and World Heritage; UNESCO's Communication and Information Sector (CI); International Programme for Development of Communication (IPDC), ADB, IMF, World Bank and other relevant initiatives and international collectives like G8.

Unit 5

Research themes in Development Communication: ICT for development, Environmental communication, Science communication, Health communication, Agricultural communication, Educational communication, Child Development, Youth Development, Skill Development etc.

references

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Semester- II

DISSERTATION

