



St. Paul Institute of Professional Studies, Indore

An Autonomous Institute Affiliated to Devi Ahilya Vishwavidhyalaya, Indore

Accredited by NAAC with 'A' Grade

Phone No. 0731-2499911, 49661355, 4961356

E-mail: info@spipsindore.ac.in, Website: www.spipsindore.com



PART A: Introduction		
Program: Certificate/Diploma/Degree		Class: I Year
		Session: 2024-25
Subject: Foundation Course (English)		
1.	Course Code	FC-101
2.	Course Title	English Language and Indian Culture
3.	Course Type (Core Course/Elective Generic Elective/ Vocational)	Foundation Course
4.	Pre-Requisite (if any)	To study this course, a student should have basic knowledge of English language. This course will be studied by all the students of UG level under the Foundation Course category.
5.	Course Learning Outcomes (CLO)	Through this course the students will be able to: <ol style="list-style-type: none">1. Prepare for various competitive exams by developing their English language competence.2. Promote their comprehension skills by being exposed to a variety of texts and their interpretations.3. Build and enhance their vocabulary.4. Develop their communication skills by strengthening grammar and usages and emphasize on employability.5. Inculcate values which make them aware of national heritage and environmental issues, making them responsible citizens.6. Prepare them to explore globally.
6.	Credit Value	2 Credits
7.	Total Marks	Max Marks: 50 Min. Passing Marks: 17

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PART A: Introduction		
Part B: Content of the course		
Total No. of Lectures-Tutorials- Practical(in hours per week):L-T-P		
Total No. of Lectures: 15		
Unit	Topics	No. of Lectures
I	Reading, Writing and Interpretation Skills: 1. Where The Mind is Without Fear-Rabindranath Tagore [Key Word: Patriotism] 2. National Education-M. K. Gandhi [Key Word: Edification] 3. The Axe- R.K Narayan [Key Word: Environment] 4. The Wonder That Was India- A.L. Basham (an excerpt) [Key Word: Indianness] 5. Preface to the Mahabharata C. Rajagopalachari [Key Word: Indian Mythology]	05
II	Comprehension Skill: Unseen Passage followed by Multiple choice questions Para Jumbles	05
III	Basic Language Skills: 1: Vocabulary Building: Suffix, Prefix, Synonyms, Antonyms, Homophones, Homonyms and One-word substitution. 2: Basic Grammar: Noun, Pronoun, Adjective, Verb, Adverb, Prepositions, Articles, Time and Tense, Error Findings, Modals	05

PART C: Learning Resources	
Textbooks, Reference Books, Other Resources	
Suggested Readings <ul style="list-style-type: none">• Essential English Grammar-Raymond Murphy, Cambridge University Press.• Practical English Grammar Exercises 1- A. J. Thomson & A. V. Martinet, Oxford India.• Practical English Usage - Michael Swan, Oxford• English Grammar in Use - Raymond Murphy, Cambridge University Press.	

Part D: Assessment and Evaluation			
Max Marks: 50	Min Marks: 17	University Exam (UE)	Total: 50
External Assessment (UE)		Time: 2 Hours	
Fifty Multiple Choice /Objective/True-False type questions to be asked. Each question carries one mark			

Shalini
10/6/24

P. Chandra
10/6/24

A
10/6/24

P. Basanna
10/6/24

A
10/6/24

V. D. J.
10/6/24



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PART A: Introduction

Program: Certificate/Diploma/Degree		Class: I Year	Session: 2024-25
Subject: Environmental Education			
1.	Course Code	FC-102	
2.	Course Title	Environmental Education	
3.	Course Type (Core Course/Elective/Generic Elective/Vocational)	Foundation Course	
4.	Pre-Requisite (if any)	A course intended to create awareness about the life of human beings which is an integral part of environment; and to inculcate the skills required to protect the environment from all sides. To study this course, the student must have a knowledge about the environmental components, pollution, biodiversity, and ecosystem at senior secondary, class 12 th level:	
5.	Course Learning Outcomes (CLO)	<ol style="list-style-type: none">1. To understand various aspects of life form's, ecological processes, and the impacts on them by the human during anthropogenic era.2. To build capabilities to identify relevant environmental issues, analyze the various underlying causes, evaluate the practices and policies, and develop framework to make inform decisions.3. To develop empathy for all life forms, awareness, and responsibility towards environmental protection and nature preservation.4. To develop the critical thinking for shaping strategies such as; scientific, social, economic, administrative & legal, environmental protection, conservation of biodiversity, environmental equity and sustainable development.5. To prepare for the competitive exams.	
6.	Credit Value	2	
7.	Total Marks	Max. Marks: 50	Min. Passing Marks:17

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PART B: Content of the Course		
Total No. of Lectures-30 Hrs. (02 hours per week)		
Unit	Topics	No. of Lectures
I	Environment and Natural Resources: Multidisciplinary nature, Scope and Importance of Environment Components of Environment: Atmosphere, Hydrosphere, Lithosphere, and Biosphere. Brief account of Natural Resources and associated problems: Land Resource, Forest Resource, Water Resource, Energy Resource Concept of Sustainability and Sustainable Development. Keywords: Environment, Forest, Mineral, Food, Land, Water, Energy, Sustainable Development	10 Hrs.
II	Biome, Ecosystem and Biodiversity: Major Biomes: Tropical, Temperate, Forest, Grassland, Desert, Tundra, Wetland, Estuarine and Marine Ecosystem: Structure function and types their Preservation & Restoration Biodiversity: Importance, Threats, and Conservation Measures Keywords: Biome, Ecosystem, Biodiversity	8 Hrs.
III	Environmental Pollution, Management and Social Issues: Pollution: Types, Control measures, Management, and associated problems. Climate Change: Causes, Impacts, and Mitigation Strategies Environmental Law and Legislation: Protection and conservation Acts. International Agreement & Programme. Environmental Movements, communication and public awareness programme. National and International organizations related to environment conservation and monitoring. Role of information technology in environment and human health. Keywords: Pollution, Environmental Legislation, Environmental Movement, Environmental programme and organization.	12 Hrs.
Suggested activities: (at least one) <ol style="list-style-type: none">1. Visit to an area to document environmental assets: rivers / forest / flora / fauna.2. Visit to a local polluted site Urban / Rural/ Industrial / Agricultural3. Study of simple ecosystem.		

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PART C: Learning Resources

Textbooks, Reference Books, Other Resources

- Singh; J.S., Singh S.P. and Gupta, S.R.; "Ecology; Environment Science and Conservation ", S Chand publishing , New Delhi , (2018)
- Divan, S. and Rosencranz , A . , "Environmental Law and Policy in India :Cases, Material & Status" Oxford University Press , India , (2002) 2nd Edition .
- Odum , E.P. , "Fundamentals of Ecology " , Philadelphia Saundres , (1971)
- Bharucha , Erach , "Environmental studies " Universities Press India Pvt. Ltd. Hyderabad (2014) (Hindi Edition also available).
- Kaushik, Anubha , Kaushik , C.P. "Perspectives in Environmental Studies "New age International Publishers , (2018), 6th Edition
- Asthana, D. K Asthana Meera, "A Textbook of Environmental Studies", S. Chand.Publishing, New Delhi, (2007)
- National Digital Library (<https://ndl.iitkgp.ac.in/homestudy/science>)
- Epg- pathshala (<https://epgp.inflibnet.ac.in/Home/Download>)
- NPTEL (<https://nptel.ac.in/course.html>)
- Coursera (<https://www.coursera.org/search?query=environmental+science&page=1>)

Suggested equivalent online course —

- i. The Health Effects of Climate Change (edx)
- ii. Climate Change: Financial Risks and Opportunities (edx)
- iii. Introduction to Environmental Law and Policy (coursera)
- iv. Women in environmental biology (coursera)
- v. Our Earth: It's Climate, History, and Processes (coursera)
- vi. Ecology, physiology, environmental science (national digital library)

Part D: Assessment and Evaluation

Max Marks: 50	Min Marks: 17	University Exam (UE)	Total: 50
External Assessment (UE)		Time: 2 Hours	
Fifty Multiple Choice /Objective/True-False type questions to be asked. Each question carries one mark			

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यूनिट	विषय	व्याख्यान की संख्या
इकाई-एक		
	1. मैथिलीशरण गुप्त परिचय पाठ: मातृभूमि (कविता)	5 घण्टा
	2. प्रेमचन्द: परिचय पाठ: शतरंज के खिलाड़ी (कहानी)	
	3. व्यंग्य: शरद जोशी- जीप पर सवार इल्लियाँ	
इकाई- दो		
	1. वैचारिक-भारतीय भाषाओं में राम	5 घण्टा
	2. आचार्य रामचन्द्र शुक्ल: परिचय पाठ: उत्साह (भावमूलक निबन्ध)	
	3. रामधारी सिंह दिनकर परिचय पाठ: भारत एक है (संस्कृति)	
	4. आदिशंकराचार्य - जीवन व दर्शन	
इकाई- तीन		
	1. पर्यायवाची शब्द; विलोम शब्द: अनेक शब्द के लिए एक शब्द (हिन्दी व्याकरण)	5 घण्टा
	2. संधि और उसके प्रकार (हिन्दी व्याकरण)	
	3. बीज शब्द - धर्म, अद्वैत, भाषा, अवधारणा, उदारीकरण।	

सार बिन्दु (की वर्ड) टैंग

सर्च करे:

मैथिलीशरण गुप्त
मैथिलीशरण गुप्त की कविता मातृभूमि
प्रेमचन्द
प्रेमचन्द: शतरंज के खिलाड़ी
रामधारी सिंह दिनकर
भारत एक है रामधारी सिंह दिनकर
आचार्य रामचन्द्र शुक्ल
उत्साह आचार्य रामचन्द्र शुक्ल निबन्ध
स्वामी विवेकानंद
शिकांगो व्याख्यान
धर्म क्या है
अद्वैत
भाषा विकास
भाषा परिभाषा
अवधारणा का अर्थ एवं परिभाषा
उदारीकरण की विशेषता
पर्यायवाची शब्द
विलोम शब्द
अनेक शब्द के लिए एक शब्द
संधि

Gadar
Ar. Shalini
10/6/24
R. B. Sharma
10/6/24
10/6/24
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(भाग-सी) परिचय अनुशासित अध्ययन संसाधन	
	पाठ्य पुस्तके, सन्दर्भ पुस्तके, अन्य संसाधन
1	प्रेमचन्द - मानसरोवर, खण्ड: 3
2	आचार्य रामचन्द्र शुक्ल - चिन्तामणि, भाग 1
3	डॉ. वासुदेव नन्दन प्रसाद: आधुनिक हिन्दी व्याकरण और रचना, भारती भवन, ठाकुर बाड़ी रोड, पटना, बिहार
4	डॉ. राजेश्वर चतुर्वेदी, हिन्दी व्याकरण- उपकार प्रकाशन, आगरा उ.प्र.
5	हिन्दी ज्ञान कोश
6	इन्टरनेट सामग्री - टैग में उल्लेखित

Part D: Assessment and Evaluation			
Max Marks: 50	Min Marks: 17	University Exam (UE)	Total: 50
External Assessment (UE)		Time: 2 Hours	
Fifty Multiple Choice /Objective/True-False type questions to be asked. Each question carries one mark			

Gadan
A

Shelini
10/6/24

Rshwani
10/6/24
A

P. Bhasin
A
10/6/24

Amit
10/6/24



Part A-Introduction

Program: Certificate/Diploma/Degree		Class:1Year	Session 2024-25
Subject: Yogic Science			
1	Course Code	FC-104	
2	Course Title	Yoga and Meditation	
3	Course Type	Foundation Course	
4	Pre-requisite	course is compulsory for all.	
5	Course Learning Outcomes	After studying this course, students will be able to: <ul style="list-style-type: none"> • Take care of their own Physical Mental emotional, social and spiritual health. 	
6	Credit Value	2	
7	Total Marks	Max marks:50	Minimum Passing Marks 17

Part B: Content of the course

Total numbers of Lectures (in hours per week): 2 hours per week Total Lectures: 30 hours		
Units	Topics	No. of
I	Introduction to Yoga and Yogic Practices 1. Yoga: Etymology, definitions, aim, objectives and misconceptions 2. Yoga: Its Origin, history and development 3. Rules and regulations to be followed by Yoga Practitioners 4. Introduction to Yoga practices 5. Shatkarma: meaning, purpose and their significance in Yoga Sadhana 6. Introduction to Yogic Loosening practices and Surya Namaskar Key Words: History and Development of Yoga, Shatkarma, Common Yogic Practices.	10

Om 5.8.24 *AD* 5/8/24 *R. B...*
Pradav 05/08/24 *Shalini* 5/8/24 *RShree*
Srip...



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II	Breathing Practices and Pranayama 1. Sectional Breathing (Abdominal, Thoracic and Clavicular) 2. Yogic Deep Breathing 3. Concept of Puraka, Rechaka and Kumbhaka 4. Concept of Bandha and Mudra 5. Anulmoa Viloma/Nadi Shodhana 6. Shitali 7. Bhramari Yoga Practical Surya Namaskar Yogasana (Standing Poses) Tadasana, Vrikasana, Katichakrasana, Utkatasana Sitting Poses Vakrasana, Pashchimottanasana, Ushtrasana, Mandukasana Supine Positions Sarvangasana, Matsyasana, Setubandhasana, Naukasana, Pawanmuktasana Prone Positions Bhujangasana, Shalabhasana, Dhanurasana Relaxing Poses Shavasana, Makarasana Key Words: Sectional breathing, Deep breathing, Bandha & Mudra, Shitali, Bhramari, Asanas	10
III	Practices leading to Meditation 1. Recitation of Pranava Mantra 2. Recitation of Hymns, in vocations and prayers 3. Antra Maun 4. Breath Meditation 5. Om Dhyana Key Words: Pranav Mantra, Antermaun, Breath Meditation, Om Dhyana.	10

Part C-Learning Resources

1. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010.
2. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publication, New Delhi, 1966.
3. Saraswati, Swami Satyanand: Asana, Pranayama, Mudra, Bandha (APMB), Yoga publication Trust, Munger, 2013.
4. H. R. Nagendra: Asana, Pranayama, Mudra, Bandha, Swami Vivekananda YogPrakashan, Bangalore, 2002.
5. Ishwar Bhardwaj: Saral Yogasana, Satyam Publishing House, New Delhi, 2018.
6. Shri Rai Singh Chouhan: Mudra Rahasya, Bhartiya Yog Sansthan, New Delhi, 2014.
7. Dr. Vishwanath Prasad Sanha: Dhyana Yoga, Bhartiya Yog Sansthan, New Delhi, 1987.
8. Shri Deshraj: Dhyana Sadhana, Bhartiya Yoga Sansthan, New Delhi, 2015

Part D: Assessment and Evaluation

Max Marks: 50	Min Marks: 17	University Exam (UE)	Total: 50
External Assessment (UE)		Time: 2 Hours	
Fifty Multiple Choice /Objective/True-False type questions to be asked. Each question carries one mark			

Radan
Shelini 10/6/24
P. Shree 10/6/24
AD 10/6/24
P. B. S. 10/6/24
Devi 10/6/24