

Curriculum Plan Dr.VIMALESH KUMAR THAKUR
(1st Aug, 2024 – 27th Nov. 2024)

B.A. (H)

Sl. No.	Name of Paper & Code	Allocation of Lectures	Month wise schedule followed by the Department	Tutorial/Assignment Presentation/ Group Discussion/Test etc.
B.A. (H) SEC- Sem-III- 2024, Paper – Yoga in Praice				
1.	Unit II (iv) Asans	01 Credit	Aug-Sept	Asana in backbone side position : Uttanapadasana, Naukasana Sarvangasana, sheershasan, sarvasana etc.
	(v) Pranayam	01 credit	Oct-Nov	Pratice of Pranayama :Purak, Rechak and Kumbhaka.
2.	B.A. (H) Sem –III, 2024 Paper VAC- Fit India			
	Unit I Participation in Physical Activity	01 Credit	Aug- Sept.	Understanding of Fit India protocol in action. <ul style="list-style-type: none"> • Fit India Protocol age group concerned • Exercise / activities • Aerobic workout • Cardio respiratory Endurance : I miâe Rock Port Test or 12/9 Minute Cooper's run/walk test. • Participation in above activities apart from above group games and recreational games
	Unit II Health related Fitness	01 Credit	Oct-Nov	Development and testing health- related fitness components . Flexibility : Stretching exercises sit and Reach Test. Muscular strength & Endurance : standing Broad jump/Vertical jump/ plyometric. push ups/Burpee jumps/jumping Jacks/Squat Jumps/ Pull ups or Chin-Ups/ Lunges/sit Ups/ Curl Ups. Body Composition : Body mass index (BMI), waist Hip Ratio (WHR). Participation in above activities related to health related fitness components.

B.A. (Prog.) (Minor) Sec- Sem III- 2024 Paper - Sanskrit Theatre

3.	Unit I Stages	01 Credit	Aug- Sept	Origin and development of stages in different ages: Pre-historic, Vedic age, Epic - Puranic age.
	Unit II Theatre	01 Credit	Oct- Nov	Theatre : Types and Constructions.

B.A. (H) Sec- Vth Sem 2024 - Paper Acting skills in Sanskrit Dramaturgy

4	Unit II Types of Abhinaya	01 Credit	Aug- Sept.	Lokadharmi and Natyadharmi Abhinaya Types of four Abhinayas with various forms.
		01 Credit	Oct-Nov	Analysis of acting in the context of Abhijnanasakuntalam.