

## VAC: FIT INDIA

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
<b>FIT INDIA</b>	<b>02</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>Pass in Class 12<sup>th</sup></b>	<b>Nil</b>

### Learning Objectives

The Learning Objectives of this course are as follows:

- Understand and implement 'Fit India Protocol' specified by the Government of India
- Enhance fitness through engaging students in physical activities and yoga.
- Recognise the significance of maintaining a balanced diet and managing energy expenditure.
- Promote fitness as a joyful activity

### Learning outcomes

After completing the course, the student shall be able to:

- Adopt a healthy lifestyle.
- Apply Fit India protocol in day-to-day life.
- Understand nutrition and physiological aspects of health-related fitness.
- Self-evaluate personal physical fitness and integrate the findings in lifestyle.

### UNIT- I Participation in Physical Activity

(16 hours)

Understanding of Fit India Protocol in action

#### *On Field Practical*

- Fit India Protocol age group concerned exercises / activities
- Aerobic Work Out
- Cardiorespiratory Endurance: 1Mile 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**

**(16 hours)**

Development and testing health-related fitness components

### ***On Field Practical***

- 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.

## **UNIT- III Energy Equilibrium for Healthy Gut and Body**

**(12 hours)**

Understanding of Balanced diet, Healthy Eating Plate and Hydration.

### ***On Field Practical***

- Warm-up & Cool-down exercises / activities.
- Asanas for digestive system & excretory system
- Preparing daily diet, hydration and its expenditure balance chart

Participation in above activities including maintenance of personal dietary record.

## **UNIT- IV Yoga Protocol**

**(16 hours)**

Understanding of Yoga Protocol for 18-35 years of age in action

### ***On Field Practical***

- Surya Namaskar
- Yoga Asanas: Standing, Sitting, Prone and Supine positions
- Kriya: Kapalabhati
- Pranayama: Anuloma-Villoma, Bhramari
- Dhyana (Meditative Asanas & Breath awareness)

Participation in above yogic practices.

**Practical /Practice Component**

**(30 sessions of 02 hours each= 60 hours)**

**Note: The concepts are to be dealt in the practical classes through various games and sports.**

**Examination scheme and mode: Subject to directions from the University of Delhi from time to time**

## VAC: INDIGENOUS SPORTS

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
Indigenous Sports	02	0	0	2	Pass in Class 12 <sup>th</sup>	Nil

### Learning Objectives

The Learning Objectives of this course are as follows:

- Introduce students to the diverse range of Indigenous Games and Sports.
- Recognize the role of games and sports in preserving cultural identity and heritage.
- Engage the students in games to improve their fitness and health.
- Develop motor skills, coordination and endurance through regular practice and play.
- Inculcate discipline, values and leadership qualities.

### Learning Outcomes

After completing the course, the student shall be able to:

- Gain a comprehensive understanding of the diverse range of traditional games and sports across different regions of India.
- Apply the techniques learnt for stress management and well-being.
- Enrich their social skills, leadership qualities and citizenry responsibilities.
- Create a sports culture among youth.

### Unit-I: Indigenous Games and Physical Fitness

(16 hours)

Indigenous games and their significance.

#### On Field Practicals

- *Langdi*
- *Lagori*
- *Zanzeer Khel* (Chain Game)
- *Dandasana* (Plankthon)
- *Tripad Daud* (Three-legged Race)
- *Baadha Paripath* (Obstacle Circuit)

Participation in various competitions on the basis of above.

### Unit-II: Indigenous Games /Sports and Mental Fitness

(16 hours)

Developing Group dynamics and team building

#### On Field Practicals

- Innovative Ball Games

- *Khajana Khoj* (Treasure Hunt)
- *Saanp Sidhi maidan par* (Snakes & Ladder on Ground)
- *Pachisi* (on field)
- Innovative Value Education Games

Participation in various competitions on the basis of above.

### **Unit-III: Recreation and Leisure Games**

**(12 hours)**

Leisure activities to relieve stress among youth

#### **On Field Practicals**

- *Rumaal Jhapatta* (Dog & the bone)
- *Andh Patti Khel* (Blind fold Games)
- *Chakka Khel* (Frisbee Games)
- *Chakma Gaind* (Dodgeball)

Participation in various activities on the basis of above.

### **Unit-IV: Indigenous Sports on International Platform**

**(16 hours)**

Pursuit of Excellence in sports among the Youth

#### **On Field Practicals**

- Kho-Kho
- Kabaddi
- Rassa Kashi (Tug of War)
- Shatranj (Chess)
- Dhanur-Kaushal (Archery)

Participation in various sports competitions on the basis of above

### **Practical /Practice Component**

**(30 sessions of 02 hours each= 60 hours)**

**Note: The concepts should be explained in the practical classes through various games and sports.**

Examination scheme and mode: Subject to directions from the University of Delhi from time to time.

## VAC: SPORTS: DIVERSITY AND INCLUSIVITY

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
<b>SPORTS: DIVERSITY AND INTEGRITY</b>	02	0	0	2	Pass in Class 12 <sup>th</sup>	Nil

### Learning Objectives

The Learning Objectives of this course are as follows:

- Engage students in para-sports, adventure activities, diverse sports and mass activities.
- Capacity building to face the challenges of life and bringing values in action.
- Inculcate critical thinking and quick decision making.
- Promote sports culture and inclusiveness among youth.

### Learning Outcomes

After completing the course, the student shall be able to:

- Understand the rules and strategies employed in para-sports, adventure activities, diverse sports and mass activities.
- Apply fitness principles, stress management strategies and prioritize well-being.
- Create mechanisms for group dynamics and team building.
- Exposure to para-sports leading to awareness and greater sensitivity.

### Unit-I: MASS ACTIVITIES

(16 hours)

Mass participation and demonstration of activities focusing on group dynamics, cooperation and team building

#### *On Field Practical*

- Aerobics
- Bhartiyam
- Calisthenics
- Mass Yogasana
- Clap / command activities
- Rhythmic body tap activities

Participation in mass activities.

### Unit-II: Adventure Sports

(16 hours)

Balancing body, mind and spirit.

### ***On Field Practical***

- Challenger Circuit
- Partner Race (e.g. hula hoop race, three-legged race)
- Rope climbing
- Crawling race
- Adventure wall / net climbing

Participation in Adventure Activities.

### **Unit-III: Diversity in Sports**

**(16 hours)**

Encouraging fair play among youth.

### ***On Field Practical***

Sports Based Activities

- Dribble and Shoot
- Knoa Basketball
- Kehtel Softball Fielding and Throwing
- Philip Summer Bowling
- AAPHER Football
- Russell- Lange Volleyball

Participation in sports-based activities, apart from the above, depending on the logistics

### **Unit-IV: Inclusive Sports**

**(12 hours)**

Exposure to para-sports and games leading to awareness and greater sensitivity

### ***On Field Practical***

- Blind fold dodgeball
- Blind Cricket
- Single hand throw ball
- Langri Kabaddi
- Hand lock Games
- Innovative inclusive activities

Participation in para sports activities.

### **Practical /Practice Component**

**(30 sessions of 02 hours each= 60 hours)**

**Note: The concepts should be explained in the practical classes through various games and sports activities.**

Examination scheme and mode: Subject to directions from the University of Delhi from time to time.

## VAC: SPORTS FOR LIFE

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
Sports for Life	02	0	0	2	Pass in Class 12 <sup>th</sup>	Nil

#### Learning Objectives

The Learning Objectives of this course are as follows:

- Imbibe the significance of sports in promoting health, fitness, and wellness in life.
- Understand the values of teamwork, tolerance, goal-setting and decision making.
- Learn the strategies and tactical moves in sports helping in decision making.
- Understand the importance of physical activities in reference to the 3S: Strength, Speed and Suppleness.

#### Learning Outcomes

After completing the course, the student shall be able to:

- Acquire values of cooperation, team spirit, determination and endurance.
- Attain good health and psychological well-being through sports participation.
- Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
- Combine lifelong skills through sports participation while reducing screen time on electronic gadgets.

#### UNIT -1: Rules and Techniques

(16 hours)

Imparting Instructions regarding Rules of concern Sports Techniques/ skills in the sport.

#### On Field Practical

- Skills learning in concern sport
- Group Games/ Relays
- Practicing the concerned game / sport

#### UNIT- II: Components of Fitness

(16 hours)

Understanding and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities.

#### On Field Practical

- Participation in sports activities for Fitness

- Group Games / Step Aerobics
- Practicing the concerned game / sport

### **UNIT- III: Benefits of Sports and Physical Activities**

**(16 hours)**

Effect of exercise on the body in practice, Awareness about Balance Diet and Organizing of a sports competition

#### **On Field Practical**

- Skills learning and participation in sports
- Group Activities / Relays/ Minor games
- Participation in Intramural competitions

### **UNIT- IV Sports in Contemporary Times**

**(12 hours)**

Capacity building in sport skills and play of the concerned sport /game .

#### **On Field Practical**

- Skills learning and Participation in sports
- Participation in Intramural competitions

### **Practical /Practice Component**

**(30 sessions of 02 hours each= 60 hours)**

**Note: The concepts should be explained in the practical classes through various games and sports, choice of sport / game depending upon the logistics available.**

Examination scheme and mode: Subject to directions from the University of Delhi from time to time.



## TRIBES OF INDIA

### Credit Distribution, Eligibility and Pre-requisites of the Course

Course title & code	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/Practice		
Tribes of India	02	1	0	1	Pass in Class 12 <sup>th</sup>	NIL

#### Learning Objectives:

1. Understand the diversity of tribal cultures and their interface with the Indian civilisational values and ethos.
2. Analyse the various tribal cosmological templates in understanding the eternity of Indian culture.
3. Apply the aesthetics of tribal life as a key for holistic and sustainable living.

#### Learning Outcomes:

At the end of the course, the student will be able to:

1. Understand historical and organic linkages between Indian tribes and civilisation.
2. Analyse the formation of diverse identities of tribal cultures in Indian civilisation.
3. Gain insights of tribal social institutions and their role in promoting the values of justice, co-existence, equality and sustainable living.
4. Understand the role of tribal leaders in India's freedom struggle.

#### Unit 1: On the Concept of Tribe in India

(4 hours)

- Concept of Tribe
- Distribution and classification
- Features of tribes in India
- Tribes as a significant component of Indian Civilisation

#### Unit 2: Tribal Social Institutions

(5 hours)

- Systems of Kinship
- Family and its types

- Gender relations
- Rules of marriage
- Tribal Polity and Indigenous governance

### **Unit 3: Tribal Worldview**

**(3 hours)**

- Tribal religion and symbolism
- Folklore, myths and legends among tribes
- Cosmogony and schemas of living
- Oral history and tribal poetry
- Change and Continuity

### **Unit 4: Tribes and National Freedom Movement**

**(3 hours)**

- Tribal movements and protests during colonial rule
- Cultural, social, and political impact of Tribal movement
- Role of tribes in India's freedom Struggle

### **Practical Components**

**(15 sessions of 2 hours each = 30 hours)**

- The students shall visit various museums having artefacts on tribal heritage
- The students shall connect , network and participate in the cultural and food festivals of various tribal communities located in Delhi .
- The students are required to visit the newly created Centre for Tribal Studies at Department of Anthropology which also has a historic museum with rich collection of tribal artifacts on livelihood and human evolution.
- The students shall prepare small experiential notes highlighting the process of learning of human values from culturally diverse groups.
- The Students will be encouraged to make small ethnographic films of not more than of 2/3 minutes duration on various aspects of tribal life. In addition photo albums and video clippings should be collected on tribal life.
- At the end of the semester, the students will submit a brief project report on any aspects of tribal life, highlighting the aims, methods and the findings (2000 words)

### **Recommended Reading**

Beteille, Andre. 2008. 'Concept of Tribe with Special Reference to India'. In S.K Chaudhury and S.M Patnaik edited *Indian Tribes and the Mainstream*. Published on behalf of Ethnographic and Folk Culture Society, Lucknow by Rawat Publications, Jaipur.

Patnaik ,S. M. 1993 Patriarchy among the Parajas : Innocuous Tradition or Invisible Violence ? *Indian Anthropologist* Vol.23 No 1 PP 65-71

Sachchidanand Joshi and Satyendra Singh (2023) *Janjati Gaurav*, Published by Indira Gandhi National Centre for the Arts, New Delhi, Janpath

Srivastava, V.K. 2008 *Concept of Tribe in the Draft National Policy. Economic and Political Weekly* .Vol 43 , No 50

Vidyarthi, L.P. 1977. *Tribal Culture of India*: Concept Publishing company. New Delhi

**Suggested Readings:**

Fürer-Haimendorf, Christoph von. 1985. *Tribal Populations and Cultures of the Indian subcontinent* (Chapter 1). E.J. Brill. Leiden

Patnaik , N. 2002 *Folklore of Tribal Communities* (Chapter 1). Gyan Publishing House , New Delhi

Xaxa, Virginius. 2008. *State, Society, and Tribes: Issues in post-colonial India*. Pearson Education India , New Delhi

**Examination scheme and mode: Subject to directions from the University of Delhi from time to time**