

UNIVERSITY COLLEGE, MANGALORE

LIST OF OPEN ELECTIVE OFFERED FOR B.Com STUDENTS (IVTH SEM)

SL.NO.	PROGRAMS	OPEN ELECTIVE COURSE
1	Kannada	BASKAOE 281 - Bahuroopi (Parikalpane, Nelajnyana-Vijnayana, Thantrajnana)
2	Sanskrit	BASKOE 282 - Life Values Upanishaths Panchathantra, Hithopadesha
3	Hindi	BASHOE 282 - Media Lekhan
4	English	BASENOE 282 - Introduction to Poetry
5	Physics	BSCPHOE 283 - Basics of Communication and Astronomy
6	Botany	BSCBOOE 283 - Plant diversity for Human welfare
7	Zoology	BSCZOOE 283 - Vermitechnology
8	Mathematics	BSCMTOE 283 - Applications of basic Arithmetic's
9	Chemistry	BSCCHOE 283 - Chemistry for every day life
10	Microbiology	BSCMBOE 283 - Elementary Concepts of Microbiology
11	Computer Science	BSCCSOE283 Fundamentals of Information Technology
12	Economics	BASECOE 281 - Karnataka Economy
13	Journalism	BASJROE 281 - Mass Media and Society
14	Sociology	BASOCE 283 - Indian Society
15	BA TTM	BASTMOE 283 - Fundamentals of Tourism
16	History	BASHTOE 281 - Tourism in India
17	Political Science	BASPSOE 282 - Socio Political Movements in India
18	Geography	BAS/BSCGEOE 282 - Regional Geography of India
19	Physical Education	BASPEOE 283 Health & Wellness

IV SEMESTER B.Sc.

ELECTIVE PAPER

BSCPHOE 283: BASICS OF COMMUNICATION & ASTRONOMY
(2 hrs/week; Total 24 hrs)

Unit I

Electronic communication

Definition, Revolution in electronic communication- Telegraphy, telephony, radio, TV, optical fiber, satellite communication, audio signal, video signal (AF, RF, UHF, VHF) signals. Transducers- microphones, loudspeakers, Advantages of optical fiber communication, satellite communication, Antenna- Receiving antenna, transmitting antenna, Types of communication - short distance communication (AM, FM), Applications: Applications of optical fibre communication and satellite communication. (12 hrs)

Unit II

Basic Astronomy

Brief History of Astronomy: Geocentric Model of the Universe, Heliocentric model of Copernicus, Kepler's Laws, Newton's law of gravitation, Galileo and new astronomy. Spectra of light, Reflection and refraction of light, Basic principle of telescope, Types of telescopes - Optical, IR, Gamma ray, X-ray and Radio telescopes.

Solar system: Birth and evolution of solar system. Sun and its structure (mass, radius, size, density, temperature), photosphere, chromosphere, corona, sun spots and sun spot cycle.

Evolution of the earth, Structure of the earth (interior of the earth, mass, size and density, atmosphere, seasonal variation, magnetic field) Moon - structure of the moon (distance from the earth, mass, size, density, atmosphere, phases of the moon). Exploration of the moon. Eclipses - solar and lunar.

Stars : Birth, life and death of stars - life cycle of stars - Protostar to blackhole.

Universe: Origin and evolution of the universe. Expanding universe. Concept of Dark matter and dark energy. (12 hrs)

References Books:

1. Introduction to Astrophysics, Baidyanath Basu, Prentis Hall Publication (1997)
2. Astronomy - The Evolution of Universe, Michel Zeilik, John Wiley & Sons (1988)

IV SEMESTER

BSCMBOE 283: ELEMENTAL CONCEPTS OF MICROBIOLOGY

Total 24 hrs - 2 hrs/week

Unit I

12 hrs

1. Introduction to Microbiology: Definition and History of microbiology – Antony von Leuwenhoek, Louis Pasteur - Robert Koch. Microscope (Applications only.)
2. Importance of staining. Classification of microorganisms. Normal human microflora. (Bacteria- *S. aureus*, *E. coli*. Fungi- *Candida*.)
3. Sterilization and Disinfection: Common Methods of sterilization: Physical (Heat, radiation) and chemical methods (Soaps, Detergents and ethanol).

Unit II

12 hrs

1. Harmful role of microorganism in human life: Infections – Sources and transmission;
2. Diseases - Epidemic, Pandemic, Endemic. Common human diseases caused by Bacteria, Fungi, Protozoa and Viruses (examples to each and mentioning the respective causative agents),
3. Food spoilage and Food poisoning, Mushroom and Single cell protein, Role in Agriculture- N_2 fixation and decomposition of waste.

REFERENCES:

1. Prescott L M, J P Harley and D A Klein (2005). Microbiology. Sixth edition, International edition, McGraw Hill.
2. Pelczar TR M J Chan ECS and Kreig N R (2006). Microbiology. Fifth edition, Tata McGraw-Hill INC. New York.
3. Ananthanarayanan, R. and Jayaram Panicker C.K. (2004) *Text book of Microbiology*. Orient Longman, Hyderabad.
4. Jawetz, Melnick, & Adelberg's. (2013). Medical Microbiology. 26th Edition. McGraw-Hill.
5. Patel AH (2005). Industrial microbiology. Published by Mac Millan India Ltd., Chennai.
6. Subba Rao NS (2004). Soil Microbiology. Fourth edition, Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.

3. Vermicomposting methods- Small scale (Pot method, pipe method) and Large scale (pit method, heap method) vermicomposting units; Primary decomposition (Preparation of waste material), Secondary decomposition (introducing earthworms and daily maintenance), Harvesting of compost, Extraction of vermivash. Uses of Vermicompost and vermivash.

4 Hrs

REFERENCES:

1. A. Mary Violet Christy – Vermitechnology, MJP Publishers, 2008.
2. Arvind Kumar – Verms & Vermitechnology, APH Publishing, 2005.
3. Avnish Chauhan - Vermitechnology, Vermiculture, Vermicompost and Earthworms, Lap Lambert Academic Publishing, 2012.
4. M. Seethalekshmy, R. Santhi – Vermitechnology, Saras Publications, 2012.
5. Madhab Chandra Dash - Tools For Vermitechnology, I.K. International Publishing House, 2011.
6. S.M. Singh - Earthworm Ecology & Environment, International Book Distributing Co., 2009.
7. Shweta Yadav, Vinay Kumar Singh - Vermitechnology: Rebuilding of Sustainable Rural Livelihoods (Global Agriculture Developments), Nova Science Publishers Inc., 2014.
8. Yadav Shweta - Empowerment of Weaker Section of Society Through Vermitechnology, Lap Lambert Academic Publishing, 2014.

SCHEME OF EXAMINATION

Elective Papers (BSCZOCE 133 to BSCZOOE 283)

Question No.	PART - A	Marks
I	Answer any FIVE Questions out of SIX Questions (Give 3 questions from each unit)	5 x 2 = 10
	PART - B	
	Unit - I	
II	4 Marks Questions (Answer any TWO out of THREE)	4 x 2 = 8
III	7 Marks Questions (Answer any ONE out of TWO)	7 x 1 = 7
	Unit - II	
IV	4 Marks Questions (Answer any TWO out of THREE)	4 x 2 = 8
V	7 Marks Questions (Answer any ONE out of TWO)	7 x 1 = 7

GROUP II: ELECTIVE (ENABLING AN EXPOSURE TO SOME OTHER DISCIPLINE/DOMAIN):

IV SEMESTER: BSCZOOE 283: VERMITECHNOLOGY

(To be studied in the IV Semester B.Sc.)

(Hours of instruction: 2 hours per week. Total: 24 hours)

Syllabus

Unit - I: Biology and Ecology of Earthworms

1. Introduction, Systematic position, General characteristics of earthworm- habit, habitat, morphology (body organization, shape, size, clitellum, external openings). 4 Hrs
2. Ecological distribution of species (Epigeic, Endogeic, Anecic), Food habits (Detritivores, Geophages) and food preferences of earthworms, Reproduction (Life cycle, Regeneration). 4 Hrs
3. Importance of Earthworm in Agriculture, Waste management and as a Bio-indicator; Role of earthworms in soil structure – Carbon, Nitrogen and Phosphorous transformations. 4 Hrs

Unit - II: Vermiculture and Vermicomposting

1. Selection of suitable earthworm species, important features and examples (*Eudrilus euginiae*, *Eisenia fetida*, *Peryonix excavates*, *Lumbricus terrestris*). 4 Hrs
2. Physical factors - moisture, temperature, pH, aeration, light; Biological factors- Types of organic wastes (city garbage, city refuges, agricultural wastes, agro-industrial wastes, weeds, animal dung); Chemical factors affecting the earthworm culture. 4 Hrs

Elective Course IV BSCBOOE 283: Plant Diversity for Human Welfare

Unit I

Diversity and values of Plants: The Concept of Biodiversity, types of biodiversity-genetic, species and ecosystem diversity. Species diversity of plants – global, Indian and Karnataka. General values of plants and forests with examples- ethical value, consumptive use value, productive use value, ecosystem services value, aesthetic value and optional use value. Plants as sources of food and medicine: Plants as sources of protein, carbohydrate and dietary fibres. Agrobiodiversity and its importance. Brief history of domestication of rice. Plant based medicinal systems – Ayurveda, siddha, unani and folk medicine. Diversity of medicinal plants of India. Plants in beauty care. Contribution of medicinal plants to modern medicine – Important plant derived modern medicines and their uses. History of development of *Rauwolfia serpentina*, *Cinchona officinalis* and *Catharanthus roseus* based drugs.

Unit II

Plants in industry, culture and climate regulation: Industrially and commercially important plants and their products- paper, rubber, timber, cane, spices, beverages and sugar. Plants as sources of biofuel. Garden and ornamental plants. Religious and cultural use of plants. Role of plants and forests in climate and environment regulation- carbon sequestration and control of global warming, pollution control, regulation of water cycle and water purification. Conservation of plant diversity: Major threats to plant diversity and forests- habitat destruction, over exploitation and natural extinction. Rates of plant extinctions with examples. Concept of endangered and endemic plants. Methods of plant and forest conservation- botanical gardens, sacred groves, reserve forests, national parks and biosphere reserves.

ELECTED REFERENCE BOOKS: 1. Sharma O.P., 2015. Plants and Human Welfare. Pragathi Prakashan
2. S.K .Jain, 1995. Manual of Ethnobotany. Scientific publishers. 3. S. Sundar Rajan-2007. College Botany Vol-V, Part 1:Taxonomy and Economic Botany Himalaya Publishing House. 4. Susil Kumar Mukharjee-2004. College Botany Vol-III. New Central Book agency, London 5. P.Vasanth Kumar 2014. Economic Botany. Sonali Publications New Delh

open Elective in Computer Science (OE)

**GROUP-II
COURSE-7**

IV SEMESTER : Other Domain Subject

24 Hours

**Theory/Week : 2 hours
Credit:1**

**BSCCSOE 283- E1: Fundamentals of Information
Technology**

**IA: 10
Exam: 40**

Course Objectives:

- To make the students to learn and understand the basics of computer for its effective use in day to day life.

Course outcomes:

Upon successful completion of the course the student will:

- be able to know the functional units of computer, Input/output devices, storage devices.
- be able to know the computer software, network, Internet usage and cyber security issues.

UNIT - I

12 Hours

Introduction to Computers: Introduction, Characteristics computers, Evolution computers Generation of computers, Classification of computers, Application of computers. **Functional units Computer:** Block diagram of computer, functional components- CPU, main memory unit. **Primary memory:** Introduction, memory representation, memory hierarchy, Random access memory, Types of RAM, Read-only memory, Types of ROM. **Secondary Storage:** Introduction, classification, magnetic tape, magnetic disk, Optical disk, **Input devices:** Introduction, Types of input device- keyboard, mouse, scanner, web camera, Optical Mark Recognition, Bar code reader. **Output devices:** Introduction, Types of output devices- monitors, printers and plotters.

UNIT - II

12 Hours

Computer software: Introduction, software definition, relationship between software and hardware, software categories. **Computer Network and Internet:** Introduction to computer network, types of computer network- LAN, WAN, MAN. Basics of internet, www, http, html, IP Address, electronic mail, web browsers, search engines. **Social Media:** Twitter, Facebook, YouTube, WhatsApp, and LinkedIn, advantage and disadvantages, privacy issues. **E-commerce:** advantages of e-commerce, Benefits and limitations of ecommerce. Legal and ethical issues in ecommerce. **Cyber Security:** Cyber law, Cyber banking, E-payment, Security, Cyber act, Cybercrime. **Overview of Emerging Technologies:** Bluetooth, cloud computing, big data, data mining, mobile computing and embedded systems.

References

1. **Introduction to Information Technology**, ITL Education Solution Limited, Pearson Education, 2012.
2. Information Technology Amended Act, 2008

BSCMTOE283	Open Elective - D : Applications of Basic Arithmetics	1 Credit (24 Hours, 2 hours/week)
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(For other Streams)

Unit I. (12 Hours)

Number System, Decimal Fractions, Simplifications, Average, Problems on numbers, Problems on ages.

Unit II (12 Hours)

Concepts of Time and distance, Related problems, technique for problems related to Time and Work, Situations in Boats and Streams, velocity related problems, Simple problems on trains and other moving objects, different types of problems in Calendar, number of days, dates etc., Positions of hour hand and minute hand in Clocks, related problems.

References

- [1] R. S. Agarwal, *Quantitative Aptitude*, S. Chand & company Pvt. Ltd., 2014.
- [2] A. Balaraju, *Mental ability*, S M V Publishers, Kolar, 2015.
- [3] B. S. Sijwalii and Indu Sijwali, *Verbal and Analytical Reasoning*, Arihant Publishers, 2014.
- [4] H. S. Hall and F. H. Stevens, *An Elementary Course of Mathematics*, Macmillan and Co. Ltd., 1899.

17. Solar energy: fundamentals and applications- H.P.Garg and J.Prakash, Mc Graw Hill, First Revised Edition.
18. Biomass regenerable energy-D.O.Hall and R.P.Overend, Wiley-Blackwel(1987).
19. Introduction to wind turbine aerodynamics - Alois Peter Schaffarczyk, Springer(2014).
20. Hydrogen and fuel cells: Fundamentals, technologies and applications-Detlef Stolten, Wiley-Vest(2010).

Food Adulteration

2Hours

Definition, common harmful effects, detection of adulteration, Prevention, Food adulteration act, artificial ripening of fruits - explanation with examples'.

Chemistry of household materials

5Hours

Cleansing agents: Chemical composition of Soaps, detergents, dish washers, drain cleaners, bleaching powder, Tooth paste and shampoo. Stain removers – Explanation with some common examples.

Domestic items: Safety matches, Wax candles, shoe polish and mosquito coils,- their chemical composition.

Cosmetics: Talcum powder, nail polish, thinners, skin care, hair care, Lipsticks, sun protection lotions and creams, eye shadow and eyebrow pencils, antiperspirants, perfumes and deodorants-explanation with examples.

UNIT II

Chemistry for our future

12Hours

Alternative sources of energy: Need for the search of renewable sources of energy.

Solar Energy: Basic properties of solar energy. Applications of solar energy. Transformation of solar energy. Solar heat collectors. Solar photovoltaic collectors. Applications of solar collectors. Examples. Solar power plant.

Wind Energy: Basic properties of wind energy. Applications of wind energy. Transformation of wind energy. Wind turbines. Operative characteristics of wind turbines. Wind power plant. Utilization of wind power. Examples. Trends in wind energy utilization.

Hydro power: Basic properties water energy. Transformation of water energy. Hydro power plant. Utilisation of hydro power. Examples. Trends in hydro power utilization.

Hydrogen energy: Production and applications.

Ocean energy- Principles of ocean thermal energy, conversion system. Principles of wave and tidal energy conversion.

Transformation of biomass energy. Applications of biomass.

Reference Books:

10. Food: The Chemistry of its components -Tom Coultate, Kindle Edition.
11. Food Science and Technology-Geoffrey Campbell-Platt,Wiley Blackwell, Kindle Edition.
12. Food chemistry by H.K.Chopra and P.S.Panesar (Narosa Publishing).
13. Chemistry at Home: Exploring the ingredients in everyday products- John Emsley, Royal Society of Chemistry (2015).
14. Chemistry in daily life - Kirpal Singh, Third Edition, Eastern Academy Education, PHI Learning Pvt. Ltd, New Delhi(2012).
15. Chemistry in everyday life-Shardendu Kislaya, Discovery Publishing House Pvt.Ltd(2011).
16. Renewable energy sources and emerging technologies-D.P.Kothari, K.C.Singal and Rakesh Ranjan, Eastern Economy Edition.

Group II Open Elective
BSCCHOE283 : Food Chemistry and Chemistry in Daily Life

UNIT I

Food Chemistry

5hours

Food as source of energy and structural material. Components of food – Carbohydrates, Proteins, Oils and Fats. Micronutrients-Vitamins, minerals. Chemical substances used in food preparation - water, common salt, baking powder, vinegar. Food Processing. Food additives, preservatives and flavours. Explanation with examples for the preservation of food by the use of inhibitors, drying, salting, canning, pickling, smoking, packing and refrigeration. Food safety. Soft drinks-Components. Effects on health.

IV SEMESTER B.Sc.

ELECTIVE PAPER

BSCPHOE 283: BASICS OF COMMUNICATION & ASTRONOMY
(2 hrs/week; Total 24 hrs)**Unit I****Electronic communication**

Definition, Revolution in electronic communication- Telegraphy, telephony, radio, TV, optical fiber, satellite communication, audio signal, video signal (AF, RF, UHF, VHF) signals. Transducers- microphones, loudspeakers, Advantages of optical fiber communication, satellite communication, Antenna-Receiving antenna, transmitting antenna, Types of communication - short distance communication (AM, FM), Applications: Applications of optical fibre communication and satellite communication. (12 hrs)

Unit II**Basic Astronomy**

Brief History of Astronomy: Geocentric Model of the Universe, Heliocentric model of Copernicus, Kepler's Laws, Newton's law of gravitation, Galileo and new astronomy. Spectra of light, Reflection and refraction of light, Basic principle of telescope, Types of telescopes - Optical, IR, Gamma ray, X-ray and Radio telescopes.

Solar system: Birth and evolution of solar system. Sun and its structure (mass, radius, size, density, temperature), photosphere, chromosphere, corona, sun spots and sun spot cycle.

Evolution of the earth, Structure of the earth (interior of the earth, mass, size and density, atmosphere, seasonal variation, magnetic field) Moon - structure of the moon (distance from the earth, mass, size, density, atmosphere, phases of the moon). Exploration of the moon. Eclipses - solar and lunar.

Stars : Birth, life and death of stars - life cycle of stars - Protostar to blackhole.

Universe: Origin and evolution of the universe. Expanding universe. Concept of Dark matter and dark energy. (12 hrs)

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1. Introduction to Astrophysics, Baidyanath Basu, Prentis Hall Publication (1997)
2. Astronomy - The Evolution of Universe, Michel Zeilik, John Wiley & Sons (1988)

Mangalore University
Department of English

SYLLABUS FOR OPEN ELECTIVE COURSE (GENERAL) – ENGLISH

(Approved on December 7, 2018 BoS (UG), effective for batches commencing from 2019 onwards)

SEMESTER – IV

CHOICE BASED CREDIT SYSTEM

INTRODUCTION TO POETRY

(Objective: Enabling an exposure to a new discipline)

BASENOE 282

Teaching Hours: 2 per week

Total Credits: 01

Total Number of teaching hours per semester: 24

Evaluation – End semester examination 40 marks; Internal Assessment 10 marks (average marks of 2 tests or 1 test and 1 assignment)

Background:

Imagery/ Figures of Speech

Poems:

- | | |
|-------------------------|---------------|
| 1. When to the Sessions | Shakespeare |
| 2. Good Morrow | John Donne |
| 3. Next, Please | Philip Larkin |
| 4. Introduction | Kamala Das |
| 5. A Constable Calls | Seamus Heaney |

BASHOE 282
Group II Elective Course

Hindi Paper IV

मीडिया लेखन

This paper nurture students proficiency skill.

Teaching hrs per week : 2 Hrs (2 x 12=24)

Credit: 1

Semester Exam Duration: 2 Hrs

Total Marks: 50

Theory: 40

IA: 10

I. जनसंचार और मीडिया 1 hr x 12 = 12hrs

1. जनसंचार माध्यम और रचनात्मक लेखन
2. मुद्रित माध्यम के लिए लेखन - संपादकीय, पुस्तक समीक्षा, फ़िल्म समीक्षा
3. रेडियो के लिए लेखन - समाचार, नाटक, चर्चा
4. टेलीवीजन के लिए लेखन - समाचार, चर्चा, नाटक / धारावाहिक, डॉक्यूमेंट्री

II. सिनेमा और साहित्य 1 hr x 12 = 12hrs

1. हिन्दी सिनेमा का इतिहास
2. सिनेमा में हिन्दी साहित्य का प्रतिबिंब

Prescribed Books:

1. विज्ञापन और हिन्दी - डॉ. पूर्णिमा आर., वाणी प्रकाशन, दिल्ली

DIVISION OF MARKS

Sl. No.	Pattern	Division of Marks	Total
I	Objective Type Questions	10x 1	10
II	Practical Writing (2 out of 4)	2 x 5	10
III	Essay Type Questions (1 out of 2)	1 x 10	10
IV	Short Notes (Unit I) (2 out of 4)	2 x 5	10
		Total	40

೧. ಲೋಕಯುಟ್ಟೆ ಎಲ್ಲೆ ಲೋಕಯಿಟ್ಟೆ
ಕುರಂದರದಾಗ
೨. ಕುಲಕುಲ ಕುಲವೆಂದು ಕೊಡೆದಾಡದಿರಿ
ಕನಕದಾಗ
೩. ಇಂತಹ ಸುಂದರ ಪ್ರಾತಃಕಾಲದಿ
ಕುವೆಂಪು
೪. ಹುತ್ತರಿ ಹಾಡು
ಪಂಜೆ ಮಂಗೇಶರಾಯರು
೫. ಕುರುಡು ಕಾಂಬಾಣಾ
ದ.ರಾ. ಬೇಂದ್ರೆ
೬. ಯಾವ ಮೋಹನ ಮುರಲಿ ಕರೆಯಿತು
ಗೋಪಾಲಕೃಷ್ಣ ಅಡಿಗ
೭. ನನ್ನ ಜನಗಳು
ಸಿದ್ಧಲಿಂಗಯ್ಯ
೮. ಹಕ್ಕಿನ ಸೊತ್ತುಗಳು
ಕಾತ್ಯಾಯಿನಿ ಕುಂಜೆಬೆಟ್ಟು
೯. ನಲ್ಲಿಯಲ್ಲಿ ನೀರು ಬಂದಿತು!!!
ಸದಾಶಿವ
೧೦. ಮಾರಿಕೊಂಡವರು
ದೇವನೂರು ಮಹಾದೇವಪ್ಪ ನ್
೧೧. ಸಾಲಾಯ ತಸ್ಮೈನಮಃ
ಅ.ರಾ. ಮಿತ್ರ
೧೨. ಪುಸ್ತಕಗಳು
ಗಿರಡ್ಡಿ ಗೋವಿಂದರಾಜು
೧೩. ಪರಿಸರದ ವಾಸ್ತವಿಕ ಪ್ರಜ್ಞೆ
ರಘುನಂದನ ಭಟ್ಟ

Unit -III Fitness Evaluation and Activities (Practical)

General Warm up, Limbering down exercises. Free hand exercises, Stretching exercises
Swiss ball exercises

Fitness Evaluation –Measuring Cardio respiratory fitness. 1.5 mile run test, 1 mile walk test, The Step test, Assessment of Flexibility, Skinfold test, BMI

Aerobic activities – Walking, Jogging, cycling etc. / Anaerobic Activities – Circuit Training, Strength Activities, Agility and Coordinative activities, Body conditioning activities like Calisthenics, Flexibility exercises. Physical Activity for Special population.

Unit – IV: Fundamental Skills of Games (Practical)

Game skills and Game practice of Football, Kabaddi, Volleyball, Basketball, Badminton, Throwball, Wrestling, Kho-kho, Handball (Any Two)

Pilates, Aerobic Dance, Zumba, Fitness using Ball and other materials like parallel bars, ropes, suspensions etc., Martial arts.

Physical Activity for Special population.

Reference

1. Harold M Barrow "Man and Movement: Principles of Physical Education" published in Great Britain by Henry Kimpton Publishers, London.
2. Jesse Peoring Williams "The Principles of Physical Education" Published by College Book House, Shivaji Road, Meerut.
3. William D McArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: LipincoffWelliams and wilkins, 2000
C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972.
4. Melwin H. Williams. Nutrition for Health Fitness and sport. McGraw Hill Company, Newyork: 1995
5. Bradford B, Strand and Others. Fitness Education Arizona GorsuchSeani; sbrick Publishers, 1997.
6. Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999.
7. Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.
8. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096.
9. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a meta analysis. Am J Obstet Gynecol, 197(3), 223-228.

DETAILS OF COURSE PATTERNS AND SYLLABUS FOR PHYSICAL EDUCATION PROGRAMME IN UNDER GRADUATION

B.A/B.Com/B.Sc

Semester	Course	Credits	Theory marks	Practical Marks:	Internal:	Total Marks:
Fourth	Physical Education, Fitness, Wellness and Life Style Management	3	20	20	10	50

Semester IV Theory Course

Course: Physical Education, Fitness, Wellness and Life Style Management

Objectives:

To enable the students to:

- **Teach the students about the body and how it works**
- Understand the relationship between fitness and wellness
- Gain knowledge regarding various aspects and its practical implication fitness and Wellness.
- To know the behavior changes needed to ensure a good quality of life
- Evaluate health related fitness in order to make changes in lifestyle

Unit -1 Introduction to Physical Education

Concepts basic to the Nature and Meaning of Physical Education, Changed way of life, Outcomes of physical Education, the Physically Educated person, Principles of Physical Education. Movement Education for Special population.

Unit II – Fitness and Wellness

Concept of Fitness - Definition and meaning of Fitness, Different Kinds of Fitness - Physical Fitness, Skill Related and Health Related Physical Fitness, Relationship of fitness and health

Basic concept of wellness, Role of various factors in wellness, components of wellness, Physical fitness and wellness, Health benefits of Exercise. Exercise prescription.

B.A., SEMESTER - IV

Code BASECE 281 (GROUP-II: ELECTIVE COURSE)

KARNATAKA ECONOMY

Unit -I: STRUCTURAL CHANGES IN KARNATAKA ECONOMY

Basic Structure of Karnataka Economy- Natural Resources, Demographic Features; Changes in major economic indicators compared with national trend—Income and income distribution, GDP, HDI; labour force and employment. **(10 Hrs)**

Unit- II: SECTORAL ISSUES IN KARNATAKA ECONOMY

Contributions of Agriculture, Industry and Service Sector to GDP, Agriculture –Major crops – productivity and productivity trend: Industry – Major industries, Small Scale and Cottage industries – their performances, recent trends in service sector. **(10 Hrs)**

Unit - III: PLANNING AND DEVELOPMENT:

Development under Plan - Regional imbalance – Nanjudappa Committee Report-Measures taken by government – State government Budget – Revenue and Expenditure trend – Decentralized Planning **(10 Hrs)**

References:

1. Sthanumoorthy R, Sivarajadhanuvel P: Karnataka Economy: Performance, Challenge and Opportunities, 2007
2. Shripathi Kalluraya P, Preethi K.A: Karnataka Economy: A development Perspective, Mangala Publications, 2016
3. Government of Karnataka, Economic Survey Reports-2017-18

BASSOC I - 283: Indian Society

OBJECTIVES:

The course seeks to

1. Understand the prevailing social issues and problems in their structural context and interrelationships
2. Sensitize to the emerging social issues and problems of contemporary India
3. Empower to deal with these issues and problems
4. Gain a better understanding of social situation and region

UNIT - I : Introduction**Hrs -06**

- a. Distribution of Population in India- Racial, Religious And Linguistic Groups.
- b. Unity and Diversity
- c. Problems of Integration

UNIT - II: Social Organization**Hrs -07**

- a. Caste – Characteristics and Recent Changes.
- b. Marginalization – SC, ST, OBC and Minorities
- c. Classes – Agrarian, Industrial and Emerging Trends in Class System.

UNIT - III : Changing Trends and Development Issues**Hrs - 07**

- a. Changes in Marriage and Family; Problem of the Aged
- b. Development Induced Displacement, Ecological Degradation and Environmental Pollutions.
- c. Social Unrest - Terrorism, Naxalism, Communalism and Corruption

Reference:

- Beteille, Andre. 1992. *Backward Classes in Contemporary India*. New Delhi: Oxford University Press.
- Dube, Leela. 1997. *Women and Kinship, Comparative Perspectives on Gender Southern South Asia*.
- Madan, T.N. 1991. *Religion in India*, New Delhi: Oxford University Press.
- Kapadia, K.M. 1981. *Marriage and Family in India*. Oxford University Press.
- Karve, Iravathi. *Kinship Organization in India*.
- Michael, S.M. 1999. *Dalits and Modern India; visions and values*.
- Singer, Milton & Cohen, Bernards. 1996. *Structure and change in Indian Society*. Rawat: Jaipur.

BASTMOE 283 - FUNDAMENTALS OF TOURISM

Objectives:

24 HOURS

- It is to introduce to the discipline of Tourism and various aspects that constitute the concept of Tourism
- To enable students to understand the rudiments of Tourism with futuristic view

Pedagogy: Assignment, Lecture-cum-discussions

UNIT I: Tourism - Definition, meaning, nature-classification of tourism & tourists, Travel elements & components - Tourism Statistics, Objectives, Types and Methods.

UNIT II: Travel Motivations - Definition of Motivation - concept of motivation - evolution of demand, Growth factors - physical motivators - rest and recreation motivators - health motivators - ethnic and family motivators - professional and business motivators

UNIT III IMPACTS OF TOURISM - Tourism Impacts, Economic Impacts, Socio-Cultural Impacts, and Environmental Impacts

References:

14. Bhatia A.K. International Tourism, Sterling Publishers Pvt Ltd, New Delhi.
15. Bhatia AK, Tourism Development: Principles and Practices, Revised edition Sterling Publishers Private Limited, New Delhi.
16. Chris Cooper, Fletcher John, Fyall, Alan, Gilbert David, Wall Stephen, Tourism Principles and Practices, 4th edition, Pearson Education Limited.
17. Dennis L & Foseter Glencoe, an Introduction to Travel & Tourism, McGraw-Hill International.
18. Dr. Revathy Girish, Indian Tourist Panorama, Dominant Publishers and Distributors, New Delhi.
19. Ghosh Bishwanth, Tourism & Travel Management, Second Revised Edition Vikas Publishing House Pvt Ltd, New Delhi.
20. Kaul R.N, Dynamics of Tourism, Sterling Publishers Pvt Ltd, Volume 1,2 & 3 New Delhi.
21. Pran Nath Seth, Successful Tourism Management, Sterling Publishers Pvt Ltd, New Delhi.
22. Praveen Sethi, Tourism for the Next Millennium, Rajat Publication New Delhi.
23. Roddy Sunetra, Bawal Archana, Joshi Vandana, Tourism Operations and Management, Oxford University Publications.
24. Sati V.P, Tourism Development in India, Pointer Publications, Jaipur.
25. Singh Anand, Tourism in Ancient India, Serials Publications, New Delhi.
26. Sinha R.K, Growth and Development of Modern Tourism, Dominant Publishers, New Delhi.

Course — BASJROE 281: Mass Media and Society

Teaching hours per week: 2 hours

- UNIT I** Mass society—mass communication- characteristics of mass media. Radio, Television and Cinema as mass media. Responsibilities of media. media and democracy. Mass media and social change.
- UNIT II** Freedom of speech and expression-Media ownership and control- Pressures on media- media regulation- censorship.
- UNIT III** New communication technologies- global village- the internet – digital divide. Social movements and the media. Sensationalism in media. Mass culture.

Books for reference

- Curran, James. (2010). *Mass Media and Society* (5th Ed). London: Hodder Education.
- Graeme, Burton. (2009). *Media and Society*, New York: McGraw-Hill
- Grossberg, Lawrence. (2006). *Mediamaking: mass media in a popular culture* (2nd Ed). New Delhi: Sage.
- Hasan, Seema. (2013). *Mass Communication: Principles and Concepts*. New Delhi: CBS
- Herman, E S, and Chomsky, Noam. (1994). *Manufacturing consent: The political economy of the mass media*. London: Vintage.
- Jacobs, Norman. (1992). *Mass media in modern society*. New Burswick: Transaction
- Kohli-Khandelkar Vanitha. (2013). *The Indian media business*. New Delhi: Sage.
- Kumar, Keval J. (2004). *Mass communication in India*. New Delhi: Jaico.

Elective IV

BASGEOE 283/BSCGEOE 283: Regional Geography of India

24 hrs -2 hrs/week

- UNIT I:** Location and Extent, Physical features, Rivers, Climate, Soils, Natural Vegetation -06-
- UNIT II:** Population – Growth, Diversity- distribution, -06-
- UNIT III:** Economy – Agricultural – major crops- minerals resources, Power resources- coal –petroleum, Electricity. -06-
- UNIT IV:** Industries – industrial regions – Iron and steel, cotton textiles, Fertilizers- cement - -06-

References:

- 1 Gopal Singh : Geography of India, Atmarama and Sons, New Delhi.
- 2 ICAR : Cropping pattern in India, 1974.
- 3 Mathur, S.M. : Physical Geology of India, NBT 1991.
- 4 Ranganath : Regional and economic Geography of India (Kan.Ver) Vidyanidhi Gadag, 2006
- 5 Ranjit Thirtha : Geography of India, Ranjit, Jaipur 1996.
- 6 Khullar D.R : India a Comprehensive Geography, Kalyani Publishers Ludhiana 2000.
- 7 Tiwari R.C : Geography of India, Prayag Pustak Bhawan, Allahabad 2 ed. 2003.

I. Historical writing - Historical writing in Ancient, Medieval, Modern.
History of Museums - Documentation Preservation & Interpretation.

II. Type of Tourism - Eco Tourism, Cultural Tourism, Marine Tourism

III. Impact of Tourism- Socio- Cultural aspects of Tourism

IV. Heritage Tourism- Conservation Preservation & Maintenance of Heritage sites. Funding Agencies Government ASI, SA Survey of India, NGO.

References;

1. Kapoor Bimal Kumar, Murali (2005), Travel Agency and Ticketing, Sterling Publishers Pvt Ltd. New Delhi.
2. Negi JagMohan, Travel Agency Operations: Concepts and Principles, Kanishka Publishers, New Delhi.
3. Negi JagMohan, Air Travel, Ticketing and fare Consturction, Kanishka Publishers, New Delhi.
4. Mahinder, Travel Agency Management, Anmol Publishers, New Delhi.
5. Jag Mohan Negi, Tourist Guide & Tour Oparation, Kanishka Publishers, New Delhi.
6. Bhatia AK (2004) Tourism Development; Principles and Practices, Sterling Publication ,New Delhi.
7. Dennis L. & Foseter Glencoe (2001), an Introduction to Travel & Tourism, McGraw - Hill International.
8. Tourism: Socio - economic and ecological impact - ICFAL Books - Hyderabad.
9. Husain Masjid, World Geography -4th Edition, JBC Publishers & Distributors.
10. Husain Masjid, Indian and World Geography, JBC Publishers & Distributors.
11. J.K Chopra World Geography.

**BACHELOR OF ARTS
POLITICAL SCIENCE-CBCS
FOURTH SEMESTER**

**BASPSOE 282 - SOCIO – POLITICAL MOVEMENTS IN
INDIA**

Total Hours of Instruction: 20
Teaching hours per week: 2 hrs.
Total Marks: 40+10=50
Credits: 1

OBJECTIVES:

1. To introduce students to the broader areas of contestation and its implications
2. To develop an ability to understand the plural character of life and its political claims
3. To engage and relate themselves in the larger socio political expressions needed for the social change.
4. To make students to articulate and preserve the traditions of democratic expressions through social movements

BLOCK I

INTRODUCTION

7 Hours

- a. Meaning and nature of Socio-political movements
- b. Bhakthi Movement – Major Features
- c. Sufi Movement – Major Ideas

BLOCK II

POLITICAL MOVEMENTS

7 Hours

- a. Dalit Movement
- b. Backward Class Movement
- c. Women's Movement

BLOCK III

CONTEMPORARY MOVEMENTS

6 Hours

- a. Civil Rights Movements
- b. Environment Movements
- c. Transgender Movements