

SIDO KANHU MURMU UNIVERSITY, DUMKA

(A State University recognized under Section 2(f) & 12(B) of the UGC Act, 1956)



FOUR-YEAR UNDER GRADUATE PROGRAMME (FYUGP)
SYLLABUS
OF
HEALTH & WELLNESS, YOGA EDUCATION,
SPORTS AND FITNESS (VAC)
(COMMON COURSE FOR SEMESTER-III)
In accordance with the
Implementation of FYUGP in State Universities of
Jharkhand Regulations, 2024

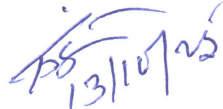
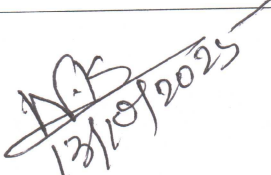
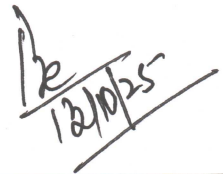
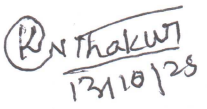
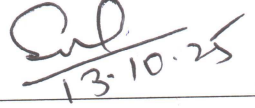
Implemented from
Academic Session 2025-2029 Onwards

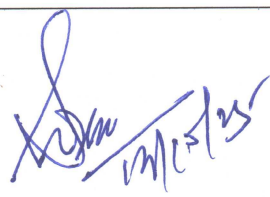
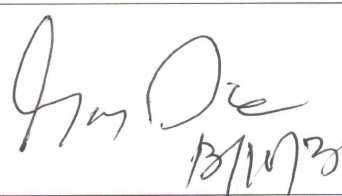

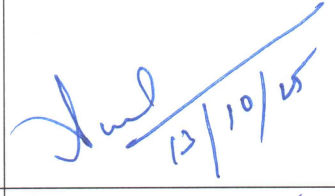

Syllabus Committee Meeting Proceedings

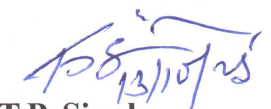
A meeting of the Syllabus Committee for the revision and finalization of the **HEALTH & WELLNESS, YOGA EDUCATION, SPORTS AND FITNESS (VAC Common Course)** syllabus for the Four-Year Undergraduate Programme (FYUGP), in accordance with the Implementation of FYUGP in State Universities of Jharkhand Regulations, 2024, was convened on **13.10.2025**.

The following members of the Syllabus Committee were present in this meeting. The committee unanimously accepted and recommended the syllabi, incorporating major modifications.

Members of the Syllabus Committee:

S. NO.	MEMBERS	SIGNATURE
1	Dr. T.P. Singh (Chairperson) Dean, Faculty of Social Science and Commerce, SKMU, Dumka	 13/10/25
2	Dr. Nisha Kumari (External Expert) Professor, University Department of Economics, T.M.B.U. Bhagalpur (Bihar)	 13/10/2025
3	Dr. Bijoy Kumar (Member) Associate Professor, University Department of Political Science, SKMU, Dumka	 13/10/25
4	Dr. Kalanand Thakur (Member) HOD, University Department of Psychology, SKMU, Dumka	 13/10/25
5	Dr. Sanjeev Kumar Sinha (Member) HOD, University Department of Political Science,	 13.10.25

	SKMU, Dumka	
6	Dr. Sujit Kumar Soren (Member) HOD, University Department of Sociology, SKMU, Dumka	
7	Dr. Ajoy Sinha (Member) Assistant Professor, University Department of Political Science, SKMU, Dumka	
8	Dr. Achyut Chaten (Member) Assistant Professor, University Department of English, SKMU, Dumka	
9	Amita Kumari (Member) Assistant Professor, University Department of History, SKMU, Dumka	
10	Dipak Kumar Das (Invitee Member) Coordinator of NEP, SKMU, Dumka	


Dr. T.P. Singh
 Dean
 (Chairperson)
 Faculty of Social Sciences
 S.K.M. Univ. Dumka
 (Jharkhand)

INSTRUCTIONS FOR QUESTION SETTER

1. End Semester Examination (50 Marks)

The End Semester Examination (ESE) will be of 50 marks and will also have two groups.

Group A is compulsory and will have: Five very short answer questions (1 mark each, total 5 marks)

Group B will have six descriptive questions, each carrying 15 marks. Students need to answer any three (total 45 marks).

Note: Some questions may be divided into smaller parts if needed.

FORMAT OF QUESTION PAPER FOR END SEMESTER UNIVERSITY EXAMINATIONS

Question format for 50 Marks:

F.M. =50	Subject/ Code Time=2Hrs.	Exam Year
General Instructions:		
<ul style="list-style-type: none">i. Group A carries very short answer type compulsory questions.ii. Answer 3 out of 5 subjective/ descriptive questions given in Group B.iii. Answer in your own words as far as practicable.iv. Answer all sub parts of a question at one place.v. Numbers in right indicate full marks of the question.		
<u>Group A</u>		
1.		[5x1=5]
i.		
ii.		
iii.		
iv.		
v.		
<u>Group B</u>		
2.		[15]
3.		[15]
4.		[15]
5.		[15]
6.		[15]
Note: There may be subdivisions in each question asked in Theory Examination.		

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**SEMESTER – III****COURSE: VALUE ADDED COURSE (VAC-3)****TOTAL CREDITS: 02****PAPER NAME: HEALTH & WELLNESS, YOGA EDUCATION, SPORTS AND FITNESS****TEACHING HOURS: 30**

| <b>EVALUATION</b><br>(Only the End Semester University Examination will be conducted) |           |
|---------------------------------------------------------------------------------------|-----------|
| <b>Full Marks</b>                                                                     | 50 Marks  |
| <b>Duration of Exam</b>                                                               | 1.5 Hours |
| <b>Pass Marks</b>                                                                     | 20 Marks  |

**COURSE OBJECTIVES:**

The course aims at creating awareness about the fundamentals of physical education, health and wellness and promote health and wellness through healthy lifestyle and yoga.

**COURSE OUTCOMES:**

The course will enable the students to deal effectively with the lifestyle and health problems faced during the college experience. At the end of the semester or course the students will be able to describe the dimensions of health and wellness fitness and to develop ability to think critically and integrate knowledge and ideas in meaningful manner.

**COURSE CONTENTS:****Unit-I: Health & Wellness**

- Meaning dimensions and approaches to health & wellness, Dimensions of health and wellness.
- Factors influencing health, indicators of good health and poor health and wellness' Status of health in India and Jharkhand.

**Unit-II: Yoga Education**

- Aim and importance of yoga for health, wellness and fitness.
- Principle of Yoga, Astanga Yoga, Surya Namaskar, Technique of Pranayama, Basic set of Meditation.
- Different type of Asans and its effects:- Padmasana, Bhujangasana, Halasana, Shalabhasana, Dhanurasana, Shavasana, Vajrasana, Chakrasana. Pranayam: Bhramani, Annlom Vilom, Kapal Bharti.

**Reference:**

- [1].Angela Clow (2013), Physical Activity and Mental Health.
- [2].B.C. Rai, Health Education and Hygiene Prakaslan Kendra Lucknow.
- [3].Ghose, B.N., A Treaties of Public Health, Scientific Publishing Co., Kolkata.
- [4].Siedentop, D., & Van der Mars, H. (2022). Introduction to physical education, fitness, and sport. Human kinetics.
- [5].Verma K. K., Health and Physical Education, Prakash Brothers, Ludhiana (2005)
- [6].Bucher, C. A., Olsen, E. A., & Willgoose, C. E. (1967), The foundations of health, Prentice Hall inc.
- [7].Singh Ajmer et-al, Modern Textbook of Physical Edu., Health and Sports, Kalyani Publishers, Ludhiana.
- [8].Santi, K.Y. (1987), The Science of Yogic Breathier (Prayanama), D. B. Mombay.
- [9].NCERT, Yoga and Physical Education.
- [10]. B. S. K. Iyengar, Yoga Deepika, Vivekanand Kendra.

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