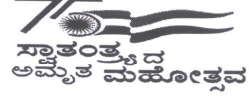




KARNATAK UNIVERSITY, DHARWAD
ACADEMIC (S&T) SECTION

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್ & ಟಿ) ವಿಭಾಗ



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'A' Grade 2014

website: kud.ac.in

No. KU/Aca(S&T)/JS-167/2023-24/996

Date: 25 SEP 2023

ಅಧಿಸೂಚನೆ

ವಿಷಯ: 2023-24ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಬಿ.ಪಿ.ಎಡ್ ಪದವಿಗಳಿಗೆ 1 ಮತ್ತು 2ನೇ ಸೆಮೆಸ್ಟರ್
NEP-2020 ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿಗಳು(ವಿಶ್ವವಿದ್ಯಾಲಯ 1) ಉನ್ನತ ಶಿಕ್ಷಣ ಇಲಾಖೆ ಇವರ
ಆದೇಶ ಸಂಖ್ಯೆ: ಇಡಿ 104 ಯುಎನ್ಇ 2023, ದಿ: 20.07.2023.
2. ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 28, ದಿ: 31.08.2023.
3. ಕಚೇರಿ ಅಧಿಸೂಚನೆ ಸಂ. KU/Aca(S&T)/JS-167/2023-24/67, ದಿ. 16.09.2023.
4. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 21/09/2023

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶದ ಮೇರೆಗೆ, 2023-24ನೇ
ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಎಲ್ಲ B.P.Ed ಸ್ನಾತಕ ಪದವಿಯ 1 ಮತ್ತು 2ನೇ ಸೆಮೆಸ್ಟರ್ ಎಂದು ನಮೂದಾಗಿದ್ದು,
ಇದರ ಪರಿಷ್ಕರಣೆ ಮಾಡಿ ಸ್ನಾತಕ ಪದವಿಯ B.A. Physical Education 1 ಮತ್ತು 2ನೇ ಸೆಮೆಸ್ಟರ್‌ಗಳಿಗೆ ಪಠ್ಯಕ್ರಮವನ್ನು
ಅನ್ವಯವಾಗುವಂತೆ ಓದಿಕೊಳ್ಳಲು ಈ ಮೂಲಕ ತಿಳಿಯಪಡಿಸಿದೆ. ಸದರ B.A. Physical Education 1 ಮತ್ತು 2ನೇ ಸೆಮೆಸ್ಟರ್
ಪಠ್ಯಕ್ರಮವನ್ನು ಉಲ್ಲೇಖಿತ 03ರ ಮೂಲಕ ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ www.kud.ac.in ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದೆ. ಈ
ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲದಿಂದ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು ಸೂಚಿಸುತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ
ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಕವಿವಿ ಅಧೀನದ/ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ
ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ ತಿಳಿಯಪಡಿಸಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ


ಕುಲಸಚಿವರು.

ಗೆ,

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ
ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಭಿತ್ತರಿಸಲಾಗುವುದು)

ಪ್ರತಿ:

1. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ನೊಡಲ್ ಅಧಿಕಾರಿಗಳು, UUCMS ಘಟಕ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
6. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ
ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.



**KARNATAK UNIVERSITY,
DHARWAD**

B.A. (Hons.) Program

SYLLABUS

Physical Education

[Effective from 2023-24]

DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM I & II,

AS PER NEP-2020

Karnatak University, Dharwad

Under Graduate Program in **Physical Education** for **B.A.**

Effective from 2023-24

Sem	Type of Course	Theory/ Practical	Instruction hour per week	Total hours of Syllabus / Sem	Duration of Exam	Internal Assess- ment Marks	Sem End Exam. Marks	Total Marks	Credits
I	DSCC-1T	Theory	04 hrs	56	02 hrs	40	60	100	04
	DSCC-1P	Practical	04 hrs	52	03 hrs	25	25	50	02
	OEC	Theory	03hrs	42	02 hrs	40		60	03
	SEC	Practical	04 hrs	28	01 hrs	25	25	50	02
II	DSCC-2T	Theory	04 hrs	56	02 hrs	40	60	100	04
	DSCC-2P	Practical	04 hrs	52	03 hrs	25	25	50	02
	OEC	Theory	03hrs	42	02 hrs	40		60	03
	SEC	Practical	04 hrs	28	01 hrs	25		25	50
Details of the other Semesters will be given later									

***Student can opt digital fluency as SEC or the SEC of his /her any one DSCC selected it will be evaluated as pr the guidelines issued by the University time to time.**

Program Objectives:

The overall objective of B.A (Honors) Physical Education Program is to:

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
2. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth and development
3. To create a foundation for the professionals in Physical Education, Sports and Yoga
4. To impart the basic knowledge and skills to teach Physical Education, Sports and Yoga activities

Course outcome:

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and devise appropriate fitness program for different genders and age groups at all level
2. The curriculum would enable to officiate, supervise various sports events and organize sports events
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
4. The student learn to plan, organize and execute sports events
5. Student learn theoretical and practical aspects of game of his choice to apply at various levels for teaching and coaching purposes efficiently
6. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it
7. Student will learn to apply the knowledge of managing the fitness equipments
8. Student will learn to apply the knowledge of Physical fitness and exercise management to lead better quality life
9. The student will learn and contribute on fitness management
10. Students will understand and learn different dimension of active lifestyle
11. The student will gain knowledge of professional preparation in Physical Education, Sports and yoga
12. Student will learn the knowledge of fitness diet
13. Students will be able to assess the Physical Fitness in Scientific way
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga

Semester – I Course Objectives

The course aims at creating awareness about the fundamental of Physical Education promote Health and wellness through Healthy Lifestyle. The students will be able to take initiate different kind of role in societyand also they can become entrepreneur in sports field.

Outcome of the Course

- Students will be able to understand the basic principles and practices of Physical Education, Sports andYoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and communitylevel.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports andYoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.

Physical Education as Discipline Specific Core Course (DSCC)
B.A. Semester – I
Introduction to Physical Education, Sports and
Yoga

Type of Course	Theory / Practical	Credits	No. of Classes/Week	Total No. of Lectures/Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester & Exam Marks	Total Marks
DSCC-1T	Theory	04	04	56	2	40	60	100
DSCC-1P	Practical	02	04	52	3	25	25	50

UNIT-1

Introduction:

1. Meaning and definition of Physical Education, Sports and Yoga
2. Aims, Objectives and Importance of Physical Education, Sports and Yoga
3. History of Physical Education, Sports and Yoga
4. Modern trends of Physical Education, Sports and Yoga
5. Brief concept of Education in relation to Physical Education, Sports and Yoga

UNIT-2

Yoga and Fitness Training:

1. Importance of Yoga and Fitness
2. Fundamentals Principles of Yoga and Fitness Training
3. Components of Fitness and Fitness Equipments
4. Types of Yoga Practices – Asana, Pranayama and Meditation
5. Introduction to Balanced Diet for Fitness

UNIT-3

Introduction to Athletics and Officiating of Sports and Games:

1. Characteristics and Measurement of Standard Track
2. Duties and Principles of Officiating
3. Qualities and Qualification of Technical officials for Athletics, Sports and Games
4. Officiating of Athletics
5. Officiating of sports and Games

UNIT-4

Career Opportunities in Physical Education, Sports and Yoga:

1. Physical Education, Sports and Yoga professionals at various levels of educational institution.
2. Sports Trainers, Yoga instructors, Coach, Managers, Researcher, Event Organizers, Technical Officials, Entrepreneurs and others
3. Physical Education, Sports and Yoga trainer for Police and Paramilitary forces at State and Central Organization and others
4. Health Clubs and Fitness Centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and others.
5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Prop manufacturers.

Content of Practical Course 1: Practical's (2 credits/56 hours)

Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardiovascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

A. Major/Minor Outdoor Games / Track & Field

1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI)*
2. One event each - Running, Jumping and Throwing Event*

B. Basic Asanas & Surya Namaskara (as per the reference books)

1. Shithilikarana Vyayama (Dynamic)
2. Surya Namaskara
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

C. Basic Pranayamas

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabhati/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadan)

Reference Books

1. Bucher, C.A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
5. William, J.F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
6. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
7. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
8. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi : Sports.
9. Russell, R.P. (1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
10. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
11. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakashana.
12. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashthrothanna Prakashana.
13. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
14. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
15. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
16. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
17. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
18. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
19. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
20. IAAF Manual
21. Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications (India), 1st Edition, Daryaganj, New Delhi
22. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr. Md. Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi

Physical Education as Discipline Specific Core Course (DSCC)

B.A. Semester - II

PHYSICAL EDUCATION: PHY -2

Type of Course	Theory / Practical	Credits	No. of Classes/Week	Total No. of Lectures/Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester End Exam Marks	Total Marks
DSCC-1T	Theory	04	04	56	2	40	60	100
DSCC-1P	Practical	02	04	52	3	25	25	50

Course Objective:

Upon completing the syllabus contents of PHY-DSSCT2.1, the student will become familiar with various working principles of widely used physical education aspects, lifestyle is most important thing in everyone's life. They will be understanding the importance of physical fitness and aware of healthconsciousness.

Title of the Course:

LIFE STYLE MANAGEMENT

Unit – 1 INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS

1. Meaning and Definitions of Physical Fitness and LifeStyle
2. Need and Benefits of Physical Fitness
3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, BodyComposition
4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time,Speed

Unit - 2 PRINCIPLES OF YOGIC PRACTICES

1. JnanaYoga,
2. KarmaYoga,
3. BhakthiYoga,
4. Raja Yoga/ AstanagaYoga
5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara

Unit - 3 DIET, FITNESS, WELLNESS & LIFE STYLE MANAGEMENT

1. Meaning and Definitions of Wellness & Lifestyle.
2. Dimensions/Components of Wellness and Lifestyle
3. Relationship between Diet and Fitness
4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins & Minerals, Water
5. Healthy Lifestyle through Diet and Fitness

Unit - 4 PHYSICAL LITERACY

1. Meaning, Definition and Importance of Physical Literacy.
2. Core Elements of Physical Literacy
3. Fundamental Movements
4. Art of Walking, Running, Jumping and Throwing.
5. Locomotors and Balance Stability skills /Tactical Movements

Content of Practical Course 2: Practical's (2 credits/56 hours)

PRACTICALS

A. Specific warm-up / Lead up Activities

B. Core Physical Fitness

Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time

C. Advanced Asanas (as per the reference books)

1. Standing Asanas
2. Sitting Asanas
3. Prone Asanas
4. Supine Asanas
5. Meditative Asanas

Advanced Pranayamas

1. Surya Anuloma Viloma/Surya Bhedana Pranayama
2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama
3. Ujjayi Pranayama
4. Kumbhaka Pranayama
5. Sampurna Yoga Shwasana (Full Yogic Breathing)

D. TWO MAJOR/MINOR GAMES /TRACK &FIELD

1. One Major and one Minor Game. Rules and Regulations of the Games. Officiating and Coaching.
2. Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating and Coaching.
3. **Pedagogy:** The course shall be taught through Lecture, Practical's, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Reference Books:

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L. Thygerson, Karl L. Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuchscaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr. Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
5. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0 ISBN
6. Physical Fitness and Wellness, Dr. Samjay R. Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
7. Fit & Well, 4th Edition, Thomas D. Fahey, Paul M. Insel, Walton T. Roth, Mayfield Publishing company, Mayfield Publishing Company, London
8. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr. Henko.K, Struder, 2021, Meyer & Meyer Sport(UK) publishers, Germany
10. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
11. "Nutrition Education", Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M. Harold, Rosemary.Mc.Gee, Lea & Febiger, Philadelphia
13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.

15. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna,Bangalore
15. "Asana, Pranayama, Mudra, Bandha", 1969, Swamy SathyanandaSaraswati, Bihar Yoga Bharati,Munger
16. "Four Yoga of Swamy Vivekananda'', 1979, Swamy Tapasyananda, AdwaitaPrakashana, Ramakrishna Ashrama,Calcutta
17. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna,Bangalore
18. PranicEnergization Technique,2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna,Bangalore
19. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna,Bangalore

**QUESTION PAPER PATTERN FOR
B.A. PHYSICAL EDUCATION (DSCC)
B.A. DEGREE EXAMINATION FEBRUARY/MARCH-2024
B. A. FIRST SEMESTER
COURSE**

Duration: 2 Hours

Maximum Marks:- 60

Instructions:

- ❖ Answer to the questions according to instructions given
- ❖ Answer to the questions should be specific

PART-A

- I. Answer any five of the following questions in two to three sentences $5 \times 2 = 10$
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.

PART-B

- II. Answer any four of the following questions not more than one page $4 \times 5 = 20$
- 7.
 - 8.
 - 9.
 - 10.
 - 11.

PART-C

- III. Answer any three of the following questions not more than two pages $3 \times 10 = 30$
- 12.
 - 13.
 - 14.
 - 15.

**QUESTION PAPER PATTERN FOR
B.A. PHYSICAL EDUCATION (DSCC)
B.A. DEGREE EXAMINATION JUNE/JULY-2024
B. A. SECOND SEMESTER
COURSE**

Duration: 2 Hours

Maximum Marks:- 60

Instructions:

- ❖ Answer to the questions according to instructions given
- ❖ Answer to the questions should be specific

PART-A

I. Answer any five of the following questions in two to three sentences 5X2=10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

PART-B

II. Answer any four of the following questions not more than one page 4X5=20

- 7.
- 8.
- 9.
- 10.
- 11.

PART-C

III. Answer any three of the following questions not more than two pages 3x10=30

- 12.
- 13.
- 14.
- 15.