# CENTRAL INSTITUTE OF HIMALAYAN CULTURE STUDIES Dahung, West Kameng District: Arunachal Pradesh-790116 Phone: 03782-207030: cihcsoffice@gmail.com: Website: www.cihcs.edu.in (An Autonomous Body of the Ministry of Culture, Government of India)

पाठ्यक्रमः र्ह्मेन'बिन्'वळन'ग्वि। SYLLABUS

प्राकशास्त्री द्वितीय वर्ष (चतुर्थ अधिसत्र) 5तुः अर्गेद्रासर्थे देस प्राकृत्र प्राकृत्य प्राकृत प्राकृत्य प्राकृत्य प्राकृत प्राकृत प्राकृत्य प्राकृत प्राकृत्य प्राकृत प्राकृत प्राकृत प

## केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग `&श | ५तु.सं.हे सं.ल.ल.ले.लेग्स.हु.सं.सेई.देस:र्सून:गहेन:।पटः।

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## प्राकशास्त्री-Prak Shastri

चतुर्थ सेमेस्टर/ Fourth Semester संस्कृत/Sanskrit

Written Examination-60/लिखित परीक्षा-60

<u>Internal-40/आंतरिक मूल्यांकन-40</u>

Course-19

शास्त्रपरिचयः

(न्याय-वैशेषिक-योग-मीमांसा-वेदान्त-चार्वाक-बौद्ध-जैन-दर्शनानि)

# केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७। | निर्वेश: हे.स.ज.लायु.मुच्याश्चर:वटः सर्वे: मुस:सूच:पाहेम:विटः।

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न्तु'अ'र्गें न्यार्थे ने अ'प्विषाय|प्रकशास्त्री द्वितीय वर्षः Prak Shastri भोटी भाषा एवं साहित्य/Bhoti Language and Literature/र्देन्'ग्री'यह र्ह्हेन्'न्ट् र्हॅअ'रेग्

क्रुग्य-त्याप्ति पा चतुर्थ अधिसत्र/4<sup>11</sup> Semester

Written Test: 60

			11 1621: 0		
SI. No.	Unit	Internal Asses	Internal Assessment: 40		
4		Unit Details	Credit		
1	ह्रे.क्ष्य.८८.ट्रा	अट्वं यर्ट्	04		
		अर्ट्रव, यह्र्ंट्र, में अष्ट्र्यु, के ह्यांबाला तथा है देवाबा तथा है देवाबा तथा है ।	"		
		1 1 2 3 7 7 7 年 子山か、七七、七名七か、子山か、山が、江の・エロ・			
		मु.होन्.तपु.र्या.होन्.यादेवा			
2	इं.क्ष्य.वायेश.या	सहय.यहूरी			
			01		
		याद्य,यार्ट्र, में अष्ट्यु के वृत्यं अत्यावया वृत्त में याद्रवियाया			
		र्श्वायारावे स्वास्त्र स्व			
3	2)	यन्य रात रच मुन्दा रात रच मुन्दा मुन्दा			
3	इं.क्ष्यं.विश्वारा	श्रेव.पविट.।	01		
		न्नेव.ट्या.अ.ज्ट.यपु.ट्व.क्व.य्.ज्य.ज्य.यर.ट.तवुव.यहूट.राषु.			
		क्रव र् र र र र र र र र र र र र र र र र र			
4	इं.क्ष्य.यधु.त.ता	श्रुव गाव्र			
	, , ,	20 .Cal.gi.gic.sigce.	01		
		ड्रेट.चा.भुष्यः व्यवस्थाः श्रेष्यः त्यां अप्राप्तः अप्रः ट्रेषः क्येषः स्थाः यात्रायाः व्यवस्याः क्येषः प्राप्तः			
		@ 19 94 19V			
		Total	04		

#### Reference books:

बुर हिंदे हैं पार्खवा

क्री मिल.य.ज्ञ.त। तूर्ट.श्रवद्याता विषया.श्रील.ध्रवांवा.ग्री.क्षेत्र.पंजीला

# केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ ७० | ५५४ हे साम् प्राप्त प्राप्त से प्राप्त से स्थानम्, दाहुङ

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५५ अ.मूर्टिश मार्थिश मार्थिश स्वी द्वितीयवर्ष/Prakshastiri 2nd

Subject- Bhot Boudh Darshan -1 Course 21 र्ह्सन क्वा बुद देव देव देव स्थान

क्रुपाब पुराप्त वि पा /चतुर्थ अधिसत्र /4th Semester

ईःर्वेग/पत्र/Paper

# व्यतःक्ष्यःवाराः क्षेत्रः । नेवेन्यावःवर्ष्यावादान्तः न्याः न्यवः स्रम् स्रम् विषा

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

SI.	TI:				
	Unit	Unit details	Credit		
No.					
1.	ब्रें कव प्रम्	१) भ्रिमान्त्रास्त्रान्त्रात्वान्त्रात्वान्त्रात्वान्त्रात्वान्त्रात्वान्त्रात्वान्त्रात्वान्त्रात्वान्त्रात्व	1.		
	श्चेरा:व:कर:व:र्रः।	य्रि रे विक्के.च.ची.स्वा.स्वे.इस.मावमा र रे स्व.स्ट.माश्चराक्की.चन्तरा			
	दम्चेट:मी:इस्य:माव्या	< नेवञ्चनःयःग्रास्यः क्रीत्वः न्दः न्द्रोः न। <u>।</u>			
2.	ই'ক্র'বাইশ'বা	१) मुन्यान्त क्रियान्य क्रियान मुन्याय	1.		
	व्रया क्रेव ची सुराह्म स	यन्त्रा रे भ्रम्य प्रमुद्धि द्या मानमा श्री र प्रमुखा ८ रे हे मा केंद्र			
	चावचा:र्टा रेवे:क्र्य	सेंबस-नक्षेत्-सर्न्र-नमृत्			
	वर्ज़ी				
3.	ब्रें क्वं याश्वयाया	१ / श्रेश्वरा न श्री दे ग्री प्रवर्षिय १ / श्री प्रक्षिय स्वर्थ स्वर्य स्वर्थ स्वर्थ स्वर्य स्वर्य स्वर्य स्वर्थ स्वर्य स्वर्थ स्वर्य स	1.		
	ब्रह्म्स-५८-देवे सन	इयामानगर रें ह्रींब प्रह्मामाई या की विदासना ८ रें के वा विस्यासस			
	विवा	य.चश्च.की.श्रूम्।			
4.	श्चे क्यं नवि न	१) वि. यात्र या भी भूरा १ रे भूषा अर्थेटः यो द्रायावा १ रे द्राया देया में	1.		
	ন্দ্র-মূর্ব-মার্ব-মা	यथरे.स.ब्रेट.चर्डेशा ८ / क्रिट.क्रं.चधुद्र.स् ब्रैट.वोषटे.चर्डेश			
	गहिराद्रा गुरुट	11 2 2 1 (\$15			
	শূনাথা				
		Total	4.		

### References book:

क्ष्यःत्राम्भवः क्ष्यं विद्योवः नः त्येन् क्षेत्रायः त्ये। सहनः नः त्यं। स्वयः व्ययः देशः व्ययः व्यवः त्याः न्य इतः भवेतः क्ष्यः क्ष्यं। विद्योवः नः त्येन् क्षेत्रायः त्यं। सहनः नः त्यं। स्वयः व्ययः देशः व्यवः त्याः न्याः न्याः व्यवः स्वयः व्यवः वः व्यवः वः व्यवः वः व्यवः वः व्यवः वः व्यवः वः व

# केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ ७० | ५५४ में अप्याप्य संस्कृति शिक्षण संस्थानम्, दाहुङ

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हिन्दी

## (ऐच्छिक) प्राक शास्त्री चतुर्थ सत्र

Written Examination-60/लिखित परीक्षा-60 <u>Internal-40/आंतरिक</u> मुल्यांकन-40

#### खंड-क

i. अपठित बोध काट्यांश एवं गद्यांश बोध

(10 Marks)

- ii. काट्यांश—काट्यांश पर आधारित रचनात्मक, शीर्षक प्रयोग आदि पर लघु उत्तरात्मक प्रशन-
- iii. गद्यांश—गद्यांश पर आधारित प्रयोग, रचनात्मक,शीर्षक आदि लघु उत्तरात्मक प्रश्न

#### खंड-ख

क) रचनात्मक तथा व्यवहारिक लेखन

(20Marks)

- i. निबंध
- ii. कार्यालयी पत्र
- iii. अभिव्यक्ति और माध्यम के आधार पर व्यवहारिक लेखन पर प्रश्न

#### खंड-ग

ग) पाठ्य पुस्तक अंतरा भाग-2

(10 Marks)

पद्य भाग:-

आधुनिक- 1. केदारनाथ -¡) बनारस ¡¡) दिशा

2. रघुवीर सहाय- ¡) वसंत आया ¡¡) तोड़ो

### प्राचीन-1. विद्यापति- पद

- क) पाठ के आधार पर सप्रसंग व्याख्या।
- ख) कविताओं के कथित पर दो प्रश्न।
- ग) काव्य सौंदर्या पर प्रश्न

गदय भाग:-

(10 Marks)

पाठ-

- 1.असगर वजाहत- शेर, पहचान, चार हाथ, साझा
- 2.निर्मल वर्मा- जहाँ कोई वापसी नहीं
- 3. ममता कालिया- दूसरा देवदास
- 4.हजारी प्रसाद-द्विवेदी- कुटज
- क)पाठ के आधार पर सप्रसंग व्याख्या।
- ख) पाठों की विषयवस्तु पर आधारित प्रश्न
- ग) किसी एक लेखन या कवि का साहित्यिक परिचय।

#### खंड-घ

घ) अंतराल भाग- 2

(10Marks)

### पाठ-1. बिस्कोहर की माटी

- 2. अपना मालवा खाऊं-उजाड़ू सभ्यता में
- i. पाठों की विषयवस्तु पर आधारित लघु उत्तारात्मक प्रश्न।
- ii. विश्व वस्तु पर आधारित निबंधात्मक प्रश्न

## निर्धारित पुस्तकं-

- j. अंतराभाग-2, एन.सी.आई.आर.टी. द्वारा प्रकाशित
- ii. अंतराल भाग-2, एन.सी.आई.आर.टी. द्वारा प्रकाशित
- III. अभिव्यक्ति और माध्यम, एन.सी.आर.टी. द्वारा प्रकाशित

आंतरिक मूल्यांकन-

40 Marks

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#### PRAK SHASTRI ENGLISH FOURTH SEMESTER

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मुल्यांकन-40

#### SECTION A: Reading Comprehension through Unseen Passage

(5 Marks)

A Passage from the text, followed by 5 questions each carrying 1 mark (5×1)

One unseen passage to assess comprehension, interpretation, analysis and inference.

Vocabulary assessment will also be accessed via inference. The passage may be factual, descriptive or literary.

#### Section B: Advanced writing skills

(10 Marks)

Letters based on verbal/visual input, to be answered in approximately 120-150 words. Letter types include application for a job with bio data or resume. Letters to the editor (giving suggestions or opinion on issues of public interest). One out of the two given questions to be answered. (5 Marks: Format: 1 / Organisation of Ideas: 1/Content: 2 / Accuracy of Spelling and Grammar: 1 ). 6. Article/ Report Writing, descriptive and analytical in nature, based on verbal inputs, to be answered in 120-150 words. One out of the two given questions to be answered. (5 Marks: Format: 1 / Organisation of Ideas: 1/Content: 2 / Accuracy of Spelling and Grammar: 1 ).

#### Section C: Grammar

(15 marks)

Changing the Voice and Narration, Combining sentences. Articles and Prepositions 15 questions out of 20 questions each carrying 1 marks (15×1)

#### Section D: Text Books

(20 marks)

- (a) Flamingo 20 Marks i) Five out of eight short answer questions (5×2=10 Marks)
- (b) Supplementary Reader: Vistas 10 Marks Two out of three long answers questions (5\*2).
- 1. Hornbill: English Reader published by National Council of Education Research and Training, New Delhi
- 1. Flamingo: English Reader published by National Council of Education Research and Training, New Delhi

#### (Prose)

- Indigo
- Poets and Pancakes
- The Interview
- Going Places

#### (Poetry)

- A Thing of Beauty
- A Roadside Stand
- Aunt Jennifer's Tigers
- 2. Vistas: Supplementary Reader published by National Council of Education Research and Training, New Delhi

- Should Wizard hit Mommy
- On the Face of It
- Evans Tries an O-level
- Memories of Childhood
  - The Cutting of My Long Hair
  - We Too are Human Beings

Section E: Essay Type Question on clean India (Swacha Bharat) 10 marks. One out of three long answer questions (essay type answer with 100 to 150 words) (10 Marks)

#### **Prescribed Books:**

- i) Flamingo, NCERT, 2008 prescribed for Central School in Class XII.
- ii) Vistas, NCERT, 2008 prescribed for Central School in Class XII.

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Prak-Shastri 2<sup>nd</sup> year उत्तरमध्यमा द्वितीय वर्ष पाली / Pali चतुर्थ अधिसत्र/ 4<sup>th</sup> Semester

> Written Test: 60 Internal Assessment: 40

(क) पाली पाठमाला-

पाठ-

- 1. सोलसमो पाठो से तिंसतिमो पाठो तक।
- (ख) अनुवाद-
  - 1. हिन्दी से पाली।
  - 2. पाली से हिन्दी।

# केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७| |५५४:५ै:अ'व्य'प्यदे'वेष|अ'5ु८'अई'र्नेअ'र्सून'ष्ठेर'व्यट'|

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#### PRAK SHASTRI **PHYSICS** 4<sup>TH</sup> SEMESTER

Written Examination-60/लिखित परीक्षा

Internal-40/आंतरिक मूल्यांकन40-

Unit.1: RAYS OPTICS AND OPTICALINSTRUMENTS:

15 Marks

Light: reflection and refraction of light and its laws, plane mirror, spherical mirror and its types, mirror formula, linear magnification, total internal reflection and its applications. Lenses and its types. Power of lens. Refraction through prism, dispersion of light, scattering of light. Optical instruments: The human eye, microscope, telescope.

Unit2: WAVE OPTICS.

15 Marks

Newton's corpuscular theory, Huygen'sprinciple, wave front, primary and secondary wave fronts. spherical, cylindrical and plane wavefronts.

The Doppler effect, coherent and incoherent sources of light.Interference of light, sustained interference, diffraction of light and its types. The polarization of light, ordinary or unpolarized light.

- Unit.3: DUAL NATURE OF RADIATION AND MATTER:-15 Marks The electron emission, thermionic emission, field emission, photoelectric emission. Dual nature of radiation or light. The photoelectric effect, laws of photoelectric effect. The Einstein's photoelectric equation. The wave nature of matter; De- Broglie Hypothesis, De Broglie wavelength of electron.
- Unit:4. THE ATOMS AND ITS NUCLEUS: -

15 Marks

The Thomsons's atomic model, Rutherford's alpha - particles scattering experiment. Atomic spectra, spectral lines, spectral series of H-atom, Lymann series, Balmer series, Paschen series, Brackett series and Pfund series its energy level diagram. The Bohr's atomic model, atomic mass, composition of nucleus, isotopes, isotone with examples, size of atom and nucleus and nuclear force.

Reference: NCERT CLASS -XII PHYSICS.

# केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ अश । ५५,४% वियायायाय संस्कृति शिक्षण संस्थानम्, दाहुङ

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# (An Autonomous Body of the Ministry of Culture, Government of India Macro Economics-Syllabus

(Based on Economics Book of NCERT, Class-11 & NEP 2020)

#### Prakshastri

Second Year: Fourth Semester- (4 Credit) Subject Code: 23 (Elective/Optional)

Written Examination-60/लिखित परीक्षा-60

#### Internal-40/आंतरिक मृल्यांकन-40

Sl. No	Unit	Unit details	Duration in hours	Credit
1	National Income Aggregates, Money and Banking	Basic macro concepts, methods and aggregates related to national Income, Gross Domestic Product (GDP), Net National Product (NNP)- at factor price and market price; Concept of money and banking	16	. 01
2	Determination of Income and Employment	Aggregate demand and its components, propensity to consume and propensity to save; Short-run equilibrium output, full employment and problems of excess demand	16	01
3	Government Budget and the Economy	Government budget-meaning, objectives and components; Classification of receipts and expenditure, measures of government budget	16	01
4	Balance of Payments and Exchange rate	Meaning, importance, types, components of Balance of Payments (BoP) system, difference between BoP and Balance of Trade (BoT); Exchange rate- meaning and types of exchange rate system and the determination of exchange rate system in India		01
Total		4	64	04

References and Suggested books:

1. NCERT (Class-XII) Publications, New Delhi.

# CENTRAL INSTITUTE OF HIMALAYAN CULTURE STUDIES

Dahung, West Kameng District: Arunachal Pradesh-790116

Phone: 03782-207030: cihcsoffice@gmail.com: Website: www.cihcs.edu.in (An Autonomous Body of the Ministry of Culture, Government of India)

PRAK- SHASTRI HISTORY 4<sup>TH</sup> SEMESTER

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

#### Chapter 6

## AN IMPERIAL CAPITAL VIJAYANAGARA (c. 14th - 16th Centuries A.D.) 15 Marks

- a) The Discovery of Hampi
- b) Rayas, Nayakas and Sultans
- c) Vijayanagara- The Capital and its Environment
- d) The Royal Centre-The Mahanavami Dibba and other buildings in the Royal Cenre
- e) The Sacred Centre- Choosing a Capital and Gopurams and Mandaps

#### Chapters 7

## THE REVOLT OF 1857- And Its Representations

15 Marks

- a) Causes of the Revolt
- b) Pattern of the Rebellion
- c) Awadh in Revolt.
- d) Repression
- e) Images of the Revolt.

#### Chapter 8

## MAHATMA GANDHI AND THE NATIONALIST MOVEMENT

10 Marks

- a) A Leader Announces himself
- b) The Non-Cooperation Movement
- c) The Salt Satyagraha Movement
- d) Quit India Movement
- e) The Last Heroic Days of Mahatma Gandhi

#### Chapter 9

## UNDERSTANDING PARTITION- Politics, Memories and Experiences

10 Marks

- a) Some Partition Experiences
- b) A Momentous Marker- Partition or Holocaust? and The Power of Stereotypes
- c) Why and How Did Partition Happen?
- d) The Withdrawal of Law and Order
- e) Gendering Partition.

#### Chapter 10

### FRAMING THE CONSTITUTION- The Beginning of a New Era

10 Marks

- a) A Tumultuous Time- The Making of Constituent Assembly and the Dominant Voice
- b) The Vision of the Constitution
- c) Defining Rights
- d) The Power of the State

e) The language of the Nation.
INTERNAL ASSESMENT
40 Marks
References- NCERT, Themes in Indian History-II & Themes in Indian History-III,
(Textbook in History for Class XII)

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# POLITICAL SCIENCE PRAK SHASTRI

Written Test: 60

Internal Assessment: 40

# 4<sup>TH</sup> SEMESTER

World politics and Indian Foreign Policy

#### Unit 1: Cold War

- . Meaning of Cold War
- . Causes of Cold War
- . Challenge to Bipolarity
- . India and Cold War

India and NAM

## Unit 2: International Organisations

- . Evolution of the United Nation
- . Principal Organs of the UN
- . India and the UN Reforms

## Unit 3: Alternative centres of Power

European Union

Association of South East Asian Nation (ASEAN)

**BRICS** 

### Unit-4 India and South Asia.

India's Relationship with its South Asian Neighbours

Ref: NCERT, TEXT BOOK OF CLASS XII

# केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७० | | ५५० ४ है अव्याय (यदे के गुरु स्थार्च देश क्रेंन पहिन्त)

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## Prak Shastri 2<sup>nd</sup> Year

4<sup>th</sup> Semester

Mathematics

100

Written Examination-60 Internal Assessment-40

#### **CONTENTS**

#### PART II

- 7. Integrals
  - 7.1 Introduction
  - 7.2 Integration as an Inverse Process of Differentiation
  - 7.3 Methods of Integration
  - 7.4 Integrals of Some Particular Functions
  - 7.5 Integration by Partial Fractions
  - 7.6 Integration by Parts
  - 7.7 Definite Integral
  - 7.8 Fundamental Theorem of Calculus
  - 7.9 Evaluation of Definite Integrals by Substitution
  - 7.10 Some Properties if Definite Integrals
- 8. Application of Integrals
  - 8.1 Introduction
  - 8.2 Area under Simple Curves
- 9. Differential Equations
  - 9.1 Introduction
  - 9.2 Basis Concept
  - 9.3 General and Particular Solution of a Differential Equation
  - 9.4 Methods of Solving First Order, First Degree Differential Equations
- 10. Vector Algebra
  - 10.1 Introduction
  - 10.2 Some Basic Concepts
  - 10.3 Types of Vectors
  - 10.4 Addition of Vectors
  - 10.5 Multiplication of a Vector by a Scalar
  - 10.6 Product of Two Vectors

#### 11. Three Dimensional Geometric

- 11.1 Introduction
- 11.2 Direction Cosines and Direction Rations of a Line

- 11.3 Equation of a Line in Space
- 11.4 Angle between Two Lines
- 11.5 Shortest Distance between Two Lines

# **12. Linear Programming** 12.1 Introduction

- 12.2 Linear Programming Problem and its Mathematical Formulation

#### 13. Probability

- 13.1 Introduction
- 13.2 Conditional Probability
- 13.3 Multiplication Theorem on Probability
- 13.4 Independent Events
- 13.5 Bayes' Theorem

Mathematics Text Book for Class XII (Book Published by NCERT)

## केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७० | | ५५,४% हैं अल्थ प्यदे सेवाय गुरु अर्थे देश क्रूँन वहेर वर्ष

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Prak Shastri 2<sup>nd</sup> Year 4<sup>th</sup> Semester Geography 100

Written Examination-60 Internal Assessment-40

#### Unit 3

- 4. Primary Activities
- 5. Secondary Activities
- 6. Tertiary and Quaternary Activities
- 7. Transport and Communication
- 8. International Trade

#### **Practical:**

CHAPTER 3.

Graphical Representation of Data

**CHAPTER 4.** 

Spatial Information Technology

GeographyText Book for Class XII (Book Published by NCERT)

## केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग अश्व । पृतुकाकृष्यायायदे सेवाका सुमारस्य संस्थान विकास

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Prak Shastri 2<sup>nd</sup> Year 4<sup>th</sup> Semester Psychology 100

Written Examination-60 Internal Assessment-40

#### **CONTENT**

**CHAPTER 4:** 

Psychology Disorders

**CHAPTER 5:** 

Therapeutic Approaches

**CHAPTER 6:** 

Attitude and Social Cognition

**CHAPTER 7:** 

Social Influence and Group Processes

Psychology Text Book for Class XII (Book Published by NCERT)

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### PHYSICAL EDUCATION PRAK SHASTRI 4<sup>TH</sup> SEMESTER

Written Test: 60 Internal Assessment: 40

THEORY (60 Marks)

Unit-I

### Test & Measurement in Sports

- Fitness Test SAI Khelo India Fitness Test in school: o Age group 5-8 yrs/ class 1-3. BMI Calculation.
- •50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).

#### Unit-II

### Physiology & Injuries in Sports

- Physiological factors determining components of physical fitness
- Effect of exercise on Muscular System
- Causes of sports injuries.
- Types of sports injuries

#### Unit -III

#### Biomechanics & Sports

- Newton's Law of Motion & its application in sports
- Equilibrium Dynamic & Static and Centre of Gravity and its application in sports Friction & Sports

#### Unit-IV

#### **Training in Sports**

- Concept of Talent Identification and Talent Development in Sports
- Introduction to Sports Training Cycle Micro, Meso, Macro Cycle.
- Types & Method to Develop Strength, Endurance and Speed.

#### PRACTICAL (40 Marks)

- Fitness Test: Abdominal, Upper body, Lower Body and Flexibility.
- Record File
- · Viva Voce

#### Reference Books:

\*Healthy and Physical Education (Revised Edition) Sarwaswati by, Dr. V K Sharma

\*Essential of Physical Education