

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,  
CHHATRAPATI SAMBHAJINAGAR.**



**Circular No./SU./Compulsory/2-Credits/Curriculum-UG/NEP.2020/43/2023.**

It is hereby inform to all concerned that, on the recommendation of All Faculty meeting held on 24 November, 2023 and the Academic Council meeting held on 30 November, 2023 has accepted the Following Curriculum of **as per the Norms of New Education Policy -2020 under the IKS, OJT, FP, CEP CC & RP as Compulsory Course of two Credits for all Faculties of Graduate Level** for the all Affiliated Colleges.

Sr. No.	Courses/Curriculum Name	
01.	<b>B.A., B.Sc., B.Com., B.S.W. &amp; B.F.A. etc.</b>	<b>First Year For First Semester.</b> 1. "Indian Knowledge System" 2. "Health & Wellness" <b>First Year For Second Semester.</b> 1. "Yoga Education & Fitness" 2. "Environmental Science"

This is effective from the Academic Year 2024-2025 and Onwards as appended herewith.

This Circular is also available on the University Website [www.bamu.ac.in](http://www.bamu.ac.in)

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus, ★  
Chhatrapati Sambhajanagar.-431004. ★  
Ref.No.SU/IKS/H&W/YE&FES/ES/2023/ ★  
Date:- 18-12-2023. 20705-17 ★★ ★

*Deputy Registrar,  
Academic Section*

**Copy forwarded with compliments to :-**

- 1] The Principals, All affiliated Colleges, University Campus & Sub-Centers, Dharashiv, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 2] The Director of Recognized Institutions, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 3] The Director, Board of Examinations & Evaluation, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 4] The Librarian, University Library, Dr. Babasaheb Ambedkar Marathwada University,
- 5] The Director, University Network & Information Centre, UNIC, with a request to upload the Circular along with its enclosures on University Website.
- 6] The Public Relation Officer,
- 7] The Deputy Registrar, Post Graduate Section,
- 8] The In-charge, [E-Suvidha Kendra],
- 9] The Record Keeper,

**Copy for information to :-**

- 1] All Heads of Section, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 2] The P.A. to the Vice-Chancellor, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 3] The P.A. to the Pro. Vice-Chancellor, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 4] The P.A. to the Registrar, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.

**DR. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
CHHATRAPATI SAMBHAJINAGAR**



**Syllabus of Indian Knowledge System**

**For B.A., B.Sc., B.Com., B.S.W., & B.F.A. etc.**

**(Common Across Faculty)**

**Two Credits**

**As Per National Education Policy-2020**

**From the Academic Year 2024-2025 & Onwards.**



## Course Title - मराठवाडयातील हस्तकला

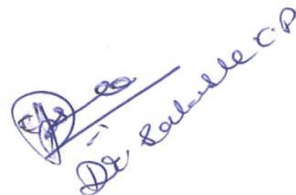
Credit 02 ( IKS Common Course)

Exam -30 mark Internal 20 mark total 50 mark

प्रस्तावना - मराठवाडयाला ऐतिहासीक काळापासुन कला व संस्कृतीचा अमुल्य वारसा लाभलेला आहे या वारश्याचा महाराष्ट्राच्या व देशाच्या संस्कृतिक जडण घडणीमध्ये सिंहाचा वाटा आहे. निजाम काळात / निजाम शाहीत मराठवाडयातील पाच जिल्हयांचा समावेश होता परंतु संयुक्त महाराष्ट्र चळवळी नंतर मराठवाडा हा औरंगाबाद (आजचे छत्रपती संभाजी नगर,) नांदेड, लातूर, परभणी, उस्मानाबाद (आजचे धाराशिव,) जालना, बीड, हिंगोली या आठ जिल्हानी व्याप्त आहे. अशा मराठवाडयात प्राचिन काळापासुन हस्तकलेचा विकास विविध कालखंडात झालेला अढळतो, ज्याचा परिणाम व्यापारीक व आर्थिक उलाढालीवर झालेला आढळतो. मराठवाडयातील हस्तकला नमुन्याचा व्यापार देशा अंतर्गत व युरोपातही होत असे. अशा सधन हस्तकलां विषयी नवनविन संशोधन अभ्यास करुन आजच्या काळातील व्यापारात व कलेत याद्वारे प्रगती करण्यास भरपुर वाव असुन यांचे पुनरुज्जीवन करुन कौशल्यपुर्ण तरुण पिढी या योगे आपली उपजिवीका साधु शकते.

मराठवाडयातील हस्तकलेचे प्रकार-

०१. पैठणी विणकाम व हातमाग वस्त्र उद्योग
०२. कुंभकला
०३. खेळणी कला
०४. हिमरु वस्त्र उद्योग
०५. पाशाण देवता मुर्ती , दगडी साधणे (पाटे, वरवंटे, जाते, उखळ)
०६. काष्ठशिल्प व लाकडी कोरीव काम
०७. बिंदरी कला
०८. लाखेच्या बांगच्या काम व धातुचे दागदागिणे
०९. लोकरीच्या घोंगडया बनविणे
१०. लोखंडी चिमटे, आडकिते, औजारे निर्मीती कला
११. चामडयाच्या वस्तु निर्मीतीची कला
१२. मंदीर निर्मीती व शिल्पकला
१३. कागद उद्योग

  
Dr. Salunke

वरील प्रकारच्या हस्तकलांची मराठवाड्यातील महत्वाची केंद्र पैठण, औरंगाबाद, लातूर, औसा, जितूर, नांदेड, कंधार, नेवासा, देगलूर, पुसद, दौलताबाद, कागजीपुरा, तेर, उदगीर व अन्य गावात हस्तकलाचा विकास मराठवाड्यात झालेला आढळतो.

संदर्भ ग्रंथ -

०१. सातवाहन कालीन महाराष्ट्र - डॉ. रा. श्री. मोरवंचीकर

प्रकाशक अरुण पारगावकर, सदाशिव पेठ पुणे

०२. सारम्या प्रतिष्ठाण नगरी (पैठणचे संस्कृतीक दर्शन )

प्रकाशक भारती इतिहास संकलन समिती

अधिक माहितीसाठी खालील व्यक्तीच्या ज्ञानाच्या उपयोग केला जाऊ शकेल.

०१. डॉ. दुलारी कुरेशी मो. 9600816098

०२. बिदरी मुकेश गवई मो. 9595361476

०३. (बिदरी) विजय मो. 9370774091

०४. मनियार लखरीन मो. 8806060786 (लाखकार / बांगड्या)

०५. नदिम मनियार मो. 9595014990 (लाखकार / बांगड्या)

Indian Knowledge system  
UG – I sem. IKS (General)  
B.A./B.Com./B.Sc

Courses :-

(Choose any one)

- १) मराठवाडयातील संतपरंपरा व संत वाङ्मय
- २) मराठवाडयातील ऐतिहासिक वास्तु वारसा
- ३) मराठवाडयातील हस्तकला
- ४) मराठवाडयातील जागतिक सांस्कृतिक वारसा (अजिंठा, वेरुळ) स्थळे
- ५) मराठवाडयातील गड व किल्ले
- ६) मराठवाडा मुक्ती संग्राम

समिती :-

डॉ. दासु वैद्य - अध्यक्ष

डॉ. पुष्पा गायकवाड

श्री. राम कलाणी

डॉ. अरुण वाहुळ



17

डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ, छत्रपती संभाजीनगर

TKS (General) अभ्यासक्रमाचे नाव : मराठवाडयातील संत आणि संत साहित्य

कालावधी ०६ महिने  
श्रेयांक : ०२

एकूण गुण १००  
तास ३०

Unit-I  
(15 Hours)

अभ्यासक्रम

१. मराठवाडयाचा परिचय

१.१.१ मराठवाडा भौगोलिक परिचय

१.१.२. मराठवाडा : सामाजिक, सांस्कृतिक, धार्मिक आणि राजकीय पार्श्वभूमी

२. मराठवाडयातील संत पुरुष

२.१ आद्यकवी मुकुंदराज

२.२ महात्मा चक्रधर

२.३ संत ज्ञानेश्वर आणि त्यांच्या परिवारातील संत

२.४ संत नामदेव आणि त्यांचे समकालीन संत

२.५ संत भानुदास व संत एकनाथ

२.६ संत दासोपंत

२.७ संत समर्थ रामदास

२.८ संत मन्मथ स्वामी

२.९ संत शेख महम्मद

३. मराठवाडयातील स्त्रि संत

३.१ संत महर्दबा

३.२ संत मुक्ताबाई

३.४ संत जनाबाई

३.५ संत बहिणाबाई

४. मराठवाडयातील संत साहित्य

४.१ संत ज्ञानेश्वर यांच्या परिवारातील संतांचे साहित्य

४.२ संत नामदेव व समकालीन संतांचे साहित्य

४.३ संत भानुदास, जनार्दन स्वामी आणि संत एकनाथांचे साहित्य

४.४ दत्त आणि वीरशैव संप्रदायातील साहित्य

४.५ समर्थ रामदास स्वामीचे साहित्य

४.६ संत शेख महम्मद यांचे साहित्य

४.७ स्त्री संतांचे साहित्य

संदर्भ साहित्य

१. समग्र मराठी वाङ्मयाचा संक्षिप्त इतिहास- खंड पहिला- डॉ. प्रशांत चौधरी

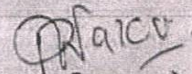
२. मराठी संत कवयित्रींचा इतिहास - डॉ. विद्यासागर पारंगणकर

३. वारकरी, संप्रदाय - शंकर दासुदेव अभ्यंकर

४. महाराष्ट्राचा भागवत धर्म - ज्ञानदेव आणि नामदेव - श्री. शंकर दामोदर पेंडसे

५. भागवतोत्तम संत एकनाथ - श्री. शंकर दामोदर पेंडसे

६. मराठवाडयाचा वाङ्मयीत इतिहास, प्रा. सतीश बडवे आणि प्रा. प्रल्हाद लुलेकर



डॉ. प्रविण वक्ते

समन्वयक

संतपीठ, श्रीक्षेत्र पेठण



<b>Course Code:</b> IKS02	<b>Type: Theory</b>	<b>No. of Credits: 02</b>	<b>Semester: I</b>
<b>Course Title:</b>	<b>Historic Architectural Heritage in Marathwada</b>		<b>Marks</b>
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>• To introduce the Historic Architectural Heritage of Marathwada.</li><li>• To understand various Historic Architectural Heritage &amp; their importance in the history of Marathwada</li><li>• To acquaint the students with the relevance and scope of historic architectural heritage</li></ul>			
<b>Unit</b>	<b>Course Content</b>		<b>Periods Hrs.- 30</b>
Unit – I	<b>Understanding Historic architectural Heritage in Marathwada</b> <ul style="list-style-type: none"><li>a. What is historical heritage- Term and Concept of historical heritage</li><li>b. Type of historic heritage</li><li>c. Importance of historic architectural heritage to understand history of Marathwada</li></ul>		15
Unit – II	<b>Historic architectural Heritage in Marathwada</b> <ul style="list-style-type: none"><li>a. Religious Architecture- Hindu, Buddhist, and Jain</li><li>b. Mughal Architecture</li><li>c. Non-religious historic architectural heritage</li></ul>		15

**Suggested Reading:**

1. Dhongde Sharvey & Ranade Jaidev, 'Aurangabad- Culture, Art and Architecture', INATACH Aurangabad Chapter, 2010
2. Dehejia Vidya, 'Early Buddhist Rock Temples: A Chronological Study, Thames and Hudson, 1972
3. Dhavalikar M K, 'Cultural Heritage of Mumbai', Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, Mumbai, 2016
4. Feldhaus Ann, *Connected Places: Region, Pilgrimage, and Geographical Imagination in India*, Palgrave Macmillan, New York, 2003
5. Jamkhedkar A. P, *Ajanta*, Oxford University Press, 2009

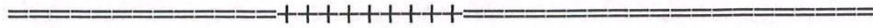


6. Michell George, *Buddhist Rock Cut Monasteries of Western Ghats*, Jaico Publishing House, Delhi, 2018
7. Naravane M. S., '*Forts of Maharashtra*', APH Publishing Corporation, New Delhi, 1995
8. Pandit Suraj, *Stories in Stone: Historic Caves of Mumbai*, Mumbai, 2013
9. Deo Prabhakar, '*The Temple of Marathwada*', Jaipur Publication Scheme, 1993
10. Deo S. B. & Dhavlikar M. K., '*Ajantha*', Marathi Vishwakosh, Maharashtra Rajya Vishwakosh Nirmitti Mandal, 1976.
11. Deshpande S.R., '*Daulatabad*', Marathi Vishwakosh Vol. 7, Maharashtra Rajya Vishwakosh Nirmitti Mandal, 1976
12. Deshpande M.N., '*The Rock cut caves of Pitalkhora in the Deccan*', 1959.
13. Gupte R. S. & Mahajan V.D., '*Ajanta, Ellora and Aurangabad Caves*', D. B. Taraporewala Sons & Co. Mumbai, 1965

#### **Marathi Books**

1. Dalvi Dawood, '*Leni Maharashtrachi*', Granthali Prakashan, Mumbai, 2004
2. Deshpande D. G., '*Maharashtratil Kille*', Diamond Publication, Pune, 2009
3. Degalurkar G. B., '*Verul Darshan*', Snehal Prakashan, Pune, 2008
4. Deglurkar G B, '*Paithan: Sanskrutik Darshan*', Bhartiya Itihas Sankalan Samiti, Pune, 2005
5. Pandit Suraj, '*Maharashtratil Baudha Leni*', Aparant, Pune, 2018
6. Paradkar Milind, '*Prachin Bharatiya Durgashastra Aani Hindavi Swarajyachya Don Rajdhanya-Ek Tulanatmak Abhyas*', Neelchampa Prakashan, 2011.
7. Jamkhedkar A. P., '*Maharashtra: Itihas Prachin Kaal, Vol 1-Sec. 2)*' Sthapatya va Kala, Mumbai Darshanika Vibhag, Maharashtra Rajya, 2002.
8. Mate M. S., '*Maraathwadyaache Kalavaibhav*',

(Designed By Prof. Sarjerao Bansode)





**Course Title - मराठवाड्यातील हस्तकला**

Credit 02 ( IKS Common Course)

Exam -30 mark Internal 20 mark total 50 mark

प्रस्तावना - मराठवाड्याला ऐतिहासीक काळापासून कला व संस्कृतीचा अमूल्य वारसा लाभलेला आहे या वारश्याचा महाराष्ट्राच्या व देशाच्या संस्कृतिक जडण घडणीमध्ये सिंहाचा वाटा आहे. निजाम काळात / निजाम शाहीत मराठवाड्यातील पाच जिल्ह्यांचा समावेश होता परंतु संयुक्त महाराष्ट्र चळवळी नंतर मराठवाडा हा औरंगाबाद (आजचे छत्रपती संभाजी नगर,) नांदेड, लातूर, परभणी, उस्मानाबाद (आजचे धाराशिव,) जालना, बीड, हिंगोली या आठ जिल्हानी व्याप्त आहे. अशा मराठवाड्यात प्राचिन काळापासून हस्तकलेचा विकास विविध कालखंडात झालेला अढळतो, ज्याचा परिणाम व्यापारीक व आर्थिक उलाढालीवर झालेला आढळतो. मराठवाड्यातील हस्तकला नमुन्याचा व्यापार देशा अंतर्गत व युरोपातही होत असे. अशा सधन हस्तकलां विषयी नवनविन संशोधन अभ्यास करून आजच्या काळातील व्यापारात व कलेत याद्वारे प्रगती करण्यास भरपुर वाव असून यांचे पुनरुज्जीवन करून कौशल्यपूर्ण तरुण पिढी या योगे आपली उपजिवीका साधु शकते.

मराठवाड्यातील हस्तकलेचे प्रकार-

०१. पैठणी विणकाम व हातमाग वस्त्र उद्योग
०२. कुंभकला
०३. खेळणी कला
०४. हिमरु वस्त्र उद्योग
०५. पाशाण देवता मुर्ती , दगडी साधने (पाटे, वरवंटे, जाते, उखळ)
०६. काष्ठशिल्प व लाकडी कोरीव काम
०७. बिंदरी कला
०८. लाखेच्या बांगच्या काम व धातुचे दागदागिणे
०९. लोकरीच्या घोंगड्या बनविणे
१०. लोखंडी चिमटे, आडकिते, औजारे निर्मिती कला
११. चामड्याच्या वस्तु निर्मितीची कला
१२. मंदीर निर्मिती व शिल्पकला
१३. कागद उद्योग

वरील प्रकारच्या हस्तकलांची मराठवाड्यातील महत्वाची केंद्र पैठण, औरंगाबाद, लातूर, औसा, जितूर, नांदेड, कंधार, नेवासा, देगलूर, पुसद, दौलताबाद, कागजीपुरा, तेर, उदगीर व अन्य गावात हस्तकलाचा विकास मराठवाड्यात झालेला आढळतो.

**संदर्भ ग्रंथ -**

०१. सातवाहन कालीन महाराष्ट्र - डॉ. रा. श्री. मोरवंचीकर  
प्रकाशक अरुण पारगावकर, सदाशिव पेठ पुणे
  ०२. सारम्या प्रतिष्ठाण नगरी (पैठणचे संस्कृतीक दर्शन)  
प्रकाशक भारती इतिहास संकलन समिती
- अधिक माहितीसाठी खालील व्यक्तीच्या ज्ञानाच्या उपयोग केला जाऊ शकेल.

०१. डॉ. दुलारी कुरेशी मो. 9600816098
०२. बिदरी मुकेश गवई मो. 9595361476
०३. (बिदरी) विजय मो. 9370774091
०४. मनियार लखरीन मो. 8806060786 (लाखकार्क / बांगड्या)
०५. नदिम मनियार मो. 9595014990 (लाखकार्क / बांगड्या)



(4)

**Dr. Babasaheb Ambedkar Marathwada University, Ch. Sambhajinagar**  
**B.A., B.Sc. & B.Com. First Year – First Semester**  
**Indian Knowledge System (IKS) General (Basket of Six Papers)**

- Choose any one (Out of six papers)
- Course/ Paper No. - 4
- Title of the Course: World Heritage sites of Marathwada
- Credits – 2
- Hours – 30

**Title - World Heritage sites of Marathwada**

- **Course Outcome (COs)**

CO 1: To Study the basic concept Cave temple.

CO2: To create awareness about Elora and Ajanta Cave.

CO 3: To put forth importance of Cave architecture & Sculpture in Elora and Ajanta.

- **Programme Outcome (POs)**

PO 1: You will get information about Indian art and architecture.

PO 2 : Ancient Indian religion and culture will be introduced.

PO 3 : There will be awareness about ancient historical heritage

- **Syllabus:**

Syllabus Course 2: World Heritage sites of Marathwada	Total Hrs :30
<b>Unit 1:</b> Concept of Cave Temple, Objectives of cave formation, Beginning and development of cave, Creation of Ajanta Caves, Ajanta Cave Sculpture and Painting	15 hrs
Chapter 1: Concept of Cave Temple, Objectives of cave formation, Beginning and development of cave, Chapter 2: Creation of Ajanta Caves Chapter 3: Buddha Deity Sculpture in Ajanta Chapter 4: Ajanta Cave Painting	
<b>Unit II:</b> Creation of Elora Caves, Cave architecture & sculpture in Elora	15 hrs
Chapter 5- Creation of Elora Caves Chapter 6: Buddhist Cave architecture & sculpture in Elora Chapter 7: Hindu Cave architecture & sculpture in Elora Chapter 8: Jain Cave architecture & sculpture in Elora	

(5)

**Dr. Babasaheb Ambedkar Marathwada University, Ch. Sambhajinagar**  
**B.A., B.Sc. & B.Com. First Year – First Semester**  
**Indian Knowledge System (IKS) General (Basket of Six Papers)**

- Choose any one (Out of six papers)
- Course/ Paper No. - 5
- ✓ • Title of the Course: Forts of Marathwada
- Credits – 2
- Hours – 30

**Title - ~~World Heritage sites of Marathwada~~**

- **Course Outcome (COs)**

CO 1: Explain the importance of Forts

CO2: Study of Forts in Marathwada

CO 3: Creating public awareness about the fort in Marathwada.

- **Programme Outcome (POs)**

PO 1: You will get information about defence system of historic period.

PO 2 : You will aware of Mega structure development in history .

PO 3 : There will be awareness about ancient historical heritage

- **Syllabus:**

Syllabus Course 2: Forts of Marathwada	Total Hrs :30
<b>Unit 1:</b> Definition of Fort, Type of Forts	15 hrs
Chapter- 1 : Definition of Fort Chapter- 2 : Type of Forts Chapter - 3 : Importance of Forts	
<b>Unit II:</b> Forts in Marathwada	15 hrs
Chapter - 4 : Forts in Marathwada Chapter – 5: Hill Forts and Bhuikot Fort forts in Marathwada Chapter – 6 : Daulatabad, Antur, Vetawadi, Taltam, Mahur, Naldurg, Khandar, Udgir, Auso, paranda, Dharur	



6

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**  
**CHHATRAPATI SAMBHAJINAGAR**  
**DEPARTMENT OF HISTORY AND ANCIENT INDIAN CULTURE**  
 NAAC Reaccredited With 'A' Grade  
**B.A. I st Year**

Corse Code:	Type : Indian Knowledge system	No of Credits : 02
Course Title	<b>Hyderabad Freedom Struggle (Marathwada Region)</b>	
Course Objectives	This Course will orient students about the basic knowledge of Indian liberation and Integration movement, specially Hyderabad Freedom struggle in Marathwada region. This course will engage with various conceptions of Marathwada mukti Sangram (Marathwada Liberation) It will provide critical understanding them about the varied nature of freedom movement and Liberation movement in princely states. It will informs about the participation of individuals, leaders and Institutions. It will also bring out ideological contours involved in Hyderabad freedom struggle.	
Course outcomes	1. To give basic Knowledge about Hyderabad Freedom Struggle among the student. 2. To enable to locate the difference between Indian freedom struggle and Hyderabad liberation movement. 3. To make understand the ideological and cultural contours. 4. To make aware the student about heritage places of Marathwada Mukti Sangram. 5. To groom the student in knowing the importance of regional history of Marathwada	
Unit	Course Content	Periods
Unit- I	<b>Colonial Paramountcy and Indian Freedom movement and the Struggle in Hyderabad princely state.</b>  A. Colonial Paramountcy : Concept of Narendra Mandal (Chamber of princes) and British policy towards princely state and question of liberation movement in Hyderabad region, Early revolts against Nizam.  B. Different Location of freedom: Indian national movement and the liberation movement in princely state of Hyderabad, Indian National Congress and the policy towards princely state.  C. Feudal regime of Nizam : Political social and cultural conditions, Economic and educational policies of Nizams. Socio-cultural, religious, educational activates against Nizam in Marathwada regain.	15
Unite- II	<b>Feudal regime of Nizam and final struggle for liberation movement in Hyderabad princely state: Marathwada region.</b> A. Arya sarnaj, Hindu Mahasabha and its works, state congress, Maharashtra sabha, Depressed class Associations, Hyderabad state scheduled class Federation.  B. Various participation, Jungal Satyagrahs, Umri bank event, Negotiations with Nizam, main leaders in mukti Sangram, Ganrajya Andolan, National School, Vyayam Shala, National Libraries.  C. Final surrender of Nizam : Military comps, Border camps, Various ideologies in movement, participation of Workers, peasants, Dalit' s and women. Mass participation in Hyderabad Freedom struggle, Communalism Hyderabad region Itihad-ul-muslmmen, Razakars violent. Police action and Nizam' s surrender. Heritage in Hyderabad region about Marathwad Mukti Sangram.	15

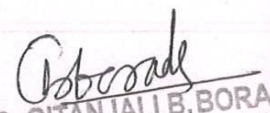


### Suggested Reading List

1. **Dr. Jayram R.** - Administrative system of the Districts of Marathwada under the nizams (1853-1935) unpublished thesis Dr. B.A.M.U. Aurangabad.
2. **Ramesan N.** - The freedom Struggle in Hyderabad Vol.IV.
3. **Kate P.V** - Marathwada Under the Nizam, 1724-1948, Mittal Publication, Delhi, 1987.
4. **Dhenge B.S.** - Hyderabad Freedom Struggle, Kalpana prakashan, Nanded filed 1998.
5. **Menon V.P.** - The story of the Integration of the Indian states, Bombay, 1969.
6. **Dr. M.A. Nayeem** - Jaico publication, Bombay 1987, The splendor of Hyderabad, Lasthase of an oriental culture (1591-1948)
7. **Regari** - Highlights on Andhra Freedom struggle Shiwaji press sunndrabad 1972
8. **Tirth Swami Ramanand** - Memories of Hyderabad Freedom Struggle 1967.
9. **Pagadi S.M.** - Freedom Struggle in Hyderabad : A connected Account Vol. I,II 1956.
10. **Prasad M.N.** - Operation polo. Police Action Against Hyderabad, ministry of Defence pub. 1948.
11. **Rajendra Prasad** - Asaf Jahas of Hyderabad : Their Rise & Decline Vikas Publication New Delhi 1948.

### Additional Reference Books:

१. अनंत भालेराव-हैदराबादचा स्वातंत्र्य संग्राम आणि मराठवाडा, मौज प्रकाशक, मुंबई, जानेवारी २००१.
२. स्वामी रामानंद तीर्थ- (संपा.), हैदराबादचा स्वातंत्र्य संग्रामाच्या आठवणी.
३. दिगंबर कुलकर्णी-हैदराबाद मुक्तिलढ्यातील अग्निशिखा, रेणुका प्रकाशन, औरंगाबाद, १९९७.
४. वी.पा. देऊळगावकर- युगप्रवर्तक स्वामी रामानंद तीर्थ यांची दैनंदिनी म.सा.प. आणि संस्कृती मंडळ, मुंबई, २०००.
५. लक्ष्मीकांत देशमुख / डॉ. वि.ल. धारकर- (संपा.) मुक्तिसंग्राम किरती प्रकाशन, औरंगाबाद, १९९८.
६. प्रा. नरहर कुरंदकर-हैदराबाद विमोचन आणि विसर्जन, म.सा.प. हैदराबाद, १९८५.
७. डॉ. सोमनाथ रोडे-हैदराबाद मुक्तिलढा आणि स्वामी रामानंद तीर्थ, अश्विनी प्रकाशन, लातूर, २००८.
८. डॉ. अनिल कठारे, डॉ. किशन केंद्रे- हैदराबादचा स्वातंत्र्य संग्राम आणि म. गांधीजी, पुनम प्रकाशन, कंधार, २००९.
९. डॉ. अनिल कठारे, डॉ. महादेव वाघमारे- हैदराबादचा स्वातंत्र्य संग्राम आणि मराठवाड्यातील दलित समाज, कल्पना प्रकाशन, नांदेड, २००६.
१०. डॉ. गायकवाड नरेंद्र- मराठवाड्यातील दलित चळवळ आणि हैदराबादचा स्वातंत्र्य संग्राम.
११. नरेंद्र चपळगावकर- कहाणी हैदराबाद लढ्याची, देशमुख आणि कंपनी पब्लिशर्स पुणे, प्रथमावृत्ती १९९९.
१२. अशोक परळीकर-हैदराबाद मुक्ती संग्रामातील कथा, राजहंस प्रकाशन, पुणे, १९७५.

  
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**DR. BABASAHEB AMBEDKAR  
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CHATRAPATI SAMBHAJINAGAR**



**Syllabus of Health & Wellness**

**For B.A., B.Sc., B.Com., B.S.W., & B.F.A. etc.**

**(Common Across Faculty)**

**Two Credits**

**As Per National Education Policy-2020**

**From the Academic Year 2024-2025 & Onwards.**

## **HEALTH AND WELLNESS**

**(2 Credits – 30 Hours)**

### **Objectives:**

1. To make aware about the concept of health and wellness with respect to physical, mental, social and emotional also to detail about the lifestyle of an individual with hypo-kinetic diseases.
2. To clear the idea about the nutritional aspects viz. balance diet, malnutrition and harmful effects of ergo-genic aids.
3. To make aware about obesity, overweight, underweight etc. and how to deal with these problems.
4. To make the students apply the theoretical knowledge into practicality through the assignments and practical projects.

### **Unit – I: (12 Hours):**

**Concept of Health and Wellness:** Definition, Aims and Objectives of Health (Physical, Mental, Social and Emotional) and Wellness; Importance and Scope of Health (Physical, Mental, Social and Emotional) and wellness; Modern concept of Health (Physical, Mental, Social and Emotional) and Wellness; Dimensions of Health and Wellness; **Wellness and Lifestyle:** Fitness – Understanding of Wellness; Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management; Physical Activity and Health (Physical, Mental, Social and Emotional) Benefits

### **Unit – II: (10 Hours):**

Introduction to nutrition, and types of nutrition: proteins, carbohydrates, fats, vitamins, minerals, water; balanced diet, daily caloric requirement and expenditure; Nutritional Value and requirement of food in relation to exercise, Malnutrition and obesity causes, effect, prevention and treatment, Harmful effects of nutritional ergo-genic aids.

### **Unit – III: (8 Hours):**

Weight management, meaning and concept, concept of BMI (Body Mass Index), WHR (Waist- Hip Ratio) Obesity, meaning, definition and types of obesity, obesity- causes and solutions of or over coming obesity; weight gain and weight loss diets; Steps of planning of weight

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Prof. P. S. Wakte

*Dr. C. P. Sankumale*  
21/11/23  
Page 1 of 3



management; balance diet for Indian school children; diet program for sports children.

### Practical:

1. Visit personally to any gym (or) ground (or) sports club where people come for regular exercises and fitness and calculate the BMI of minimum 50 members.
2. Make a survey on 50 members with hypokinetic diseases on their diet and life style habits.
3. Prepare a diet plan for healthy life-style of either young children (or) adults (or) Age old (or) Working Women (or) Pregnant women (or) those with hypertension and hyper glycaemia.
4. Make a survey on health and lifestyle of those who are suffering from occupational hazards on any one of them viz. Bankers, Corporate sectors, IT employees, teachers, beauticians, tailors, traffic policeman, flour mill workers, cooks, cobblers etc.

### REFERENCES:

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,
2. Drew Ramsey, M.D. Eat To Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks
3. Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
4. David AspreySharkey, B. J. Fast This Way (How To Lose Weight, Get Smarter, and Live Your Longest, Healthiest Life With the Bulletproof Guide to Fasting) by (1990).
5. Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinal Metab.* 93(6), 2027-2034.
6. 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.
7. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a Meta analysis. *Is J ObstetGynecol*, 197(3), 223-228.
8. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
9. Melvin H.Williams, Nutrition for Health, fitness and Sports, 7th edition, MC Graw Hill international Edition, 2005.
- 10.MichealJ.Gibney, Ian A Macdonald and HelanM.Roche, Nutrition and Metabolism, Blackwell Publishing Company, Bangalore, Reprint 2004.

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Prof. P. S. Wale

*CP*  
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Dr. C. P. Soni

11. Steven Gundry, M.D. The Energy Paradox: What To Do When Your Get-Up-and-Go Has Got Up and Gone
12. Brich C.G. Spencer M and Cancerron, A.G Food Science, Pergamon Press, New York, 1977.
13. Shatrunjay K. and Makarand J., Scientific Principles of Sports Training, Chhaya Publications, Aurangabad 2003
14. Shatrunjay K., Scientific Coaching Manual For Martial Arts, Rana Graphics and Publications, Hyderabad, 1997
15. Gopalan. C, Ramasastry, P.N, Balasubramanian, S.C. Nutritive value of Indian Foods, National Institute of Nutrition, Hyderabad, 1977. B.Sc. Nutrition, Food Service Management and Dietetics : Syllabus (CBCS) 20
16. Growworld. R.H, The experimental study of foods. Houghton Mifflin Co, Boston, 1972.
17. Swaminathan. M, Food Science and Experimental foods. Ganesh and Co, Madras, 1979.
18. Mudambi. S.R, Rao, S.M. Food Science, Wiley Eastern Ltd, New Delhi, 1986
19. Dick, W. F. (1980). Sports training principles London: Lepus Books.
20. Harre, D. (1982). Principles of sports training Berlin: Speculated.
21. Jensen, R. C. & Fisher, A.G. (1979) scientific basis of athletic conditioning Philadelphia: Lea and Fibiger, 2nd Edn.
22. Matvyew, L.P. (1981). Fundamental of sports training Moscow: Progress Publishers.
23. Singh, H. (1984). Sports training, general theory and methods Patials: NSNIS.
24. Uppal, A.K., (1999). Sports Training New Delhi: Friends Publication.

### Outcomes:

1. After completion of first unit the students will have the conceptual idea about health and wellness with respect to physical, mental, social and emotional also they are enlightened with the lifestyle of an individual with hypo-kinetic diseases.
2. The students will have clear idea about the nutritional aspects viz. balance diet, malnutrition and harmful effects of ergo-genic aids.
3. The students can make out about the awareness of obesity, overweight, underweight etc. and how to deal with these problems.
4. Through implementation of practical the students will be able to apply the theoretical knowledge into practicality through the assignments and practical projects.

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01/11/23

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Page 3 of 3



**DR. BABASAHEB AMBEDKAR  
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CHATRAPATI SAMBHAJINAGAR**



**Syllabus of Yoga Education & Fitness**

**For B.A., B.Sc., B.Com., B.S.W., & B.F.A. etc.**

**(Common Across Faculty)**

**Two Credits**

**As Per National Education Policy-2020**

**From the Academic Year 2024-2025 & Onwards.**

**Dr Babasaheb Ambedkar Marathwada University Chhatrapati Sambhajinagar.**

**Yog syllabus**

**Course objectives:**

1. Understand and perform skill of yog asanas.
2. To promote yoga as holistic health and human values.
3. Gyne knowledge and benefits about Pranayam and Dhyan.
4. Increase the awareness regarding stress, healthy living and life style.
5. Increase the awareness of yogik diet, food and nutrition.

**Unit I Theory:**

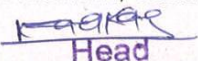
- a) Introduction and definition of yog.
- b) Fundamental concept of yog, relationship of yog and health, physical fitness.
- c) Yogic Sukshma Vyayam, Patanjali ashtang yog Sutra, different types and benefit of asanas. (Minimum two in each pose)
- d) Suryanamaskar and its benefits.
- e) Different types of Pranayam (minimum three) and their benefits.
- f) Dhyan and its importance.
- g) importance of diet, food and nutrition.

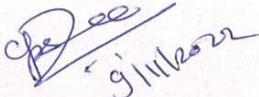
**Unit II Practical**

- a) Prayer
- b) Sukshma vyayam and warm up.
- c) Practice of asanas like, Tadasan, Trikonasan, Ardha ushrasan, Shashakasan, Bhujangasan, Shalabhasan, Setubandhasan, Pawanmuktasan, shawasan etc.
- d) Thoracic breathing & Abdominal breathing, Pranayam like Anulom Vilom, Kapalabhati, Bhramari & Shitali.
- e) Dhyan.

**Books recommended:**


1. आनंद योग, श्रीकृष्ण व्यवहारे, घंटाळी प्रकाशन, ठाणे. 1991
2. Light on yoga, B.K.S Iyengar, Harper Collins publisher, New Delhi, 2005.
3. Asana Pranayam mudra bandha, Swami Satyendra Saraswati, yoga publication trust, 1997.

  
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- 4 . Patanjali yog Sutra, Swami Vivekanand, Geeta press Gorakhpur.
5. Pranayam Rahasya, Swami Ramdev, Divya Prakashan Patanjali yogpith Haridwar, 2009
6. भारतीय मानसशास्त्र पतंजली योगदर्शन, कृष्णाजी कोल्हटकर, आदित्य प्रतिष्ठान पब्लिकेशन.2016
7. Yoga professionals official guide book for level 1., Quality council of India, Excel books, New Delhi, 2016.
8. Suryanamaskar, Saraswati, Swami satyanand, Bihar school of yoga, Munger, 2006.
9. Yogik sukshma vyayam, Brahmchari Swami Dharendra, Dharendra yoga publications, New Delhi. 1986.
10. योग साधना एवं योग चिकित्सा रहस्य, स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ हरिद्वार, 2018.

  
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CHATRAPATI SAMBHAJINAGAR**



**Syllabus of  
Environmental Education  
For B.A/B.Sc./B.Com  
(Common across Faculty)**

**As per National Education Policy-2020**

**From the Academic Year 2024-25 & Onwards.**

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**Syllabus for VEC-2 (Ability Enhancement Course) Environmental Science  
(Common across Faculty)**

**Title of the Course: Environmental Education**

**Course Objectives**

**Students will be able to know**

1. The management of natural resources and importance of biodiversity in our life.
2. In-situ and ex-situ conservation of biodiversity and endangered and endemic species in India.
3. Renewable energy sources for its sustainable use and green initiatives to be undertaken in future.
4. Management of pollutants through mitigation measures as well as global environmental issues.

**Unit-I : Natural Resource Management:**

**8.Hrs**

- i) **Air:** Composition of Air, Structure and Composition of Atmosphere, Various air pollutants, Effects of air pollution, Air pollution control devices, Air Quality management.
- ii) **Water:** Global Water Balance (GWB), Types of water : Fresh water and Marine water, Surface water sources: Lakes, Streams, Rivers, etc., Underground water sources: Infiltration galleries, Infiltration wells, Types of Lake , (Oligotrophic , Mesotrophic and Eutrophic), Hydrological cycle, Rain water harvesting, 3R's for conservation of water: Reuse, Reduce, Recycle.
- iii) **Soil :** Structure and composition of Soil, Types of Soil, Properties of Soil : Physical and Chemical Soil profile, Formation of Soil, Soil Erosion, Soil pollution : Causes and remedies, Nutrients present in soil.
- iv) **Biodiversity:** Definition, Species and ecosystem diversity, Values of biodiversity, Loss of biodiversity, Hotspots of biodiversity, Threats to biodiversity, Endangered and endemic species in India, Conservation of biodiversity: In-situ and ex-situ conservation of biodiversity, Convention on Biological Diversity (CBD)

**Unit-II : Sustainable Energy resources and Green Initiatives:**

**8. Hrs**

- A. Sustainable Energy, defining energy, aspects of energy production and consumption, local regional and global environmental effects of energy, fossil fuels and fossil energy, nuclear power, renewable energy, biomass energy, geothermal energy, hydropower solar energy, wind energy, ocean waves, tides and thermal energy conversion , electric power energy, industrial energy usage.
- B. Green economy, green jobs, energy economics in ecosystems, green technology and renewable energy efficiency, low carbon vehicles, green choices, green living, zero waste creative's, urban gardens, green buildings, green products, green polices, green future, eco-labeling, ecommerce, green claims, eco-tourism, eco-feminism, electric vehicles.

**Unit-III : Environmental Pollution and mitigation Measures:**

**8.Hrs**

1. General Introduction of Pollutions.
2. **Water Pollution:** Sources of water pollutions pollution of receiving waters, water quality requirements and monitoring, water pollution status in India, water pollution control / their mitigation.
3. **Air Pollution :** Sources of Air pollution, effects of air pollutants on human and vegetation, Air pollution control / mitigation studies- Absorption adsorption, incineration, condensation, bughouses and filters, electrostatic precipitators, scrubber etc.
4. **Solid and Hazardous waste Management :** Waste generation and characteristics, current managements practices, Action plan for MSWM, hazardous waste management, biomedical waste management, legal and institutional frame work .
5. **Global Environmental Issues :** Greenhouse effect and control strategies, Ozone depletion and control strategies, acid rain and control strategies, deforestation and control strategies.

**Activities to Perform (Any Two) :**

**12 Hrs**

1. Visits to the local heritage sites
2. Identification and Quantification of plants in your city/area/colony.
3. Visits to water reservoirs in your city.
4. Identification of wells and bore wells used for drinking purpose.
5. Survey of Municipal solid waste.
6. Survey of Sewage water drainage system.
7. Cleanliness in your local colony.
8. Reduce, Reuse, recycling of plastic waste/organic waste etc.
9. Visit to water purification treatment plant
10. Survey of playgrounds in your schools or premises
11. Health survey of traffic police
12. Health survey of rag pickers.
13. Identification of bird's status in urban / rural area.
14. Observation of vegetation in urban / rural area.
15. Identification of major / local environmental Problems in your area.
16. Survey and status of public health centers in your area.
17. Visit to study biomedical waste treatment plant.
18. Survey of biomedical waste generated in private / government hospitals.
19. Social survey of Environmental Awareness / Environmental programmes.
20. Personal Contribution for Environmental Management.
21. Survey / monitoring of noise, crackers, flower waste during festivals.



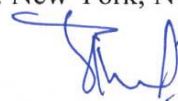
### Course Outcomes:

#### Students should be able to

1. Identify the status of natural resources and the value of biodiversity.
2. Describe in-situ and ex-situ conservation measures of biodiversity and endangered species in India.
3. Renewable energy use for sustainable green growth such as use low carbon vehicles, green choice and green living.
4. Environmental pollution measures, solid and hazardous waste management and the global environmental issues.

### Books Recommended:

1. Principles of Ecology-P.S.Verma and V.K. Agarwal
2. Fundamentals of Ecology-Odum E.P.
3. Principles of Environmental Science-Wart K.E.F.(1973) Mc Graw Hill book Company.
4. Ecology and Environments-P.D.Sharma
5. Elements of Ecology-P.D.Sharma
6. Ecology-M.P.Arora
7. Basic Ecology-E.P. Odum
8. Concept of Ecology-E.J.Koromondy,1996, concept of modern biology series, Prentice Hall.
9. Modern Concepts of Ecology-H.D.Kumar
10. Principles of Environmental Biology-P.K.G.Nair,Himalaya Pub. House, Delhi
11. Ecology by N.S.Subrananayam and A VSS Sambamuthy
12. Basic Ecology – E.P. Odum
13. Modern Concepts of Ecology – H.D. Kumar
14. Principles of Environmental Biology – P.K.G. Nair, Himalaya pub. House, Delhi
15. Environmental Biology – P.D. Sharma, Rastogi Publication, Meerut.
16. Ecology and Environment - P.D. Sharma, Rastogi Publication, Meerut
17. Environmental Science – Enger, Smith, Smith, W.M.C. Brown company publishin
18. Dr.Satish Patil, (2020) Green Economy, International Publications, Kanpur (ISBN 978-81-945988-9-3).
19. Dr,Satish Patil, Geetanjali Kaushik, Arvind Chel & Shivani Chaturvedi, Biofuels: Advances and Prespectives (2018), Stadium Press India pvt.Lt.(ISBN 93-85046-22-5)
20. Varma, R,S,Advances in Green Chemistry : Chemical Syntheses using Microwave Irradiation, Kavitha printers: Bangalore, india,2002.
21. Martin Charter and Ursula Tischner Sustainable solution : Developing products and series for the future Greenleaf Publishing.
22. Text book of Environmental Studies (2010): Erich Bharucha, Universities press.
23. Lancaster, M. Green Chemistry : An Introductory Text, Royal Society of Chemistry : Cambridge, 2002.
24. Allent, D.T. and D.R.Shonnard, Green Enginnering: Environmentally conscious desing of Chemical processes, Prentice hall PTR : Upper Saddle River, NJ, 2001.
25. Matlack. A.S. Introduction to Green Chemistry marcel Dekker: New York, NY, 2001.



26. Environmental Science by S.C. Santra, New Central Book Agency, New Dehli.
27. A textbook of Environmental Studies by D.K. Astana S. Chand and Company New Delhi
28. A textbook of Environmental Science by R.N Trivedi, Anmol Publication Pvt Ltd.
29. Soil Pollution and Soil Organism-P.C.Mishra, Ashish Pub. Home.
30. Soil Conservation-Norman Hudson, IInd Ed, and English language book Soc.
31. Soil and Water Conservation-Resurges, Standard Pub.And distributor.
32. Waste and waste water engineering by R.C Rangwala.
33. Waste and waste water engineering (Vol. II) by Fair/Geyer/Ocun.
34. B.K Sharma – Environmental chemistry –Goel publication.
35. A.K. De - Environmental Chemistry.
36. Tyagi and Mehra - Environmental Chemistry.
37. Trivedi P.R & Raj Gurdeo - Environmental water and soil Analysis, Akasdeep Pub. House, New Delhi.
38. V.K.Alhuwalia, Environmental Chemistry Ahe books, India.
39. S.P. Misra and S.N. Pandey – Essential Environmental studies- Ane books Pvt. Ltd.
40. Abbasi.S.A. 1998. Environmental pollution and its control. Cogent International, Pondichery.
41. Gosh. Environmental Pollution.
42. Rajvaidya. Environmental pollution control.
43. Agarwal. Water pollution
44. Khopkar. Environmental Pollution.
45. Daneil.A.Vallero. Environmental contamination Assessment and control.
46. A.K.tripathi, S.N.Pandey, Water Pollution.

