

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course Title : NCC – 1

No. of Hours: 30 Hrs.

Course Code: 21ECA1NCC1

Credits: 1

Objectives

- To discuss concepts of NCC Motto, NCC Flag, Aims of NCC, Cardinal points of NCC and classify Ranks in Army, Navy and Air Force – Honors and Awards
- To understand the concept of Sociability: Social skills, Values / Code of Ethics, analyse good and bad posture, Contribution towards Social Welfare and to Eradicate Social Evils, Drug Abuse, Anti-Corruption.

Course Outcomes

CO1: Identify the concepts of NCC Motto, NCC Flag, Aims of NCC, Cardinal points of NCC.

CO2: Comprehend the concepts of sociability and analysis of good and bad posture.

CO3: Analyze the contribution of Youth towards Social Welfare.

UNIT-I: INTRODUCTION TO NCC

(8 Hrs.)

Introduction, NCC Motto, NCC Flag, Aims of NCC, Cardinal points of NCC, Organization of defense forces in general, NCC Song, NCC pledge, Incentives of NCC, Ranks in Army, Navy and Air Force – Honors and Awards.

UNIT-II: PERSONALITY DEVELOPMENT & LEADERSHIP

(8 Hrs.)

Introduction to Personality Development, Factors Influencing / Shaping Personality: Physical, Social, Psychological and Philosophical. Aim and principles of posture training and its importance, Analysis of good posture, causes of bad posture and preventive measure. Values/ code of ethics.

UNIT-III: SOCIAL SERVICE & COMMUNITY DEVELOPMENT ACTIVITIES (8 Hrs.)

Basics of Social Service, Contribution of Youth towards Social Welfare, NGOs and their Role and Contribution, Social Evils, Drug Abuse, Anti-Corruption awareness, Child labour, Save Girl Child, Counter Terrorism, Eradication of Illiteracy – Aids awareness program, Cancer awareness program.

Co-curricular Activities Suggested: (6 Hrs.)

1. Invited Lecture by NCC Officers, GCI, PI Staff, Adventure activities instructor
2. Visit to Military Academy and NDRF

References:

Cadet's Hand Book- Common Subject, All Wings, by DG NCC, New Delhi

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA-8

(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course Title: NSS - 1

No of Hrs.60

Course Code: 21ECA1NSS1

Credits: 1

Objectives:

- To develop capacity to meet emergencies and natural disasters
- To practice national integration and social harmony and
- To utilize their knowledge in finding practical solutions to individual and community problems.

Course Outcomes:

CO1: Serve the cause of society through survey, education and awareness programmes.

CO2: Provide necessary basic information and awareness to the community on health related concepts, protection of environment, social issues etc.

CO3: Take steps to develop community assets, infrastructure and preserve natural resources of the country.

Unit-I:

- a) NSS - History and its Objectives.
- b) Organizational structure of N.S.S. at National, State, University and College levels.
- c) Advisory committee and their functions with special reference to college

Principal, Programme officer, N.S.S. group leader and N.S.S. volunteers in the implementation.

Unit-II: Special Camping programme

- a) Nature and its objectives
- b) Selection of camp site and physical arrangement
- c) Organization of N.S.S. camp through various committees and discipline in the camp.
- d) Activities to be undertaken during the N.S.S. camp.
- e) Use of the mass media in the N.S.S. activities.

Unit-III: N.S.S. Regular Activities

- a) Traffic regulation
- b) Working with Police Commissioner's Office
- c) Working with Corporation of Chennai
- d) Working with Health Department
- e) Blind assistance
- f) Garments collection
- g) Non-formal education
- h) 'Environmental Education, Awareness and Training (EEAT)'
- i) Blood donation

Reference Books:

1. National Service Scheme Manual, Government of India.
2. Training Programme on National Programme scheme, TISS.
3. Orientation Courses for N.S.S. Programme officers, TISS.
4. Case material as Training Aid for field workers, Gurmeet Hans.
5. Social service opportunities in Hospitals, Kapil K.Krishan, TISS.
6. Social Problems in India, Ram Ahuja

(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course Title: Sports/Games - 1

Course Code: 21ECA1SG1

No. of Hours: 30 Hrs

Credits: 1

Objectives

- To obtain the knowledge of different sports & games.
- To demonstrate the sports activities and games skills.

Outcomes:

At the end of this course the students will able to

CO1: Demonstrate adequate knowledge and competencies needed to be successful sports management professionals in a variety of settings.

CO2: Apply critical thinking and reasoning skills as sports persons.

1.Sports: Athletics > Running, Jumping and Throwing 10 Hrs

- Introduction
- History
- Rules
- Events
- Categories
- Players
- Officials
- Venues

2.Games: Basket Ball	10 Hrs
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- Introduction
- History
- Rules
- Events
- Categories
- Players
- Officials
- Venues
- Court Marking
- Cards
- Timings
- Awardee winners

3.Game: Volley Ball

10 Hrs

- Introduction
- History
- Rules
- Events
- Categories
- Players
- Officials
- Venues
- Court Marking
- Cards
- Timings
- Awardee winner

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8

(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course title: Classical Dance – 1

Course Code: 21ECA1CD1

No. of Hours: 30 Hrs.

Credits: 1

Objectives

- To obtain the knowledge of different dance forms from various cultures.
- To demonstrate the knowledge through depicting different dance forms.

Course Outcomes

CO1: Differentiate the Hand gestures, eye and neck movements.

CO2: Demonstrate their knowledge through formal and informal performances.

CO3: Identify different dance forms.

1. Prarthana Slokas

Practice: Tham digi digi thi -3 **(3 Hrs.)**

2. Asamyuta Hasta Mulu-28 vani Perlato

Practice: Thayhi Thayhi DiTham-4 **(4 Hrs.)**

3. Samyutha Hastha Mulu-24 vani Perlatho

Practice: Thayhi Thayhi DiTham-4 **(4 Hrs.)**

4. Bhartiya Shastriya Nrutya Retulu-Rastramula Perlu

Seero Bedhamulu-9

Practice: Tho Dhimi-3 **(4 Hrs.)**

5. Greeva Bedhamulu -4, Drishti Bedhamulu-8 **(4 Hrs.)**

Practice:Di Dhi Thi-2

6. Bhru Bedhamulu-6

Practice:Tham Thatta Dhimda-1 **(3 Hrs.)**

7. PariBhasha Padamulu-Natyamu, Nruthamu, Nrutyamu,

Lasyamu, Thandavam **(5 Hrs.)**

Slokamulu: Angikam- GuruBhramha **(3 Hrs.)**

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA-8
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SYLLABUS

Course Title: Zumba Dance - 1

Course Code: 21ECA1ZD1

No. of Hours: 30 Hrs.

Credits: 1

Course Description

Students will participate in an aerobic format Latin style dance designed for cardiovascular development, muscle toning and flexibility. The Zumba fitness classes teach easy to follow steps/movements and choreographed routines displaying the basic rhythms (salsa, merengue, cumbia, reggaeton, and bachata) for total body conditioning.

Objectives

- To participate in a variety of Latin based choreographed dances.
- To create an interval workout to improve their fitness and allow them to improve/maintain their cardiovascular levels and improve body composition.
- To develop muscle memory in their core area in order to use the core muscles to burn fat in their workout.

Course Outcomes

After successful completion of this course, the student will be able to:

- Improve their cardiovascular system through aerobic exercise.
- Identify ways to increase muscle strength, tone and flexibility.
- Demonstrate knowledge of Latin dance steps and movements.

UNIT-I: Zumba Introduction

5 Hrs.

- a) What is a Zumba programme?
- b) Benefits of Zumba Fitness.
- c) About Zumba Fitness, LLC
- d) About Beto

UNIT-II: The Warm-Up & Cool down

5 Hrs.

- a) Purpose of the Warm-Up
- b) Purpose of the Cooldown
- c) Instructor Safety Tips

The Zumba Formula

- a) The Three Elements of the Zumba Formula
- b) Anatomy of a song

UNIT- III: Zumba Basic Steps**5 Hrs.**

- a) Zumba Basic Steps for Merengue
- b) Zumba Basic Steps for Salsa
- c) Zumba Basic Steps for Cumbia
- d) Zumba Basic Steps for Reggaeton

Skill/Hands-on/**15 Hrs.****References**

1. "Cross-Training for Dummies," by Tony Ryan and Martica Heaner
2. "Lift to Get Lean," by Holly Perkins
3. "Strong: Nine Workout Programs for Women to Burn Fat," by Lou Schuler and Alwyn Cosgrove

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
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SYLLABUS

Course Title: Yoga - 1
No. of Hours: 30 Hrs.

Course Code: 21ECA1YG1
Credits: 1

Objectives

- To understand the importance of yoga in physical and mental health.
- To strengthen the students to meet the external challenges .

Course Outcomes

CO1: State the relevance of Yoga in everyday life.

CO2: Identify the historical aspects of Yoga.

CO3: Execute different asanas.

UNIT-I:(10 Hrs.)

Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga.

UNIT-II:(10 Hrs.)

Yoga in different text -Ved, Upnishad, Geeta, Ayurveda, Patanjali yoga sutra, Tantra.

UNIT-III:(10 Hrs.)

Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga; Essentials of yoga practices –Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga

References :

1. A Synthetic approach to Diet and Nutrition, Ghosh, A.K. Swami Mangalteerthama Nutan Publication, Deoghar, 2005.
2. Anatomy and Physiology of Yogic Practices Gore, M.M., New Age Books, New Delhi, 2007. Practitioner.

MARIS STELLA COLLEGE (AUTONOMOUS) VIJAYAWADA
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SYLLABUS

Course Title: Extention Activity - 1

Course Code: 21ECA1EA1

No. of Hours: 30 Hrs.

Credits: 1

Objectives

- To develop awareness and better understanding of the communities they live in.
- To become caring and committed individuals towards society.

Course Outcomes

CO1: Identify the socio-economic issues of community.

CO2: Develop leadership and problem solving skills.

CO3: Exhibit sense of social responsibility.

UNIT-I: INTRODUCTION

(5 Hrs.)

1. Introduction of STARS and nature of Community Service
2. Need of community service
3. Different means of community service.

UNIT-II: Organisation of Community Service

(8 Hrs.)

1. Identification and study of Targeted groups
2. Work with NGOs
3. Environmental Issues

Practical: (17 Hrs.)

1. Visit of - Old Age Homes, Orphanage's and differently Disabled Groups.
2. Organise Environment awareness programmes.
3. Organise Socio-economic survey to identify the target group.

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
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Syllabus

Course Title: Martial Arts – 1

No. of Hours: 30 Hrs.

Course Code: 21ECA1MA1

Credits: 1

Objectives:

- Martial arts are codified systems and traditions of combat practiced for a number of reasons such as self-defense; military and law enforcement applications; competition; physical, mental, and spiritual development; entertainment; and the preservation of a nation's intangible cultural heritage.

Course Outcomes:

At the end of this course the student will be able to:

CO1 : Repetitive movements like high kicks, low stances, fancy footwork, and ground maneuvering improve flexibility and mobility which will benefit your overall health.

CO2 : One obvious benefit to learning martial arts is an improved ability to perform self-defense maneuvers in situations where there is a real threat.

UNIT –I

10Hrs

1. History - Historical martial arts
2. Folk Styles
3. Modern history

UNIT – II

10Hrs

1. Variation and Scope
2. Strikes
3. Grappling

UNIT – III

10Hrs

1. Health and fitness benefits
2. Self – defense, military and law enforcement applications

MARIS STELLA COLLEGE (AUTONOMOUS) VIJAYAWADA
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Syllabus

Course Title: Painting & Maggam - 1
No. of Hours: 30 Hrs.

Course Code: 21ECA1PM1
Credits: 1

Objectives

- Develop the fundamentals of Painting.
- To increase the customer base and boost revenue.

Course outcomes

CO1: Enjoy paintings as a medium of expressions

CO2: Appreciate the beauty in lines, forms and colors

CO3: Apply the fundamentals in painting

Unit-I: (5 Hrs.)

History of Indian painting:- (Primitive to Pahari) Introduction of art, Pre - historic Painting in India, Indus Valley, Jogimara, Ajanta, Bagh, Badami, Sittanvasal, Ellora, Elephanta, Tanjavur, Pal school & Jain school of Painting . Practical:

Unit-II: (5 Hrs.)

Free Hand Drawing:- (Out Door) – Free hand Drawing from Nature, Animals, Birds, Human etc. in different posture - Practical:

Unit-III: (5 Hrs.)

Outline- Filling – Shading – Water Technique – One stock painting

Skills/ Hands on: (15 Hrs.)

1. Knowledge of art material
2. Create realistic images
3. Drawing skills and techniques
4. Oil and water colour painting
5. Active listening

References:

1. Manual Reference

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8

(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course Title: Music - 1

Course Code: 21ECA1MS1

No. of Hours: 30 Hrs.

Credits: 1

Objectives

- To improve social, language and discipline skills.
- To enhance understanding and appreciation of the arts, and foster interaction between music and the liberal arts.

Course outcomes

CO1: Demonstrate comprehensive technical and artistic competencies in the major performing area.

CO2: Apply knowledge of content in music education.

CO3: Coordinate different motions at the same time.

UNIT-I:(10 Hrs.)

Introduction to music- Objectives, need, importance, sarali svaralu

UNIT-II:(10 Hrs.)

Meaning of janta svaralu, practice of janta svaralu

UNIT-III:(10 Hrs.)

Alankaralu-Practice

Reference:

1. Manual Reference

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
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SYLLABUS

Course Title: NCC - 2

Course Code: 21ECA2NCC1

No. of Hours: 30 Hrs.

Credits: 1

Objectives

- To understand the history of Indian Military, Civil Defence and organisation of Disaster Management.
- To learn the techniques of home nursing.

Course Outcomes

CO1: Discuss the history of Indian Military.

CO2: Identify the duties & services of Civil Defence and organisation of Disaster Management.

CO3: Comprehend the characteristics of Home Nursing and preparation of sick room.

UNIT-I: Military History

(8 Hrs.)

Biography of Indian historical leaders, Chatrapathy Shivaji, Maharana Pratap, Akbar, famous battles or wars, Indo-Pak war, Kargil war 1971

UNIT-II: CIVIL DEFENCE AND DISASTER MANAGEMENT (8 Hrs.)

Civil Defence: Meaning, Organization and its Duties, Civil Defence Services, Fire Fighting: Meaning, Mode of Fire, Fire Fighting Parties, Fire Fighting Equipment.

Disaster Management, Classification of Disaster: Natural Disaster & Man Made Disaster, Disaster Management During Flood, Cyclone and Earth Quake, Assistance in Removal of Debris, Collection and Distribution of Aid Material, Message Services.

UNIT-III: HOME NURSING**(8 Hrs.)**

Introduction to Home Nursing, The Roller Bandage and its Application, The Sick Room: Preparation, Cleaning and Lighting, Ventilation. Pulse, Respiration and Temperature Taking and Recording. Observation of the Sick Signs and Symptoms to be noted. Feeding a Helpless Patient. Medicines and their Administration. Fever, Infection, Disinfection and Specific Infectious Diseases. Operation: After care, Dressing of Wounds. Poisons and First Aid.

Co-curricular Activities Suggested: (6 Hrs.)

1. Invited Lecture by NCC Officers, GCI, PI Staff
2. Visit to Military Academy and NDR

References:

1. Cadet's Hand Book- Common Subject, All Wings, by DG NCC, New Delhi
2. Cadet's Hand Book -Specialized Subject, Army, Navy, and Air – Force by DG NCC, New Delhi.

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA-8
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SYLLABUS

Course Title: NSS – 2
No of Hrs: 60Hrs

Course Code: 21ECA2NSS1
Credits: 1

Objectives:

- To develop a democratic attitude and acquire leadership qualities.
- To gain skills and competence required for group-living, sharing of responsibilities and organizing participation to the community.
- To develop civic and social responsibilities.
- To serve the cause of society through survey, education and awareness programmes.

Course Outcomes:

CO1: Relief work during natural calamities/emergencies.

CO2: Will have the exposure and experience for community service.

CO3: Become a sensible human being who understands human nature & accomplish social leader and also as an efficient administrator.

Unit-I: National Integration

- a) Need of National integration
- b) Various obstacles in the way of National Integration; such as caste, religion, language and provisional problems etc.

Unit-II: N.S.S. Regular Activities

- a) Traffic regulation
- b) Working with Police Commissioner's Office
- c) Working with Corporation of Chennai
- d) Working with Health Department
- e) Blind assistance
- f) Garments collection
- g) Non-formal education
- h) 'Environmental Education, Awareness and Training (EEAT)'
- i) Blood donation

Reference Books:

1. National Service Scheme Manual, Government of India.
2. Training Programme on National Programme scheme, TISS.
3. Orientation Courses for N.S.S. Programme officers, TISS.
4. Case material as Training Aid for field workers, Gurmeet Hans.
5. Social service opportunities in Hospitals, Kapil K.Krishan, TISS.
6. Social Problems in India, Ram Ahuja

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA-8
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SYLLABUS

Course Title: Sports/Games - 2
No. of Hours: 30 Hrs

Course Code: 21ECA2SG1
Credits: 1

Objectives

- To develop physical fitness, mental health and obtain the knowledge of different sports & games.
- To demonstrate the sports activities and games skills.

Outcomes:

At the end of this course the students will be able to

CO1: Analyze situations and apply the principles of appropriate leadership skills.

CO2: Communicate, orally and in writing, as a sports management professional within various sport settings.

1.Sports: Athletics

Running

4 Hrs

- 100 Mts
- 200 Mts
- 400 Mts
- 4*100 Relay

Jumping1 Hrs

- Long Jump
- High Jump
- Introduction

Throwing5 Hrs

- Shot Put
- Discus
- Javelin

2.Game: Hand Ball

10 Hrs

- Introduction
- History
- Rules
- Events
- Categories
- Players
- Officials
- Venues

- Court Marking
- Cards
- Timings
- Awardee winners

3.Game: Cricket

10 Hrs

- Introduction
- History
- Rules
- Events
- Categories
- Players
- Officials
- Venues
- Court Marking
- Cards
- Timings
- Awardee winners

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course Title: Classical Dance - 2

Course Code: 21ECA2CD1

No. of Hours: 30 Hrs.

Credits: 1

Objectives

- To stimulate conscious understanding of the language of movement and to develop skill in movement expression.
- To perform movement from different dance techniques with rhythm.

Course Outcomes

CO1: Identify the use of space, placement and music.

CO2: Correlate the people for best performance.

CO3: Discuss the difference between the dance forms.

1. Thalamulu-7Jathulu-5

Practice: Tha thai hitha-4

(4 Hrs.)

2. Thalamgamulu-

Laguvu-druthamu-anudruthamu.Paribhasha

Padamulu

Bhavamu-rasamu-patra-apatra-chari-karasikamu

Practice:Tha thai thatha-4

(8 Hrs.)

3. Nritya Shastra Kathalu, Navarasamulu

Practice: Mukthayi-4, Nadaka

(4 Hrs.)

4. Nathayamu puttuka

Chaturvidha abinayamulu

Practice:Jathi,Slokam-sakhakalpa

Kolatham

(6 Hrs.)

Practice: Janapada nrutyam, Padha karma

(4 Hrs.)

5. Bharatiya sastriya nritya raithulu-vivarasikam

Practice: Padha karma, Kimkini.

(4 Hrs.)

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA-8
(Affiliated to Krishna University)

SYLLABUS

Course Title: Zumba Dance - 2

No. of Hours: 30 Hrs.

Course Code: 21ECA2ZD1

Credits: 1

Course Description

Students will participate in an aerobic format Latin style dance designed for cardiovascular development, muscle toning and flexibility. The Zumba fitness classes teach easy-to-follow steps/movements and choreographed routines displaying the basic rhythms (salsa, merengue, cumbia, reggaeton, and bachata) for total body conditioning.

Objectives

- To participate in a variety of Latin based choreographed dances.
- To create an interval workout to improve their fitness and allow them to improve/maintain their cardiovascular levels and improve body composition.
- To develop muscle memory in their core area in order to use the core muscles to burn fat in their workout.

Course Outcomes

After successful completion of this course, the student will be able to:

- Gain an understanding of the long term benefits of aerobic exercise.
- Understand how to take and monitor heart rates while participating in an aerobic activity.
- Understand the basic rhythms through participation and their synthesis level through the demonstration of a basic routine.

UNIT-I: The Science of the Zumba Program

5 Hrs.

- a) Physiology of Exercise Classes
- b) Benefits of Different Training Techniques
- c) Physiology of the Zumba program: Intermittent Training
- d) Physiology of the Zumba program
- e) Monitoring Exercise Intensity

UNIT-II: Zumba Music Essentials

5 Hrs.

- a) Music Selection

- b) Class Application
- c) Flow of Music
- d) Music Licensing

Unit- III: Creating a Choreography

5 Hrs.

- a) Creating a playlist

Cueing

Skill/Hands-on

15 Hrs.

References

1. "Bigger Leaner Stronger," by Michael Matthews
2. "The 4-Hour Body," by Timothy Ferriss
3. "Strong: Nine Workout Programs for Women to Burn Fat," by Lou Schuler and Alwyn Cosgrove

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8

(Affiliated to Krishna University, Machilipatnam)

SYLLABUS

Course Title: Yoga - 2

No. of Hours: 30 Hrs.

Course Code: 21ECA2YG1

Credits: 1

Objectives

- To provide physical and mental health to the students.
- To strengthen the students to meet the external challenges .

Course outcomes

CO1: Identify different types of asanas.

CO2: Practice different types of Pranayamas.

CO3: Execute different kinds of mudras.

UNIT-I: Classification of Yoga (10 Hrs.)

Classification of Yoga/Types of Yoga ii) Hatha Yoga , Raja Yoga, LayaYoga, Bhakti Yoga, Gyan Yoga, Karma Yoga and surya asanas.

UNIT-II: Pranayamas (10 Hrs.)

Nadi Shuddi Pranayama, Anuloma Viloma Pranayama, Seetkari Pranayama, Seetali Pranayama, Sadanta Pranayama, Bhastrika Pranayama, Ujjayi Pranayama, Moorcha Pranayama, Plavini Pranayama

UNIT-III: Mudras (10 Hrs.)

Aswini Mudra, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Veepareetha Karani Mudra, Hasta Mudras

References :

1. A Synthetic approach to Diet and Nutrition, Ghosh, A.K. Swami Mangalteerthama Nutan Publication, Deoghar, 2005.
2. Anatomy and Physiology of Yogic Practices Gore, M.M., New Age Books, New Delhi, 2007. Practitioner.

MARIS STELLA COLLEGE (AUTONOMOUS) VIJAYAWADA
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SYLLABUS

Course Title: Extention Activity - 2
No. of Hours: 30 Hrs.

Course Code: 21ECA2EA1
Credits: 1

Objectives

- To develop strong leadership skills and allow students to work well in teams.
- To develop professional skills to work with the agencies.

Course Outcomes

CO1: Identify the socio-economic and environmental issues of community.

CO2: Exhibit interpersonal skills and interact with people of diverse cultures and lifestyles.

CO3: Develop a sense of self-efficacy.

UNIT-I: LITERACY & WOMEN EMPOWERMENT (8 Hrs.)

1. Literacy- Importance
2. Girl Education
3. Career Guidance
4. Women Empowerment

UNIT-II: Environment (8 Hrs.)

1. Awareness on Environmental Issues
2. Motivation
3. Socio-Economic Suvey

Practical: (14 Hrs.)

1. Visit to Self Help Groups.
2. Organise Socio-economic survey.
3. Identify the target group and analyse their needs.

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
(Affiliated to Krishna University, Machilipatnam)
Syllabus

Course Title: Martial Arts – 2
No. of Hours: 30 Hrs.

Course Code: 21ECA2MA1
Credits: 1

Objectives:

- Martial arts are codified systems and traditions of combat practiced for a number of reasons such as self-defense; military and law enforcement applications; competition; physical, mental, and spiritual development; entertainment; and the preservation of a nation's intangible cultural heritage.

Course Outcomes:

At the end of this course the student will be able to:

CO1 : Repetitive movements like high kicks, low stances, fancy footwork, and ground maneuvering improve flexibility and mobility which will benefit your overall health.

CO2 : One obvious benefit to learning martial arts is an improved ability to perform self-defense maneuvers in situations where there is a real threat.

UNIT –I

10Hrs

1. History - Historical martial arts
2. Folk Styles
3. Modern history

UNIT – II

10Hrs

1. Variation and Scope
2. Strikes
3. Grappling

UNIT – III

10Hrs

1. Health and fitness benefits
2. Self – defense, military and law enforcement applications

MARIS STELLA COLLEGE (AUTONOMOUS) VIJAYAWADA

(Affiliated to Krishna University, Machilipatnam)

Course Title: Painting & Maggam – 2

Course Code: 21ECA2PM1

No. of Hours: 30 Hrs.

Credits: 1

Objectives

- Develop the fundamentals of Painting.
- To increase the customer base and boost revenue.

Course outcomes

CO1: Enjoy paintings as a medium of expressions

CO2: Appreciate the beauty in lines, forms and colors

CO3: Apply the fundamentals in painting

Unit-I: (5 Hrs.)

History of Indian painting:- (Primitive to Pahari) Introduction of art, Pre - historic Painting in India, Indus Valley, Jogimara, Ajanta, Bagh, Badami, Sittanvasal, Ellora, Elephanta, Tanjavur, Pal school & Jain school of Painting . Practical:

Unit-II: (5 Hrs.)

Free Hand Drawing:- (Out Door) – Free hand Drawing from Nature, Animals, Birds, Human etc. in different posture - Practical:

Unit-III: (5 Hrs.)

Outline- Filling – Shading – Water Technique – One stock painting

Skills/ Hands on: (15 Hrs.)

1. Knowledge of art material
2. Create realistic images
3. Drawing skills and techniques
4. Oil and water colour painting
5. Active listening

References:

1. Manual Reference

MARIS STELLA COLLEGE (AUTONOMOUS), VIJAYAWADA – 8
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SYLLABUS

Course Title: Music - 2

No. of Hours: 30 Hrs.

Course Code: 21ECA2MS1

Credits: 1

Objectives

- To understand cultural and aesthetic experiences through active participation in music.
- To foster interaction between music and the liberal arts.

Course Outcomes

CO1: Distinguishes the varied types of sounds, both musical and non-musical.

CO2: Reproduces the sound through vocal music.

CO3: Explains basic technical terms and concepts of Classical Music.

UNIT-I:(10 Hrs.)

Introduction to Nada, Sruthi, swar, Jati, laya, tala

UNIT-II:(10 Hrs.)

Simple songs based on Nada, Sruthi swar, jatu, tala

UNIT-III: (10 Hrs.)

Introduction to advanced raga

Reference:

1. Manual Reference