



**AUD 01**

**German- 1**

**Duration of Exam: 3 hrs.**

|        |                                                                                                                                                 |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit-1 | <ul style="list-style-type: none"><li>• Introduction</li><li>• Basic Greetings in German</li></ul>                                              |
| Unit-2 | <ul style="list-style-type: none"><li>• Counting 1-100</li><li>• Basic questions in German</li><li>• Introduce yourself</li></ul>               |
| Unit-3 | <ul style="list-style-type: none"><li>• Personal Pronouns</li><li>• Verb conjugations (regular verbs)</li></ul>                                 |
| Unit-4 | <ul style="list-style-type: none"><li>• Articles- der, die, das</li><li>• Vocabulary (classroom objects with articles)</li></ul>                |
| Unit-5 | <ul style="list-style-type: none"><li>• Days, months, seasons + im/am</li><li>• Time (formal &amp; informal)</li><li>• Counting 1000+</li></ul> |
| Unit-6 | <ul style="list-style-type: none"><li>• Verb Conjugations (Irregular verbs)</li><li>• Separable Verbs</li></ul>                                 |

Reference Books:

Netzwerk A1 by Paul Rusch

Studio d A1 by Funk, Kuhn, Demme



**AUD 02**

**German- 2**

**Duration of Exam: 3 hrs.**

|        |                                                                                                                                       |
|--------|---------------------------------------------------------------------------------------------------------------------------------------|
| Unit-1 | <ul style="list-style-type: none"><li>• Hobbies</li><li>• Professions</li></ul>                                                       |
| Unit-2 | <ul style="list-style-type: none"><li>• Family</li><li>• Possessive pronouns and articles</li></ul>                                   |
| Unit-3 | <ul style="list-style-type: none"><li>• Nominative and Accusative case</li><li>• Definite and indefinite articles in German</li></ul> |
| Unit-4 | <ul style="list-style-type: none"><li>• Articles- der, die, das</li><li>• Vocabulary (classroom objects with articles)</li></ul>      |
| Unit-5 | <ul style="list-style-type: none"><li>• Modal Verbs</li><li>• Imperative</li></ul>                                                    |
| Unit-6 | <ul style="list-style-type: none"><li>• W-questions</li><li>• Introduction</li></ul>                                                  |

Reference Books:

Netzwerk A1 by Paul Rusch

Studio d A1 by Funk, Kuhn, Demme



**AUD 03**

**French- 1**

**Duration of Exam: 3 hrs.**

Each lesson is divided into three parts which consist of Dialogue, Vocabulary and Grammar.

*Description du materiel*

*1 objectifs communicatifs*

- *S'initier à la culture française*
- *Decrire une personne*
- *Dire la nationalité*
- *Parler des saisons*
- *Localiser des objets*
- *Demander et donner des goûts et des préférences*

*2 Grammaire/ vocabulaire*

- *Les verbes en(er)*
- *Les pronoms sujets*
- *Les articles définis*
- *Le corps humain*
- *Les verbes en(ir)*
- *Les articles indéfinis*
- *La negation*
- *Les verbes en (ger)*
- *Le féminin et le pluriel*
- *Les expressions avec faire*
- *Les (nombres) (1-100)*
- *Les prepositions*
- *L'interrogations*



- *Les verbs en (re) et irreguliers*
- *Les repas francais*
- *Les adjectifs possessifs*
- *De'crire une ville*

### **References:**

- 1) Books referred: a) APPRENONS LE FRANCAIS Methode de Francais by Mahitha Ranjit , Monica Singh  
b) LE NOUVEAU SANS FRONTIERES Methode de Francais by Philippe Domonique, Jacky Girardet
- 2) Took reference from Bhartia Vidya Bhawan institute of foreign languages.



**AUD 04**

**French- 2**

**Duration of Exam: 3 hrs.**

Each lesson is divided into three parts which consist of Dialogue, Vocabulary and Grammar.

*Description du materiel*

1 *objectifs communicatifs*

- *S'initier a'la culture francaise*
- *Salut*
- *Parler dela quantite*
- *Decrire une personne*
- *Parler de la famille*
- *Decrire la journee*
- *Dire l'heure*
- *Parler des saisons*
- *Interroger sur/ Parler de la Sante*

2 *Grammaire/ vocabulaire*

- *Les verbes en(er, ir, re)*
- *La negation*
- *Les articles*
- *Les adverbes de quantite*
- *Le feminin et le pluriel des noms et des adjectifs*
- *La position des adjectifs*
- *L'infinitif apres un autre verbe*
- *Les membres de la famille*
- *Les verbes pronominaux*
- *Les nombres cardinaux et ordinaux*
- *Les saisons, les jours de la semaine et les mois de l'annee*



- *Trois formes d'interrogation*
- *L'interrogation negative et (si)*
- *Les expressions avec (avoir)*
- *Les animaux*
- *Les couleurs*

### **References:**

1. Books referred: a) APPRENONS LE FRANCAIS Methode de Francais by Mahitha Ranjit ,  
Monica Singh  
b) LE NOUVEAU SANS FRONTIERES Methode de Francais by Philippe  
Domonique, Jacky Girardet
2. Took reference from Bhartiya Vidya Bhawan institute of foreign languages.



AUD 05

Sanskrit - 1

Duration of Exam: 3 hrs.

**ईकाई 1:**

संस्कृत वर्णमाला, वर्ण-विच्छेद, संज्ञा शब्द- पुल्लिङ्ग, स्त्रीलिङ्ग, नपुंसकलिङ्ग, सर्वनाम, क्रिया-पद.

**ईकाई 2:**

संख्या- १ से ५०, धातुरूप- लट्लकार एवं लृट्लकार (अस्, पठ्, गम्), अव्यय परिचय.

**ईकाई 3:**

धातुरूप- लङ्लकार (अस्, पठ्, कृ), फलों के नाम, सब्जियों के नाम, पक्षियों के नाम, ईशवन्दना (केवलअर्थ ).

**ईकाई 4:**

कारक एवं उपपद विभक्ति परिचय, प्रत्यय -तुमुन्, क्त्वा.

**ईकाई 5:**

शब्द रूप- बालक, कक्षा, नदी, सविता, फल, वृक्ष, धातुरूप- लोट्लकार (अस्, पठ्, गम्), समय लेखन.

**ईकाई 6:**

समास -तत्पुरुष, अपठित गद्यांश, अशुद्धि-शोधन, वाक्य-रचना.

किताबें:

1. दीप मणिका, न्यू सरस्वती हाउस प्रा. लि., इंडिया.
2. मणिका संस्कृत व्याकरण, सरस्वती हाउस प्रा. लि., इंडिया



AUD 06

Sanskrit - 2

Duration of Exam: 3 hrs.

### ईकाई 1:

संस्कृत वर्णमाला, वर्ण-विन्यास एवं संयोजन, एक-द्वि-अनेक, स्वर सन्धि (दीर्घ सन्धि, गुण सन्धि, वृद्धि सन्धि, यण सन्धि, पूर्वरूप सन्धि).

### ईकाई 2:

संयुक्ताक्षर ज्ञान, संख्या- १ से ४ (तीनों लिंगों), शब्द रूप प्रकरण - अकारान्त पुल्लिंग, अकारान्त स्त्रीलिंग, अकारान्त नपुंसकलिंग.

### ईकाई 3:

पर्यायाः एवम् विपर्ययाः, साप्ताहिक दिनों के नाम, संख्या- ५० से १००, ईशवन्दना (केवलअर्थ ).

### ईकाई 4:

प्रत्यय - ल्यप्, तव्यत्, समय लेखन, समास- कर्मधारय.

### ईकाई 5:

धातुरूप प्रकरण, व्यंजनसंधि- मोऽनुस्वार संधि, अनुस्वार संधि, छत्वम् संधि, जश्त्वम् संधि, श्चुत्वम् संधि, ष्टुत्वम् संधि.

### ईकाई 6:

अपठित गद्यांश, अशुद्धि-शोधन,वार्तालाप, वाक्य-रचना, वाच्यपरिवर्तन.

किताबें:

1. दीप मणिका, न्यू सरस्वती हाउस प्रा. लि., इंडिया.
2. मणिका संस्कृत व्याकरण, सरस्वती हाउस प्रा. लि., इंडिया.





**AUD 07**

**Personality Development**

**Duration of Exam: 3 hrs.**

1. To learn to achieve the highest goal happily
2. To become a person with stable mind, pleasing personality and determination
3. To awaken wisdom in students

**Syllabus**

| Unit | Content                                                                                                                                                                                                                                                                                             |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | Neetisatakam-Holistic development of personality Verses- 19,20,21,22 (wisdom)<br>Verses- 29,31,32 (pride& heroism)<br>Verses- 26,28,63,65 (virtue)<br>Verses- 52,53,59 (don't's)<br>Verses- 71,73,75,78 (do's)                                                                                      |
| 2    | Approach to day to day work and duties.<br>Shrimad BhagwadGeeta : Chapter 2-Verses 41, 47,48,<br>Chapter 3-Verses 13, 21, 27, 35,<br>Chapter 6-Verses 5,13,17, 23, 35,<br>Chapter 18-Verses 45, 46, 48.                                                                                             |
| 3    | Statements of basic knowledge.<br>Shrimad Bhagwad Geeta: Chapter2-Verses 56, 62, 68<br>Chapter 12 -Verses 13, 14, 15, 16,17, 18<br>Personality of Role model. Shrimad Bhagwad Geeta:<br>Chapter2-Verses 17, Chapter 3-Verses 36,37,42,<br>Chapter 4-Verses 18, 38,39<br>Chapter18 – Verses 37,38,63 |

**Suggested reading**

1. “Srimad Bhagavad Gita” by Swami SwarupanandaAdvaita Ashram (Publication Department), Kolkata
2. Bhartrihari's Three Satakam (Niti-sringar-vairagya) by P.Gopinath,
3. Rashtriya Sanskrit Sansthanam, New Delhi.



**AUD 08**

## **Interview and Group discussion Skills**

**Duration of Exam: 3 hrs.**

### **Syllabus:**

#### **Quality of Content**

- Comprehension of core idea
- Real life examples
- Data generation
- Reasoning

#### **Vision /Goal Orientation**

- Driving towards issue resolution
- Intelligent use of others' content

#### **Personality**

- Attitude
- Leadership
- Influencing ability
- Rapport building
- Participation
- Team

#### **Confidence**

- Motivation
- Activeness
- Energy
- Sense of humour

#### **Communication**

- Articulation
- Fluency
- Listening
- Body language
- Eye Contact



## **Types Of G.Ds**

- Factual Topics
- Controversial Topics
- Abstract Topics

## **Interview Skills**

- Common Interview Questions
- What Employers Want
- Attitude and Effort
- Body Language
- Research
- The Mock Interview
- Phone Interviews
- Behavioral Interviews
- Closing the Interview
- Thank You Notes



**AUD 09**

## **Yoga and Meditation**

**Duration of Exam: 3 hrs.**

### **Unit -1**

Introduction to yoga and its different levels, food habits, Sanskar of a yogi, Patanjali Yogsutra, its importance in life, benefits and history of yoga.

### **Unit - 2**

Meditation and its relation with yoga, mind relaxation, development of morality and ethics, prayer and its meaning, its importance in life, benefits and history of meditation.

### **Unit - 3**

Pranayam and its introduction, types of pranayam, breathing exercises, preliminary preparation before pranayam, its importance and benefits in life.

### **Unit - 4**

Practice of different types of Pranayam: Anulom-Vilom, Kapalbhati, Nadi Shodhan, Agni Sar, Bhastrika, Bharamari etc.

### **Unit - 5**

Mantra and their importance, introduction to some chanting mantras, practicing some of mantras Gayatri Mantra, Namokar Jaap etc.

### **Unit - 6**

Aasan and their types, benefits of different aasans, practicing of different aasans: Padamaasan, surya-namaskar, tadaasan, navaasan, gomukh aasan, bhujang aasan etc.

### **Reference Books:**

1. Patanjali Yogsutra
2. Yog Manjari



**AUD 10**

## **Art of Living**

**Duration of Exam: 3 hrs.**

### **Pre-requisites:**

1. Getting up early in the morning, bathing, and meditation before sunrise
2. Following of five **Yamas** and five **Niyamas**
3. Avoiding 7 great sins
4. Some control over food (avoiding wine etc.)
5. Knowledge of Sanskritam

### **Unit I: Importance**

Solution to present day problems: terrorism, pollution, personal, family, social, health, mental etc.; attainment of physical comforts, security, good governance, healthy environment etc.; bliss (ananda) of Yoga, getting rid of all miseries forever ( Moksha); Why Vedic way? Vedas the oldest scriptures, word of the creator, fountain head of all religions; virtuous actions/Dharma, Pure (“Shudha”) Manusmriti; practical example – Valmiki Ramayanam (pure); evidences from Veda, Manusmriti (pure), Valmiki Ramayanam (pure), NASA findings etc.

### **Unit II: Vedic daily routine**

Brahma yajnya : Sandhyā- vandanam - Place, time, duration, dress, posture, achamanam, pranayama, japa, benefit, evidences, reading of veda/sāstra; Deva-yajnya: place, time, material; Balivaisvadeva yajnya; daily livelihood / or as per āshrama requirement; “Yamas” – Ahinsa, satya, asteya, brahmacharya, aparigraha; “Niyamas” – shaucha, santosha, tapah, swadhyaya, ishvara pranidhanam; significance and impact on personal and social life.

### **Unit II: General manners**

Respecting the elders (specially the parents and the teacher), not to throw excreta or other impure things into water or fire, avoiding anger with an angry person etc.

### **Unit III: Vedic life routine**

Four ashramas – brahmacharya, grihastha, vanaprastha, sanyāsa, duties in each.

### **Unit IV: Sanskāras**

16 sanskāras (from conception till death) for the betterment of physical (sthūla sariram) and mental health (Sūkshma Sariram), institution of marriage – virginity, age difference, sincerity towards each other etc.

### **Unit V: Great sins (“Mahā Pātaka”) and “Prāyaschittam”**

Seven great sins – abortion, adultery, drinking wine, livelihood on interest, speaking lie after lie in the court of virtuous men, stealing gold, killing a scholarly person.



### **Unit VI: Self Realization**

The greatest achievement, becoming immortal (Moksha), ashtanga yoga.

### **Unit VII: Vedic Science and Technology**

Proper town planning as per the Vedic texts to meet the above objectives (good governance), some fundamentals from Vedic science to understand the Vedic art of living.

### **Unit VIII: Tips from Ayurveda for good health**

Drinking water after getting up from bed, very light dinner, fresh warm food, cow's products etc.

### **Reference books:**

1. Rigveda- Sakal sakha, Yajurveda- Madhyandin Sakha
2. Satapatha Brahmanam
3. Manusmriti ("Shudha")
4. Valmiki Ramayanam ("Shudha")
5. Samarangana Sutra Dhara
6. Vaiseshika Darsanam, Yoga Darsanam
7. Susruta Sanhita



**AUD 11**

## **Role of NSS in Nation Building**

**Duration of Exam: 3 hrs.**

### **Unit -01: Understanding youth**

- Definition, profile of youth, categories of youth
- Issues, challenges and opportunities for youth
- Youth as an agent of social change
- National youth Policy

### **Unit -02: Importance and Role of Youth Leadership**

- Meaning and types of leadership
- Qualities of good leaders; traits of leadership
- Importance and role of youth leadership
- Youth-focused and Youth-led organizations

### **Unit -03: Life Competencies**

- Definition and Importance of life competencies
- Communication –process, types & barriers
- Motivation – Concept & Cycle

Problem Solving and Decision Making

### **Unit -04: Social Harmony and National Integration**

- Indian history and culture
- Role of youth in peace-building and conflict resolution
- Role of youth in Nation building
- Youth development programmes at the National Level, State Level and voluntary sector



**AUD 12**

## **Physical Education**

**Duration of Exam: 3 hrs.**

### **Unit I**

#### **Concept of Physical Education**

Meaning and definition of Physical Education, its aim and objectives  
Need and importance of Physical Education , Misconceptions about Physical Education & its relevance in Inter Disciplinary Context

### **Unit 2**

#### **Career Aspects in Physical Education**

2.1 Career Options in Physical Education

2.2 Avenues for Career Preparation

2.3 Motivation & Self Assessment for career choices

### **Unit 3**

#### **Physiological Aspects of Physical Education**

3.1 Warming up - General & Specific & its Physiological basis

3.2 Effects of Exercise on Muscular & Digestive systems

3.3 Effects of Exercise on Respiratory & Circulatory systems

### **Unit 4**

#### **Psychological Aspects of Physical Education**

4.1 Definition & role of Sports Psychology

4.2 Motivation and Achievements in Sports

4.3 Adolescent Problems & its Management





## **Unit 5**

### **Health Concepts of Physical Education**

5.1 Role of Physical Education Programme on Community Health Promotion (Individual, Family & Society)

5.2 Effects of Alcohol, Tobacco and Drugs on Sports Performance

5.3 Obesity, Causes & Preventive Measures and Role of diet on Performance

## **Unit 6**

### **About Games**

6.1 History of the Game/Sport

6.2 Latest General Rules of the Game/Sport

6.3 Measurement of Play Fields and Specifications of Related Sports Equipments

6.4 Important Tournaments and Venues

6.5 Sports Personalities

## **Unit 7**

### **Skill Development**

7.1 Fundamental Skills of the Game/Sport

7.2 Specific Exercises of Warm-up and Conditioning

7.3 Related Sports Terminologies

7.4 Sports Awards

7.5 Common Sports Injuries & its Prevention