

R. P. Gogate College of Arts & Science and
R. V. Jogalekar College of Commerce (Autonomous), Ratnagiri
Board of Studies in Sanskrit
Academic Year 2024-25

PM USHA - Drama writing & Drama management

Nomenclature of the Course	PM USHA - Drama writing & Drama management	
Class	Any student from the Department	
Semester	II	
Course Code	UA PM USHA	
No. of Credits	02	
Nature	Theory and Practical	
Type	Skill Enhancement /Vocational Skill Course	
Course Outcomes:		
CO1 To know various types of Drama		
CO2 To learn the skills for writing Drama.		
CO3 To develop skill of stage arrangement		
CO4 To learn skills for back stage artist		
CO5 To develop skill for makeup		
CO6 To learn skills for Costume and Drapery		
CO7 To learn skill for hairstyle		
Syllabus:		
Unit No.	Unit Title	Sub titles (Learning Points)
1	Drama writing	Introduction to Drama Nature of Drama Elements of Drama Drama writing
2	Drama management	Stage arrangement Makeup Costume / Drapery Hairstyle
3	Field visit	Activity

4	Interview of Eminent scholar.	Activity	
Prescribed Text/s (If any):			
Other Learning Resources recommended:			
<p>१. शास्त्री शुक्ला बाबुलाल , नाट्यशास्त्रम् भाग १ ते ४ , चौखंबा संस्कृत संस्थान , वाराणसी</p> <p>२. केतकर गोदावरी , भरतमुनींचे नाट्यशास्त्र , पॉप्युलर प्रकाशन , मुंबई, १९६३</p>			
Teaching Plan:			
Unit No.	Unit Title	Teaching Methods	No. of Lectures
1.	Drama writing	Lecture with Presentation Group Discussion Question and Answer Method	15
2.	Drama management	Lecture with Presentation Group Discussion Question and Answer Method	15
3.	Field visit	Activity based learning	05
4.	Interview of Eminent scholar.	Activity based learning	05


PM USHA - Yoga for health

Nomenclature of the Course	PM USHA - Yoga for health	
Class	Any student from the Department	
Semester	I	
Course Code	UA PM USHA	
No. of Credits	02	
Nature	Theory and Practical	
Type	Certificate Course	
Course Outcomes:		
CO1 To be aware of the importance of Yoga for healthy life.		
CO2 To know benefits of Physical health.		
CO3 To know asanas.		
CO4 To practise Asanas		
CO5 To know Pranayams.		
CO6 To practice Pranayams		
Syllabus:		
Unit No.	Unit Title	Sub titles (Learning Points)
1	Concept of Yoga	Yoga Definition – Concepts, aims, objectives & Philosophy.
2	Different types of Yoga	Raja Yoga, Bhakti Yoga, Hatha Yoga, Dnyan Yoga, Laya Yoga, Karma Yoga, Tantra Yoga.
3	Asanas	Introduction of Asanas, Types of Asana.
4	Pranayamas	Introduction of Pranayamas, Types of Pranayams.
Prescribed Text/s (If any):		
Other Learning Resources recommended:		
<ol style="list-style-type: none"> 1. स्वामी श्रीद्वारकादासशास्त्री, हठयोगप्रदीपिका, चौखम्बा संस्कृत प्रकाशन केन्द्र, नवी दिल्ली , २०१५ 2. जोशी विनिता, सर्वासाठी प्राणायाम, विवेकानंद केंद्र मराठी प्रकाशन विभाग, पुणे , जून २०२३ 3. योगशास्त्राचे सिद्धांत, निरामययोग योग प्रसार व संशोधन केंद्र, परभणी, ऑक्टोबर २०२२ 4. योग, विवेकानंद केंद्र मराठी प्रकाशन विभाग, पुणे, जून २०२३ 5. वडोदकर सिद्धेश्वर विष्णु, आयुर्वेदाचा इतिहास, साधना प्रकाशन, पुणे, १९७३ 6. Rama Prasad, Patanjali's Yoga sutras -, Cosmo Publications, New Delhi, 2008 7. Michael Beloved, Kundalini Hatha Yoga Pradipika 8. Daniel and Raveh, Exploring The Yogasutra –Philosophy and translation, Continuum, 2012 9. Swami Muktabodhananda, Hath Yoga Pradipika, Bihar School of Yoga, 1993 10. Yogi Svatmarama, Vishnu Devananda, Hatya Yoga Pradipika, MLBD, Delhi, Sivananada Yoga Vedanta Centre 		

Teaching Plan:			
Unit No.	Unit Title	Teaching Methods	No. of Lectures
1.	Concept of Yoga	Lecture with Presentation Group Discussion Question and Answer Method	05
2.	Different types of Yoga	Lecture with Presentation Group Discussion Question and Answer Method	05
3.	Asanas	Activity based learning	10
4.	Pranayamas	Activity based learning	10

Date: 20/04/2024

Place: Ratnagiri


Signature

Chairperson and HoD

Signature: Dr. ...

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