



Government Mahamaya College, Ratanpur 495 442
District – Bilaspur (CG)

Value Added Course : Quantitative Aptitude

Short Description

1. This course will help students to bridge the gap between the skill requirements of the employer and competency of a students.
2. This courses are introduced to enhance the employability of students.
3. The quantitative aptitude is the section where numerical questions are asked to test the mathematical skills, accuracy and speed. This course is very useful for various competitive exams like UPSC, PSC, Banking, Railway, VYAPM etc.

Head of the Department

Coordinator IQAC

Principal
20.9.21
प्राचार्य
शासकीय महामाया महाविद्यालय
रतनपुर, जि. बिलासपुर (छ.ग.)



Government Mahamaya College, Ratanpur 495 442
District – Bilaspur (CG)

Value Added Course (Session 2021 – 2022)
Quantitative Aptitude

Syllabus

Total Marks : 100 (External: 80 & Internal : 20)

Unit	Details	Marks	Hours
I	Divisibility, HCF and LCM, Decimal Fractions, Square roots and Cube Roots, Logarithms, Antilogarithms.	20	6
II	Averages, Percentage, Profit and Loss, Ratio and Proposition, Partnership, Alligation and mixture.	20	6
III	Time and work, Pipes and Cistern, Time and Distance, Boats and Streams.	20	6
IV	Simple Interest, Compound Interest, Stocks and Shares, True Discount, Banker's discount.	20	6
V	Area, Volume and surface Areas, Heights and Distances, Data Interpretation : Tabulation, Bar Graphs, Pie Charts, Line Graphs.	20	6

Reference:

1. R.S. Aggarwal, Objective Arithmetic , S. Chand & Company, New Delhi , 2005
2. Govind Prasad Singh and Rakesh Kumar, Text Book of Quickest Mathematics (for all Competitive Examinations), Kiran Prakashan, 2012
3. R.S. Aggarwal, Quantitative Aptitude, S. Chand & Company, New Delhi, 2012

Head of the Department

Coordinator IQAC

Principal

27.9.21
प्रचार्य
शासकीय महामाया महाविद्यालय
रतनपुर, जि. बिलासपुर (उ.प्र.)





Government Mahamaya College, Ratanpur 495 442
District – Bilaspur (CG)

Value Added Course : Quantitative Aptitude

Details of Faculty

S. No.	Name	Designation	Experties
1	Dr. Seema Sinha	Assistant Professor	Mathematics
2	Dr. Jaya Chawla	Assistant Professor	Commerce
3	Prof. S. S. Pandey	Assistant Professor	Physics
4	Dr. R. S. Kher	Principal	Physics


 Head of the Department


 Coordinator IQAC


 Principal

24.9.21

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कायालय, प्राचाय
शासकीय महामाया महाविद्यालय
रतनपुर - 495442
जिला - बिलासपुर (छ.ग.)

Special College
Code - 2812

Website: www.gmcratanpur.ac.in; Tel: 07753255490; Mob; 8962311524
Email: gmc_ratapur@rediffmail.com; pri-mratanpur.cg@gov.in; col-mratanpur.cg@gov.in

Enclosure-4- Tentative Time table including dates of Internal Assessments

Enrolment process for Value Added Courses Batch-I :- 2nd week of October

Proposed date of commencement of Value Added Course :- 18/10/2021

Tentative time table :- 10.20 am to 11.20 am on Friday and Saturday of every week

Tentative dates of internal assessments :- 3rd week of January -15/01/2022 to 20/01/2022

(डॉ. जयो चावला)
पाठ्यक्रम समन्वयक

(डॉ. श्रीमती सीमा सिन्हा)
आई.क्यू.ए.सी. समन्वयक

(डॉ.आर.एस.खेर)
प्राचार्य

प्राचार्य
शासकीय महामाया महाविद्यालय
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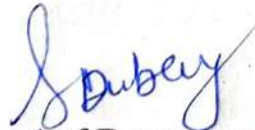
GOVT. MAHAMAYA COLLEGE, RATANPUR 495 442

DISTRICT - BILASPUR (C.G.)

VALUE ADDED COURSE : ENGLISH COMMUNICATION SKILL

Short Description


- The purpose of this course is to introduce students to the theory, fundamentals and tools of communication and to develop in them vital communication skill.
- The present course hopes for an effective communication skill through an interactive mode of teaching-learning process.
- To teach and sensitize students to the four basic nuances of communication skill i.e. listening, speaking, reading and writing (LSWR)



Head of Department



Coordinator IQAC



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रतनपुर, डि. बिलासपुर (उ.प्र.)

DISTRICT - BILASPUR (C.G.)

VALUE ADDED COURSE : ENGLISH COMMUNICATION SKILL

Syllabus


English Communication skill

Total Marks : 100 (External : 80 & Internal : 20)


S.No.	Unit Details	Marks	Hours
I	Recap of language skills - Parts of Speech, grammar, Vocabulary, Phrase, Clause, sentences, punctuation	20	6
II	Listening Skill : Comprehending - Retaining, Responding, Dictations, introduction to phonetic sounds through examples, vowels, consonants and pronunciation.	20	6
III	Speaking Skill : Formal and informal conversation, conversation in the workplace, public speech, speaking words articulation.	20	6
IV	Reading Skills : Acquiring reading comprehension interpret and decode written language and text fluency and vocabulary strategies that help readers to interpret and find meaning in texts and retention.	20	6
6	Writing Skill : Report writing, paragraph writing, circular, essay writing, CV's, Resume, generating ideas, organizing ideas.	20	6

Reference :

- Hewing martin 1999, Advanced English Grammar : A Self -Study Reference and Practice Book for South Asian Students, Reprint 2003, Cambridge University Press - N. Delhi
- Lewis Norman, 1991, Word Power Made Easy. Pocket Books.
- Hall and Shepherd . The Anti-Grammar Book : Discovery Activities for Grammar Teaching. Longman.
- Sasikumar . Vand P.V.Dharmija. 1993. Spoken English : A Self - Learning Guide Conversation Practice, 34th reprint, Tata Mc. Graw - Hill N . Delhi
- John, Seely. The Oxford Guide to Writing and Speaking. Oxford UP, 1998, Delhi


Head of the Department


Coordinator IQAC


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Enclosure -1

GOVT. MAHAMAYA COLLEGE, RATANPUR 495 442

DISTRICT - BILASPUR (C.G.)

VALUE ADDED COURSE : ENGLISH COMMUNICATION SKILL

Details of Faculty

S.No.	Name	Designation
01	Dr. Shraddha Dubey	Asstt. Professor
02	Resource Person	Asstt. Professor

Shraddha Dubey

Head of the Department

Shraddha Dubey

Coordinator IQAC

[Signature]
Principal

24.9.21

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शासकीय महाविद्यालय
रतनपुर, जि. बिलासपुर (उ.प्र.)

Enclosure 1: Short Description

Name of the course- e-Commerce

Duration of the course- 30 hours of theory and lab classes

Student intake- minimum 25 and maximum 120 students

Objectives- e-Commerce, electronic commerce or internet commerce is the buying and selling of products over the internet. It also refers to the transactions directed via the internet. E-Commerce is the reality of doing business in the 21st Century - a bit like teaching people how to use calculators in the 20th. It is a powerful tool that students need to understand how to use effectively. The principal objectives of this course is listed below-

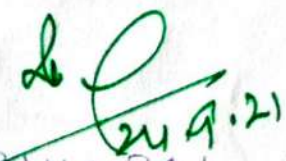
1. To impart to the learner sound knowledge in the fields of IT, Commerce, Management, Finance, Economics
2. To introduce the students to various aspects of e-commerce applied in business.
3. To integrate professional skills in their learning through hands on experience so as to enhance the scope of employment and entrepreneurship.
4. To equip students and keep them updated on the changes and emerging trends in e-Commerce.
5. To give insights and specific learning for building confidence towards venturing into startups and emerge successful.

Learning outcome- Many organizations are turning to E-Commerce. So, E-Commerce is here to stay. Online auctions, internet banking, payment gateways and online ticketing are activities bounded by E-Commerce. It is expected that by 2040, all purchases will be via E-Commerce.

- The students will gain knowledge regarding business and commerce theory and practice, including accounting, marketing, and legal knowledge.
- Understand the basic concepts and technologies used in the field of e-Commerce
- Be aware of the ethical, social, and security issues of e-Commerce
- After having passed the course, learners can work in government organizations and private enterprises as accountants, economists, statisticians, finance analysts or managers. They may also work in marketing or other areas of management.
- They will develop acumen for entrepreneurial skills and venture into startups.






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Unit 1 Introduction

4 hours / 16 marks

Meaning, nature, concept, advantages, disadvantages and reasons for transacting online, types of e-commerce, E-Commerce Business models(introduction, key elements of a business model and categorizing major E-commerce business models), forces behind e commerce. Technology used in e-commerce: the Dynamics of World Wide Web and internet (meaning, evolution and features)

Unit 2 Security and encryption

6 hours / 16 marks

Need and concepts, the E-Commerce security environment :(dimension, definition and scope of e-security), security threats in the E-Commerce environment (Security intrusions and breaches, attacking methods like hacking, sniffing, cyber-vandalism etc.), technology solutions (encryption, security channels of communication, protecting Networks and protecting servers and clients)

Unit 3 IT Act 2000 and Cyber Crimes

6 hours / 16 marks

IT Act 2000: Definitions, Digital signature, Electronic governance, Attribution, acknowledgement and dispatch of electronic records, Regulation of certifying authorities, Digital signatures certificates, Duties of subscriber, Penalties and adjudication, Appellate Tribunal, Offences and Cyber- crimes.

Unit 4 E-Payment System

4 hours lectures & 3 hours Practical Labs / 16 marks

Models and methods of E-payments (debit card, credit card, smart card, e-money), digital signatures (procedure, working and legal position), payment gateways, online banking (meaning, concept, importance, electronic fund transfer, automated clearing house, automated ledger posting), risks involved in E-payments.

Unit-5 On-line Business Transactions

3 hours lectures & 4 hours Practical Labs / 16 marks

Meaning, purpose, advantages and disadvantages of transacting online, E-Commerce applications in various Industries like banking, insurance, payment of utility bills, online marketing e-retailing (popularity, benefits, problems and features), online services (financial, travel and career), auctions, online portal, online learning, publishing and entertainment), Online shopping (Amazon, Snapdeal, Alibaba, Flipkart, etc.)

Suggested readings -

PT Joseph, E-commerce: An Indian perspective PHI learning

TN Chhabra, E-Commerce, Dhanpat Rai & Co.

Bharat Bhaskar, Electronic Commerce: Framework, technology and application ,4th edition
McGraw-Hill Education



Coordinator(IQAC)



Head of Department



Principal 21.9.21

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रतनपुर, जि. बिलासपुर (छ.ग.)

Enclosure 3 Details including designation and expertise

S.NO	NAME	DESIGNATION	EXPERTISE
1	Dr. Jaya Chawla	Assistant Professor	Finance, Marketing
2	Mr. SurajNamdev	Self financing teacher	Software Developer, National Certificate course in Tally

Enclosure 5- Proposed numbers of students opting for the course

Minimum students for the commencement of program- 25

Maximum students enrolling in the program- 120






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Enclosure 1 Short Description

Name of the course- Tally and Accounting packages
Duration of the course- 30 hours of theory and lab classes
Student intake- minimum 25 and maximum 120 students

Objectives-

1. Tally is an accounting package which is used to maintain accounts. Hence, this course is designed to impart knowledge regarding concepts of Financial Accounting with Tally
2. To introduce the students to the Basics of Accounts and the usage of Tally for accounting purpose.

Learning outcome-

1. On completion of this course the learners will be able to maintain complete accounting records in computers using Tally.
2. This course is useful for students to get placements in different offices as well as companies in Accounts departments.
3. The course will also develop skill for self employment and providing employment to others.



JCAAC COORDINATOR.



H.O.D.



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शासकीय महाभाषा महाविद्यालय
रतनपुर, जि. बिलासपुर (छ.ग.)

Enclosure 2 Syllabus including marks & Theory / practical

Government Mahamaya College, Ratanpur C.G.

Value Added Course (Session 2021-22)

Tally And Accounting Packages

Syllabus including marks & Theory / practical

Learning objectives: The main objective of this course is to equip the learner with a better hand on experience of accounting with Tally over computer system.

Unit I Basics of accounting

8 hours/16 marks

Introduction, Types of accounts, Golden rules of accounting, Accounting principles, concepts and conventions, Double entry system of bookkeeping, Mode of accounting, financial statements, transactions and maintaining records of transactions.

Unit II Fundamentals of Tally ERP 9

5 hours/16 marks

Introduction of Tally.ERP 9, History of tally, getting functions with Tally ERP 9, Company Features, Configuration, Creation and setting up of company in Tally ERP 9

Unit III Accounting master in Tally ERP 9

6 hours/16 marks

F11 features, F12: configurations (Chart of Groups • Groups • Multiple Groups • Ledgers • Multiple Ledgers), Setting of accounting heads

Unit IV Account with Inventory Masters in Tally ERP 9

6 hours/16 marks

Inventory Masters in Tally.ERP9 – (Stock Groups, Multiple Stock Groups, Stock Categories, Multiple Stock Categories, Units of Measure, Godowns, Stock Items)

Vouchers entries in Tally.ERP9 – (Introduction, Types of Vouchers, Chart of Vouchers, Accounting Vouchers, Inventory Vouchers, Invoicing)

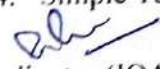
Unit V Advanced Accounting in Tally ERP 9

5 hours/16 marks

Bill wise details, Cost centers and Cost Categories, Multiple currencies, Interest calculations, Budget and controls, Scenario management, Bank Reconciliation, Report analysis, Trading account, Profit and loss account and Balance sheet.

Suggested Readings:

1. Tally 9 in simple steps, Kogent Solutions Inc. John Wiley & Sons.
2. Krishnan, Avichi, Tally ERP 9 for Real Time Accounting
3. Tally ERP 9 Made Simple: Basic Financial Accounting, BPB Publisher.
4. Simple Tally 9, Asok K. Nadhani, BPB Publications


Coordinator (IQAC)


Head of Department


Principal

प्राचार्य
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रतनपुर, जि.-बिलासपुर (छ.ग.)

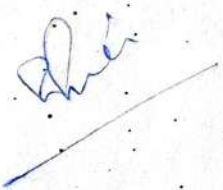
Enclosure 3- Details including designation and expertise

S.NO	NAME	DESIGNATION	EXPERTISE
1	Dr. Jaya Chawla	Assistant Professor	Finance, Marketing
2	Mr. SurajNamdev	Self financing teacher	Software Developer, National Certificate course in Tally

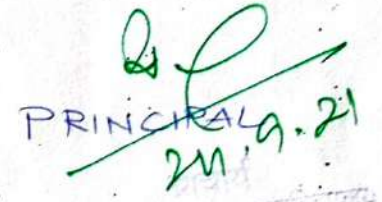
Enclosure 5- Proposed numbers of students opting for the course

Minimum students for the commencement of program- 25

Maximum students enrolling in the program- 120






PRINCIPAL
20.9.21

श्री. वि. विद्यापीठ (ग.प.)
सतपुर, जि. विनासपुर (ग.प.)



Government Mahamaya College, Ratanpur 495 442
District – Bilaspur (CG)

Value Added Course : MS Office, Internet and its Applications

पाठ्यक्रम विवरण:

यह कोर्स विद्यार्थियों को कम्प्यूटर व उसके उपयोग के सम्बन्ध में जानकारी उपलब्ध करता है। आप एमएस ऑफिस (एमएस वर्ड, एमएस एक्सेल, एमएस पावरपॉइंट) व इंटरनेट का उपयोग करना सीखते हैं, अभी वर्तमान समय में विभिन्न क्षेत्रों में कम्प्यूटर की आवश्यकताओं को ध्यान में रख कर यह पाठ्यक्रम तैयार किया गया है।

उद्देश्य :

- विद्यार्थियों को कम्प्यूटर तथा इंटरनेट के उपयोग करने में सक्षम बनाना।
- विद्यार्थियों को एमएस ऑफिस (एमएस वर्ड, एमएस एक्सेल, एमएस पावरपॉइंट) से परिचित कराना।
- विद्यार्थियों को इंटरनेट के उपयोग से परिचित करना।

परिणाम:

इस कोर्स के बाद विद्यार्थी एमएस ऑफिस व इंटरनेट के उपयोग करने में पूरी तरह से सक्षम हो जायेंगे

Head of the Department

Coordinator IQAC

Principal
24.9.21

प्राचार्य

शासकीय महामाया महाविद्यालय
 रतनपुर, जि. बिलासपुर (छ.ग.)



Government Mahamaya College, Ratanpur 495 442
District – Bilaspur (CG)

Value Added Course (Session 2021 – 2022)

Syllabus
MS Office, Internet and its Applications

Total Marks : 100 (Th.: 40, Prac. : 40 & Internal : 20)

Unit	Details	Marks	Hours
I	Document Creation in MS-WORD: Introduction; Features-Word User Interface Elements, Creating new documents, Basic Editing, Saving a document, Printing a Document, Print preview, Font formatting, Setting tabs-Page Margins, Indents, Paragraph formatting, Headers and Footers, Mail Merging, Spelling and Grammar checking, Thesaurus, Macros, Word art.	10	6
II	Ms-Excel : Introduction, working with cell and cell addresses, moving, cutting, copying with paste, inserting and deleting cells, adding deleting and copying worksheet within a workbook, cell formatting options, changing row/column/height/width, Formatting a worksheet automatically ; using print preview, Preparing worksheet for the printer, selecting print area.	10	6
III	Ms-PowerPoint Create Slide Presentation – Design Theme – Add Text – Editing Techniques – Slide Master – Format Slide.-Transition and Animation.	10	3
IV	Uses of internet, Requirements for connecting to the Internet, Browsing the Internet and using Links, Search Engines, E-mail, Whatsapp –Telegram-Instagram – Facebook – Twitter.	10	3
V	Practical: MS-WORD, MS-Excel, Ms-PowerPoint, Internet Surfing	40	12

Reference:

1. Yogesh Patel, Ms Office (Hindi Edition)
2. YCT Expert Team , Introduction to internet of things (IOT)

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Government Mahamaya College, Ratanpur 495 442
District – Bilaspur (CG)

Value Added Course : MS Office, Internet and its Applications

Details of Faculty

S. No.	Name	Designation	Experties
1	Prof. S. S. Pandey	Assistant Professor	Physics
2	Dr. Seema Sinha	Assistant Professor	Mathematics
3	Dr. Rajesh Kumar Rai	Assistant Professor	Zoology
4	Dr. Jaya Chawla	Assistant Professor	Commerce
5	Prof. Shilpa Yadav	Assistant Professor	Chemistry
6	Prof. Arpana Gautam	Assistant Professor	Hindi
6	Dr. R. S. Kher	Principal	Physics

Head of the Department

Coordinator IQAC

Principal

21.9.21

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शासकीय महामाया महाविद्यालय
रतनपुर, जि. बिलासपुर (छ.ग.)



Government Mahamaya College

Ratanpur - 495442

District – Bilaspur (C.G.)

Short Description

The natural environmental condition of the area around Ratanpur is favourable for the survival of plants and animals, which makes this area a biodiversity hotspot. Due to the natural environmental condition, various types of trees and plants are found in this area. Different types of plants are planted in the College campus. Most of the students studying in the college belong to the rural area and from the agricultural background.

Due to the favourable environmental condition of the area, rich biodiversity of the college and the family background of the students, we want to start the subject of Gardening and Floriculture under the value added course or skill based course.

The Proposed course –

1. Will be of interest to the students so that most of the students will study it.
2. Some of the proposed course content is related to the main subject of the Faculty of Science, which will facilitate the students in the study of their practical subjects.
3. By producing plants and flowers on a commercial scale, students can get economic benefits and now students can select it as their career.
4. Small factories for manufacturing incense sticks can be opened under home industry by producing more flowers.
5. Wormy composting can be prepared under solid waste management from the waste material of trees, plants and flowers.
6. This course enhances the employability of students.

Head of the Department

Coordinator IQAC

Principal

24.9.21

गो. मा. महायया कॉलेज
रातनपुर, जिला. बिलासपुर (छ.ग.)



Government Mahamaya College

Ratanpur - 495442

District – Bilaspur (C.G.)

Syllabus (Theory)

Gardening and Floriculture

Time of Examination: 90 Min.

MM : 50

Unit	Details	Marks	Hours
I	Objectives and Importance of gardening, Styles of garden – Formal, informal and free style gardens, Home garden, Hanging garden; Types of gardens – English, Mughal, Babylonian garden.	10	3
II	Garden plant components -Ornamental plants, Shrubbery, fernery, palmatum, arches and pergolas, edges and hedges, climbers and creepers, cacti and succulents, annuals, flower borders and beds, ground covers and carpet beds.	10	3
III	Floriculture: Introduction and scope; Present situation & scope in India. Flower Crops, various types of flowers, seasonal flowers, cut flowers, pot plants, seeds and bulbs and aquatic plants, Crops - Rose, Chrysanthemum, Carnation, Gerbera, Gladioli, Tuberose, Aster, Liliiums, Dahlia and Marigold.	10	3
IV	Open Cultivation, Protected cultivation, soil requirements, Soil decontamination techniques, planting methods, fertigation. Propagation techniques for selected ornamental plants, Indoor and Foliage plants. Use of growth regulators. Weed management, IPM and IDM.	10	3
V	Cut flower standards and grades, Harvest indices, Harvesting techniques, Post-harvest handling, Pre cooling, Pulsing, Packing, Storage & Transportation. Present status and future scope of floriculture in Chhattisgarh state.	10	3

Suggested books:

1. Randhawa, G. S. and Mukhopadhyay, A. (1986) "Floriculture in India." Allied Publisher (India).
2. Bhattacharjee, S. K. (2006) "Advances in Ornamental Horticulture." Vols. I-VI. Pointer Pub.
3. Lauria, A. and Victor, H. R. (2001) "Floriculture – Fundamentals and Practices." Agrobios.
4. Sabina, G. T. and Peter, K. V. (2008) "Ornamental Plants for Gardens." New India pub. India.
5. Suggested by Teacher / Trainer.

Head of the Department

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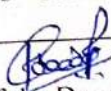
Syllabus (Training Program)

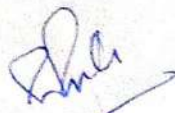
Gardening and Floriculture


MM : 50

Time of Examination : 90 Min.

Part	Details	Marks	Hours
A	<ol style="list-style-type: none"> Objectives of gardening, Branches of Horticulture, gardening and environment, qualities of successful gardener. Familiarization with various types of vegetable plants, seeds, various types of flowers, seasonal flowers, Fertilizer, pesticides, their uses. Familiarization with different tools and equipments used in gardening work. Safety precaution to be observed in handling the floriculture tools, equipments and materials. 	10	3
B	<ol style="list-style-type: none"> Familiarization of different types of soil and sites. Treatment of soil in different climate conditions Familiarization and identification of various flower crops and their seeds, seedling / plants, various types of flowers, seasonal flowers seeds, fertilizers pesticides,- their uses. Preparation of nursery and seed bed of different flowers and plants and after care. Practice in manuring, sowing, transplanting various flowers and plants. Familiarization of horticultural tools and their uses. Handling and maintenance of gardening equipment. Preparation of different flower beds and tree pits. Preparation of composite mixture and manuring practice in nursery and pots. Practice in different system of irrigation. Culture of Annuals, Shrubs, chrysanthemum, Dalia, Rose, house plants flowers, Palms and Ferns, Cacti. Practice in trimming, pruning and thinning Practice in budding, cutting, layering and grafting etc. 	30	6
C	<ol style="list-style-type: none"> Development and maintenance of lawns. Spraying and dusting of protective chemicals practice with suitable equipment. Practice in preservation of seeds and fruits. Selection, grading, packing of flowers, Storing and transportation. Practice of flower arrangements, flower bouquet. Cultivation of hedge and edge plants – selection of site and plants. Visit to nurseries and Horticulture. 	10	3


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Government Mahamaya College
Ratanpur - 495442
 District – Bilaspur (C.G.)

Details of Faculty

S. No.	Name	Designation	Experties
1	Dr. Rajesh Kumar Rai	Assistant Professor	Zoology
2	Prof. Devlal Ukey	Assistant Professor	History
3	Mr. R. Chaturvedi	Dy. Director, Forestry Ratanpur	

Contact Details

S. No.	Name	Designation	Mobile No.
1	Dr. Rajesh Kumar Rai	Assistant Professor	9754375001
2	Dr. Jaya Chawla	Assistant Professor	7974423430
3	Prof. Devlal Ukey	Assistant Professor	9009804990
4	Mr. R. Chaturvedi	Dy. Director, Forestry Ratanpur	

Head of the Department

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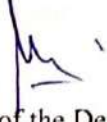
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संक्षिप्त वर्णन

छत्तीसगढ़ एवं रतनपुर क्षेत्र के ऐतिहासिक, धार्मिक, पर्यटन, सांस्कृतिक महत्व के स्थलों, जलाशयों, कला एवं संस्कृति का प्रचार प्रसार करना एवं क्षेत्र के समृद्ध विरासत को सुरक्षित एवं संरक्षित रखना। इसके अलावा पर्यटन से स्थानीय लोगों को रोजगार के नए अवसर उपलब्ध कराना।


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जिला – बिलासपुर (छ.ग.)

Value Added Course 2021-22

Certificate Course in Tourist Guide

Syllabus

Unit	Details	Marks	Hours
I	1. पर्यटन से आशय, एवं क्षेत्र 2. पर्यटन का आर्थिक एवं सामाजिक महत्व, 3. पर्यटन टयूरिज्म गाइड की महत्ता	20	5
II	1. छत्तीसगढ़ के प्रमुख पर्यटन स्थल 2. पर्यटन में स्थानीय भाषा एवं संस्कृति 3. पर्यटन एवं पर्यावरणीय क्षति	20	5
III	1. रतनपुर का ऐतिहासिक परिचय 2. रतनपुर की भौगोलिक स्थिति	20	5
IV	1. रतनपुर के प्रमुख पर्यटन स्थल (ऐतिहासिक एवं धार्मिक) 2. रतनपुर की कला एवं संस्कृति 3. रतनपुर के प्रमुख जलाशय	20	5
V	1. फील्ड वर्क – गज किला, महामाया मंदिर, रामटेकरी मंदिर 2. फील्ड वर्क – आठाबीसा मंदिर, बीस दुवरियां मंदिर, बादल महल	20	10

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शासकीय महामाया महाविद्यालय
रतनपुर - 495442
जिला - बिलासपुर (छ.ग.)

Details of Faculty

S. No.	Name	Designation	Experties
01	Shri Dev Lal Uike	Assistant Professor	History
02	Dr. R.K. Sachdev	Assistant Professor	Hindi
03	Dr. Jitendra Sahu	Guest Lecturer	History
04	Dr. Pratap Pandey	Assistant Professor	History

Contact Details

S. No.	Name	Designation	Mobile No.
01	Shri Dev Lal Uike	Assistant Professor	9300311524
02	Dr. R.K. Sachdev	Assistant Professor	9981633869
03	Dr. Jitendra Sahu	Guest Lecturer	7440781133
04	Dr. Pratap Pandey	Assistant Professor	9300311937

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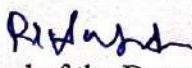
संक्षिप्त वर्णन


भारतीय ज्ञान कोष के अमूल्य रत्न भंडार में एक रत्न है योग। इस अमूल्य रत्न की महत्ता विश्व ने भी स्वीकार की है, इसीलिए भारत के प्रस्ताव पर संयुक्त राष्ट्र संघ के सभी देशों ने 21 जून को अंतरराष्ट्रीय योग दिवस घोषित किया है। योग स्वस्थ जीवन जीने की कला है जो मन एवं शरीर के मध्य सामंजस्य स्थापित करता है। योग के निरंतर अभ्यास ने करोड़ों लोगों के जीवन में पुनः उत्साह, उमंग और सकारात्मक ऊर्जा का संचार किया है। योग अभ्यास से तन मन सकारात्मक ऊर्जा और शक्ति से पूर्ण हो जाता है।

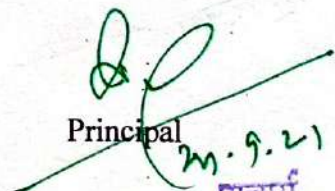
योग के विविध आयाम यथा आसन, प्राणायाम, सूर्य नमस्कार, ध्यान आदि का अभ्यास और ज्ञान समाज को बेहतर बनाने के लिए करना आज अत्यंत आवश्यक है। भौतिक संसाधनों को पाने और सबसे आगे रहने के लालसा ने मानव जीवन की सुख शांति को समाप्त कर दिया है, इससे असफलता का तनाव अनेक रोगों को जन्म देता है। अतः आवश्यक है कि योग द्वारा मानव जीवन की सार्थकता हेतु प्रयास किया जाए और सच्चा मुख निरोगी काया के मूल मंत्र को अपना कर स्वयं स्वस्थ रहते हुए दूसरों को भी प्रेरित किया जाए।

उद्देश्य:

योग के ज्ञान द्वारा विद्यार्थी अपने अध्ययन में ध्यान लगा सकेंगे और अपने तन एवं मन को सकारात्मक ऊर्जा से पूर्ण कर सकेंगे यह विद्यार्थियों के भावी जीवन की महत्वपूर्ण आधारशिला बनेगा।


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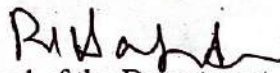
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रतनपुर - 495442
जिला - बिलासपुर (छ.ग.)

Syllabus

योग

Unit	Details	Marks	Hours
I	योग का स्वरूप : योग का अर्थ, योग की परिभाषा, योग का महत्व, योग का उद्देश्य	15	5
II	योग की धाराएं : अष्टांग योग, हठ योग, कर्म योग, भक्ति योग, ज्ञान योग	15	5
III	योग एवं स्वास्थ्य: स्वास्थ्य का अर्थ, रचनात्मक स्वास्थ्य हेतु योग की आवश्यकता, रचनात्मक स्वास्थ्य में मन की भूमिका, समग्र स्वास्थ्य हेतु त्रिगुण और पंचकोश की अवधारणा, स्वस्थ रहने के यौगिक सिद्धांत - आहार, विहार, आचार, विचार	15	5
IV	यौगिक ग्रंथ : पतंजलि का योग सूत्र, हठयोग ग्रंथ ; हठ प्रदीपिका, घेरंड संहिता	15	5
V	प्रायोगिक: आसन: शरीर संवर्धनात्मक - ताड़ासन, त्रिकोणासन, सर्वांगासन, हलासन, भुजंगासन, धनुरासन विश्रांतिकारक - मकरासन, शशांकासन, शवासन, ध्यानात्मक - पद्मासन, सिद्धासन, वज्रासन प्राणायाम - अनुलोम विलोम, सूर्यभेदन, चन्द्रभेदन, भ्रामरी, भस्त्रिका, शीतली बंध - जालंधर, मूल, उड्डियान मुद्रा - चिन मुद्रा, ज्ञान मुद्रा, शाम्भवी मुद्रा	40	10


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शासकीय महामाया महाविद्यालय

रतनपुर - 495442
जिला - बिलासपुर (छ.ग.)

Details of Faculty

S. No.	Name	Designation	Experties
1	Dr. Rajkumar Sachdev	Assistant Professor	Hindi
2	Dr. Aaditya Dubey	Assistant Professor	Commerce
3	Shri Dongeshwar Sahu	Yog Trainer	Yoga
4	Prof. Arpana Gautam	Assistant Professor	Hindi
5	Dr. Pramod Tiwari	Sports Officer	Yoga

Contact Details

S. No.	Name	Designation	Mobile No.
1	Dr. Rajkumar Sachdev	Assistant Professor	9981633869
2	Dr. Aaditya Dubey	Assistant Professor	9981284606
3	Shri Dongeshwar Sahu	Yog Trainer	8982443368
4	Prof. Arpana Gautam	Assistant Professor	7000988912
5	Dr. Pramod Tiwari	Sports Officer	9977736868

R. Sachdev

Head of the Department

[Signature]

Coordinator IQAC

[Signature]
24.9.21
Principal

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रतनपुर, जि. बिलासपुर (छ.ग.)