

FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

BACHELOR OF PHYSICAL EDUCATION (B.P. Ed. Integrated) (Four YEAR COURSE) (PART-I)

EXAMINATION: 2019-20



GURU NANAK DEV UNIVERSITY AMRITSAR

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- (ii) Subject to change in the syllabi at any time.
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SCHEME OF EXAMINATION

PART-A (THEORY)

Paper	Theory Subjects	Maximum Marks
I	Introduction & History of Physical Education	100
II	Anatomy, Physiology and First Aid	100
III	Introduction to Social Sciences	100
IV	Fundamentals of Computers & Information Technology.	100
V	English Compulsory	100
VI	Punjabi Compulsory OR ਮੁੱਢਲੀ ਪੰਜਾਬੀ OR Punjab History And Culture (Earliest Times to 1000 A.D.) (Special Paper in lieu of Punjabi)	100
	*Drug Abuse: Problem, Management and Prevention (Compulsory)	100
	TOTAL:	600

***NOTE:**

***The marks of Paper will not be added in the Grand Total.**

Pass Marks of each subjects and practical is 35.

PART-B (PRACTICAL SKILL)

Practical Skill	Final Paper	Total
Teaching of Athletics:- Start, Finish, Shot put, Long jump, Relays, Javelin, Hurdles.	100	100
Teaching of Games:- Football, Basketball, Volley ball, Handball, Kho-Kho, Kabaddi.	100	100
Class Room Teaching:- Free hand Exercises, Dumbell, Lazium, Marching.	100	100
TOTAL	300	300

Paper-I INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**1. Introduction**

- a) Meaning & Definitions of Physical Education.
- b) Importance of Physical Education in the modern era.
- c) Aims & Objectives of Physical Education.
- d) Misconceptions about Physical Education.
- e) Relationship of Physical Education with General Education, Health Education and recreation

SECTION-B**2. History of Physical Education**

- a) History of Physical Education in Ancient Greece with special reference to the evolution of Olympics games.
- b) History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympics.
- c) A brief account of the history of gymnastics in
 - (i) Sweden
 - (ii) Denmark
 - (iii) Germany - With special stress on educational gymnastics.
 Contribution of the English people to spread modern games in India.

SECTION-C**3. Olympic, Commonwealth and Asian Games**

- a. Ancient Olympic Games – A comparison with modern Olympic games
- b. Hockey World Cup
- c. S.A.F. Games
- d. Asian Games – Historical Background
- e. Organization and conduct of games
- f. Conduct of ceremonies (opening and closing ceremonies).
- g. Commonwealth Games – Historical Background

SECTION-D**4. Sports Associations, Institutes and Awards in India****Sports associations:**

- i. IOC- Functions
- ii. Indian Olympic Association – Objectives and Functions.

Sports & Physical Education Institutions :

- i. Lakshmbai National Institute of Physical Education – Functions and Courses.
- ii. Netaji Subhas National Institute of Sports, Patiala – Functions and Courses.
- iii. Sports Authority of India – Composition of General Body, Governing Body, Objectives and Functions.

Awards :

- i. Rajiv Gandhi Khel Ratna Award.
- ii. Arjun Award
- iii. Dronacharya Award.

References:

1. Singh Ajmer, et. al. MODERN TEXT BOOK OF PHYSICAL EDUCATION HEALTH & SPORTS, Kalyani Publisher.
2. Khan, Eraj Ahmed. HISTORY OF PHYSICAL EDUCATION, Patna: Scientific Book Co.
3. Leonard, Fred Eugene and Affleck George B. GUIDE TO THE HISTORY OF PHYSICAL EDUCATION, Philadelphia Leo & Febiger, 1962.
4. Majumdar D.C. ENCYCLOPEDIA OF INDIA PHYSICAL CULTURE BARODA GOOD COMPANIONS, 1952.
5. Rice Emmett, A. Hutchinson John L. and Lee Marbal A. BRIEF HISTORY OF PHYSICAL EDUCATION. New York: The Ronald Press Co. 1960.
6. Rajgopalan K. A. BRIEF HISTORY OF PHYSICAL EDUCATION IN INDIA, Delhi Army Publisher 1962.
7. Wakharkar, D. G., MANUAL OF PHYSICAL EDUCATION, BOMBAY, Pearl Publishers Pvt. Ltd.

Paper-II Anatomy, Physiology and First Aid**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**Introduction and Structural Organization of Human body:****a. Introduction:**

- i. Meaning and Concept of Anatomy.
- ii. Need and Importance of the knowledge of Anatomy in the Field of Physical Education.

b. Levels of Organization of Human Body:

- i. Definition of Cell, Tissue, Organ and System.
- ii. Microscopic Structure, Composition and Function of Cell.

c. Classification, Structure and Function of Tissues:

- i. Epithelial tissue
- ii. Connective Tissue
- iii. Muscular Tissue
- iv. Nervous Tissue

SECTION-B**Musculo-Skeletal System:****a. Skeleton**

- i. Different Parts of Human Skeleton.
- ii. Types of Bones.

b. Joints

- i. Classification of joints.
- ii. Names of the Movements around Joints.
- iii. Structure of the Typical Synovial Joint.

c. Muscles

- i. Structure and Function of Skeletal Muscles.
- ii. Names of Major Muscles of Different parts of Body.

SECTION-C**Cardio-respiratory, Digestive & Excretory systems:****a. Circulatory System:**

- i. Anatomical Position and Gross Structure of the Heart
- ii. Systemic and Pulmonary Circulation.
- iii. Blood Vessels- Artery, Vein and Capillaries

b. Respiratory System:

- i. Meaning of External and Internal Respiration
- ii. Organs of Respiration
- iii. Structure of Lungs

c. Digestive System :

- i. Parts of Digestive Tract, Structure and Function in brief
- ii. Steps of Digestion
- iii. Digestive Glands- Structure and Function

SECTION-D**Nervous and Endocrine Systems :****a. Nervous System:**

- i. Sensory Motor Nervous System.
- ii. Parts of Brain.
- iii. Sense Organs- Eyes ,Ears & skin.

b. Endocrine System: Names, Location and Functions of-

- i. Pituitary Gland
- ii. Thyroid gland
- iii. Adrenal Gland
- iv. Pancreas

c. First-Aid:

- i. Sprain
- ii. Strain
- iii. Fracture

Their symptoms, causes and treatment

References:

1. Astrend, P.O. and Rodahl karre, Text Book of Work Physiology, Tokye: McGraw- Hill Kogakusha Ltd.
2. Bourne, Geoffrey H.The Structure and Function of Muscles: London: Academic Press (1973)
3. Chaurasia B.D. Human Anatomy Regional and Applied (CBS Publishr and Zdistributors, 1979).
4. Guybon, Arthur C. Text book of Medical Physiology. (Philadelphia: W.B. SaunderCompany,1976).
5. James C. Clouch, Fundamental Human Anatomy (Lea & Febiger, Philadelphia,1971).
6. Caprovich, P.V. and Sinning. Wayne E. Physiology of Muscular Activity (Philadelphia: W.B. Saunders, 1976), 7th Edition.
7. Mathew, D.K. and Fox E.L., Physiologiocal Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).
8. Morehouse, I.E. Miller, A.T. Physiology of Exercise. (St. Louis: The C.V. Mosby Company, 1976) 7th Edition.
9. Pears evelyr C. Anatomy and Physiology for Nurses (London: Faber & Faber Ltd. 1929).
10. Perrot J.W. Anatomy for Students and Physical Education (London: Adward Arnold and Co. 1967).
11. Waruida, Roger and Williams, Peter L. GRAY`S ANATOMY (London: Longmans Group Ltd. 1973).
12. St. John`s Ambulance, First-Aid By Red-Cross Society of India.

Paper-III INTRODUCTION TO SOCIAL SCIENCES**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**Introduction to Social Sciences**

- i. Introduction & Meaning of Social Sciences.
- ii. Scope of Sociology and its relation with other subjects of Social Sciences.
- iii. Defining Society, Community, Association, Institutions, Customs.
- iv. Man as a Social animal;
- v. Effect of various social forces on personality development;
- vi. Origin and growth of society & Culture.

SECTION-B**Social Structure, Organization and Institutions :**

- i. Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
- ii. Social stratification, social class and caste, social mobility;
- iii. Economical and political institutes for society;
- iv. Cultural and religious institutions;
- v. Concept, factors and process of socio-cultural changes.

SECTION-C**Main Features of Indian Society and Rural Scene:**

- i. Demographic profile, social elements.
- ii. Religions pluralism – Hindu, Muslim, Christian and Tribal.
- iii. Indian Rural Scene.
- iv. Indian village, rural family, rural education.
- v. Trends in Rural change.

SECTION-D**4. Sport and Society:**

- i. Meaning and definition of sport sociology.
- ii. Sport as a social occurrence.
- iii. Socialization through games and sports.
- iv. Relationship between family and sport participation.
- v. Relationship between politics and sports.

Bachelor of Physical Education (B.P.Ed. Integrated 4 Years Course) (Part-I)

REFERENCE BOOKS:

1. Iyec, Mac. R.M. and Page Charles H. Society (London : McMillan & C., 1974).
2. Ogburn, William F. and Nimkoff, Meyer F., Hand Book of Sociology (New Delhi : Eurasia Publishing House Ltd., 1972).
3. Loy, Lohn W. Dr. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia : The MacMillan Co. 1969).
4. Brailsford Dennis Sports and Society, (London- Routledge and Kegan Paul 1969).

Paper-IV FUNDAMENTAL OF COMPUTER & INFORMATION TECHNOLOGY**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**Introduction to Computers**

- i. Brief history of development of computers
- ii. Generations of computers.
- iii. Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc
- iv. Basic components of a computer system
- v. Memory- RAM, ROM, and other types of memory.
- vi. Operating System.

SECTION-B**Introduction to windows**

- i. Using Mouse and moving icons on the screen.
- ii. My Computer, Recycle Bin, Status Bar.
- iii. Start-menu selection, running an application.
- iv. Window Explorer to view files, folders and directories, creating and renaming of files and folders.
- v. Basic components of a window : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using right button of the Mouse,
- vi. Creating shortcut, Basic Windows Accessories: Power Point Presentation, Notepad, Paint, Calculator, Word pad, using Clipboard.

SECTION-C**Introduction to MS Office & Word Processor**

- i. Types of Word Processor
- ii. Creating and Saving a documents, Editing and Formatting a Document including changing colour, Size Font, alignment of text,
- iii. Formatting paragraphs with line or paragraph spacing, adding headers and footers, numbering pages.
- iv. Inserting Word Art, Clipart and Pictures,
- v. Page Setting, Bullet and Numbering, Borders, shading Format painter find and replace
- vi. Inserting Tables, Mail Merge and Printing a document.

SECTION-D**Introduction to Information & Communication Technology**

- i. Concept, Importance, Meaning & Nature of Information & Communication Technology.
- ii. Need of Information & Communication Technology in Physical Education
- iii. Scope of ICT in Education & Physical Education.
- iv. Teaching Learning Process, Publication, Evaluation, Research Administration.
- v. Role of Teacher, Methods of Teaching, Classroom Environment , Evaluation procedure

Practical: The practicals will be conducted based on the syllabus.

Books Recommended for Study:

1. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
2. Simmons Ian, Computer Dictionary, BPB Publications-2005
3. Pradeep K. Sinha & Priti ;Sinha, Foundations computing BPB Publications -2006.
4. Douglas E. Comer, The Internet Book, Purdue University, West Lofayette in 2005
5. V. Rajarman, Fundamentals of Computers, Prentice Hall of India, New Delhi -2000
6. B. Ram, Computer Fundamentals , New Age International Publishers-2006.
7. S. Jaiswal Galgotia Publication PVT. Ltd. I.T. (Today), Revised Edition 2004
8. Pradeep K. Sinha, Priti Sionha, B.P.B. Publication,Computer Fundamental, Third Edition-2005
9. B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
10. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006
11. Brain Unders IDG Book. India(p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
12. Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
13. Rebecca Bridges Altman Peachpit Press, Power point for window, 1999
14. Alexandria Haddad Tech media Publication, Microsoft PowerPoint 2000, Edition 1999
15. Douglas E. Corner low price edition, The Internet Book, Third Edition-2005
16. Tom Badyet IDG Book, India, Microsoft powerpoint, 2000.
17. Shashank Jain & Satish Jain, B.P.B. Publication 'O' level Internet and web design, Edition 2003.

PAPER–VI:**ENGLISH COMPULSORY****Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Texts Prescribed:

1. *Tales of Life* (Guru Nanak Dev University, Amritsar)
2. *Prose for Young Learners* (Guru Nanak Dev University, Amritsar)
3. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

Course Contents:

1. *Tales of Life*: Stories at Sr. No. 1,2,3,10,11 and 12
2. *Prose for Young Learners*: Essays at Sr. No. 1,2,3,9,10 and 11
3. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP: Units 1-81

SECTION–A

Tales of Life: Stories at Sr. No. 1, 2, 3, 10, 11, 12

SECTION–B

Prose for Young Learners: Essays at Sr. No. 1, 2, 3, 9, 10, 11

SECTION–C

English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP: Units 1-81

SECTION–D

- Paragraph Writing
- Personal Letter

PAPER-VII:**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ**ਸੈਕਸ਼ਨ-ਏ**

ਦੋ ਰੰਗ (ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧੀਆ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ

(ੳ) ਪ੍ਰਸੰਗ ਸਹਿਤ ਵਿਆਖਿਆ, ਵਿਸ਼ਾ ਵਸਤੂ

(ਅ) ਕਹਾਣੀ ਦਾ ਵਿਸ਼ਾ-ਵਸਤੂ/ਸਾਰ

ਸੈਕਸ਼ਨ-ਬੀ

ਗੰਦ ਪ੍ਰਵਾਹ (ਸੰਪਾ. ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ ਅਤੇ ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ

(ੳ) ਨਿਬੰਧ ਦਾ ਸਾਰ/ਵਿਸ਼ਾ ਵਸਤੂ

(ਅ) ਰੇਖਾ ਚਿਤਰ : ਸਾਰ, ਵਿਸ਼ਾ ਵਸਤੂ, ਸ਼ਖਸੀਅਤ ਦੇ ਗੁਣ

ਸੈਕਸ਼ਨ-ਸੀ

ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ (ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ-ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪ-ਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ-ਚਿੰਨ੍ਹ)

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਲੇਖ ਰਚਨਾ

(ਅ) ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ

(ੲ) ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

PAPER-VII:**ਮੁੱਢਲੀ ਪੰਜਾਬੀ
(In lieu of Compulsory Punjabi)**

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ**ਸੈਕਸ਼ਨ-ਏ**

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ), ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਸ਼ਬਦ-ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ
(ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

ਸੈਕਸ਼ਨ-ਸੀ

ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

ਸੈਕਸ਼ਨ-ਡੀ

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ।
ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

**PAPER–VII: PUNJAB HISTORY AND CULTURE (Earliest Times to 1000 A.D.)
(Special Paper in lieu of Punjabi) (Compulsory)
(For those students who are not domicile of Punjab)**

Time: 3 Hours

Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Physical Features of the Punjab and their impact.
2. Sources of Ancient Punjab History.
3. Harappan Culture: Principal places, town planning, features of social and economic life, religion, causes of disappearance.

Section B

4. The Indo- Aryans:- Original home and settlement in Punjab, political organisation, social, religious, and economies life during the Regvedic Age
5. Impact of Buddhism and Jainism in the Punjab.
6. Political condition of Punjab on the eve of Alexander's Invasions, account of the invasion and its impact.

Section C

7. Punjab under Chander Gupta Maurya and Ashoka.
8. Scythians and Kushans and their contribution to Punjab.
9. Punjab under the Vardhana Emperors.

Section D

10. Punjab from 7th Century to 1000 A.D (Survey of Political History)
11. Development of Education and Literature in the Punjab upto 1000 A.D.
12. Development of Art and Architecture up to 1000 A.D.

Suggested Readings

1. L. Joshi (ed): *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed); *History of Punjab* , Vol.I, Patiala 1977.
3. Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

PAPER–VIII: DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION

**PROBLEM OF DRUG ABUSE: MANAGEMENT AND PREVENTION
(For those classes which are running under annual system presently)**

Theory Lectures: 50 Hours

Time: 3 Hrs.

Total Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A

Meaning of Drug Abuse:

- (i) Meaning, Nature and Extent of Drug Abuse in India and Punjab.
- (ii) Consequences of Drug Abuse for:

Individual	:	Education, Employment, Income.
Family	:	Violence.
Society	:	Crime.
Nation	:	Law and Order problem.

Section – B

Management of Drug Abuse:

- (i) Medical Management: Medication for treatment and to reduce withdrawal effects.
- (ii) Psychiatric Management: Counselling, Behavioural and Cognitive therapy.
- (iii) Social Management: Family, Group therapy and Environmental Intervention.

Section – C

Prevention of Drug abuse:

- (i) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
- (ii) School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – D

Controlling Drug Abuse:

- (i) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program
- (ii) Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

References:

1. huja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, "*Punjab's Drug Problem: Contours and Characteristics*", Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.