



SNDT Women's University, Mumbai

Co-Curricular Course

as per NEP-2020

SEMSTER IV

Syllabus

(w.e.f. 2025-26)

Sr. No.	Code	Particular
1	41450122	Personality and Leadership Development through National Service Scheme
2	41450121	NSS Volunteers under National service scheme special camp
3	41450221	National Cadets Corps. (NCC) Studies- IV
4	41450421	Theatre & Dance
5	41450321	Basics of Self Defence and Fitness Training

Personality and Leadership Development through National Service Scheme

Course Title	Personality and Leadership Development through National Service Scheme
Course Credits	02
Course Outcomes	After going through the course, learners will be able to : Contribute their ideas for the innovative activities in adopted area. Communicate effectively with the community and with the officials. Develop the overall personality of volunteers and make them as leaders and responsible citizens of our nation.
Module 1(Credit 1) :	Skills for NSS volunteers
Learning Outcome	After learning the module, learners will be able to Apply the knowledge for decision making and communication skills.
Content Outline	<p>A. Soft Skills for NSS Volunteers – Communication skills, Public speaking skills, Body Language, Content writing, Resume writing.</p> <p>B. Life Skills – problem solving, Empathy, coping with emotions, selfAwareness and interpersonal skills</p>
Module 2(Credit 1):	Project and Special Camp
Learning Outcomes	After learning the module, learners will be able to Apply knowledge to bring changes in the Society. Contribute their ideas for the innovative activities in adopted area.
Content Outline	<ul style="list-style-type: none"> • The Project work can be carried out independently or in a group. • The project work shall be community based and selected preferably from the adopted villages/ slums/ neighborhoods.

Note: Students will earn a government certificate only on completion of 240 hours, two year, 8 credit courses, with a special camp in semester IV.

IV	CC Practical	Personality and Leadership Development through National Service Scheme	2	60	Assignment / Test / Quiz	Assignment / Test / Quiz	Participation • Leadership & Responsibility • Report Submission
OR							
		Represented as NSS Volunteers under National service scheme special camp	2	60	Special Camp of 7 days		

National Cadets Corps. (NCC) Studies- IV

Under Graduate

Co- Curricular Course

course Title: National Cadets Corps. (Studies IV)

(NCC) Course Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline/Online

Programme Structure of National Cadets Corps. (NCC)

OBJECTIVES:

- To create evolved youth, who will be equipped to contribute in the development of the nation building.
- To train students so as to achieve their physical, mental, psychological and emotional development.
- To inculcate spirit of adventure, undertake adventure activities, to hone leadership and personality development qualities and risk-taking abilities.

Program Outcome:

- Students shall get exposure towards community services and insptil the practices of National integration and social service activities.
- They shall bring out to be, not just physically but also mentally and emotionally strong towards military aspects.
- They will sink in the spirit of adventure learning and impart basic military knowledge and practices.
- Students will be built in with good leadership qualities and have a better personality development opportunity

Co- Curricular course

Course Title	NCC
Course Credits	After learning the module, learners will be able to understand Health & Hygiene
Module 1 (Credit 1):	Health & Hygiene <ul style="list-style-type: none"> • Aims and Objective. • Personal Hygiene (Food, Cook house, Menstrual cycle) • Outcome and benefits expected. • Contribution of NCC towards Hygiene awareness
Learning outcomes	<ol style="list-style-type: none"> 1. Develop the quality of Healthy psychological way of life. 2. Personal and Food Hygiene are necessary to preserve and improved health of individual and communities.
Content outline	Health & Hygiene capsule -1 Basic of Health & Hygiene (Methods) <ul style="list-style-type: none"> • Types of Guest Lectures. • Contribution of NCC cadets.

Module 2	First Aid -1
Learning outcomes	<ol style="list-style-type: none"> 1. Introduction 2. Importance of First Aid 3. Aim and Objectives of First Aid..
Content Outline	<ul style="list-style-type: none"> • Introduction / concept. • Different types of treatment(Snake Bites, Scorpio and Dog Bites) • Burns and scalds. • Different types of Fracture(Simple & Compound)

Assessment Criteria:

15 marks- Practical (related to syllabus)

10 Marks- Projects (Assignments)

25 marks- Written exam based on Syllabus

Structure of the course:

The titles of the paper for S.Y.B.A/B.Com.- N.C.C Studies are given below:

Semester	Course Code	Course title	No of Credits	No of hours
1	(NCC)CC/2024- 4	NCC Studies CC-1	2	15 theory and 35 practical

Theatre & Dance

Under Graduate

Co-curricular Course

Course Title: Cultural Activities

Course Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline / Online

Semester IV

Course Title	Cultural Activities (Theatre)
Course Credits	2
Course Outcomes	After going through the course, learners will be able to:
	1. Familiarize with different forms of theatre and dance.
	2. Develop overall personality, gain confidence, shed away inhibitions and learn time management.
	3. Develop creativity and exhibit individual performances.
Module 1 (Credit 1) : Theatre	
Learning Outcome	After learning the module, learners will be able to
	1. Exploring and Experiencing Acting on stage.
	2. Understanding in-depth aspects of Theatre.
Content Outline	Section I
	➤ One Act Play: Introduction of Theatre, Acting, Diction, Projection, Pitch control, Voice modulation, Speech, Scenic design, Stage Lighting, set designing, music arrangement, language study, local dialects.
	➤ Mimicry: observation technique, voice control and modulation, mannerism's, grasping power enhancement.
	Section II
	➤ Mime & Skit: Difference Between Mime & Skit, understanding script and Screenplay Writing, Body language, facial expression, Make-up technique.

Module 2 (Credit 1): Cultural Activities (Dance)	
Learning Outcomes	➤ After learning the module, learners will be able to
	➤ Understand Cultural heritage, knowledge of different forms of dance.
	➤ Evoking interest among students.
	➤ To learn and perform folk dance in syllabus.
	➤ To teach choreography.

Content Outline	<p>Section I</p> <p>Classical Dance (Indian):</p> <ul style="list-style-type: none"> ➤ Introduction of Natyashastra, history, forms of classical dance. ➤ Basic of any one of the Indian classical Dance (Experts available). <p>Section II</p> <ul style="list-style-type: none"> ➤ Introduction of Folk dance. ➤ Different types of folk dance. ➤ In detail learning any one form of folk dance. ➤ Choreography (filmy/non-filmy) and dance styles.
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Evaluation –

- 1) Viva / Theory - 25 marks
- 2) Practical (Performance) - 25 Marks

References

- Martha Bush & Ashton Bruce Chrisite. Yakshagana. 1977.
- Massey Reginald. India’s Dances: Their History, Technique, and Repertoire. New Delhi Abhinav Publication, 2004.
- Nair, Sreenath. The Natyashastra and the body in performance: Essays on Indian Theories of Dance and Drama. United States: Mcfarland Publication., 2014.
- Stynan, J.L. Drama, Stage and Audience. New York: Cambridge University Press, 1975.
- Shriwadkar V V. Natsamrat. Popular Publication: Mumbai. 1971
- Tendulkar Vijay. Ghsiram Kotwal. Oxford university press: New York, 2004.
- Tilak Sandhya. Marathi Natakatil Shokantikecha Navpravah. Sharda Publication. 2009.
- Venkataram Leela. Indian Classical Dance: The Renaissance and beyond.
- William Shakespeare: Hamlet. Orient Blackswan Publication.

IV	CC Practica I / Theory	Theatre & Dance	2	45	Assignment / Written Exam / MCQ	Practical demonstration s
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CC COURSES SEM IV

**Under Graduate
Co-curricular Course**

Course Title: Basics of Self Defense and Fitness Training

Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline / Online

Course Title	Basics of Self Defense and Fitness Training
Course Credits	2
Course Outcome	<ul style="list-style-type: none">• Demonstrate fundamental martial arts techniques such as punches, kicks, and blocks.• Understand the principles of self-defence, including situational awareness and proper defence strategies.• Develop improved physical fitness, agility, and coordination through consistent training.• Execute basic posture, precision, and timing.• Apply self-defence techniques in real-life scenarios to protect themselves from common threats.• Display mental focus, discipline, and confidence in self-defence contexts.
Module 1:	Basics of Self Defence
Learning Outcomes	<ul style="list-style-type: none">• Basic Understanding of martial arts History and Philosophy• Self-Defence Awareness• Concept of Health & Fitness• Etiquette and Terminology
Content Outline	<ul style="list-style-type: none">• Introduction to Self Defence• Basic Self-Defence Principles• Terminology and Etiquette• Health, Fitness, and Injury Prevention• Advanced Self-Defence Concepts

CC COURSES SEM IV

	<ul style="list-style-type: none">• Application of Self-Defence Techniques
Module 2:	Practical Exercise
Learning Outcomes	<ul style="list-style-type: none">• Basic Techniques• Self-Defence Techniques• Sparring and Controlled Fighting• Fitness and Conditioning
Content Outline	<ul style="list-style-type: none">• Basic Techniques and Stance• Self-Defence against Basic Attacks• Sparring Techniques and Drills• Advanced Self-Defence and Ground Defence

EVALUATION:

1. Theory exam: 20 marks and Practical exam: 30 marks
2. Assessment Criteria:
 - 10m – MCQ Exam
 - 10m – Assignment / Presentation
 - 15m – Demonstration of techniques
 - 15m – Stimulated attack scenarios where students must apply learned techniques