

GGDS COLLEGE, KHERI GURNA

TEACHING PLAN  
ENGLISH ( COMMUNICATION SKILLS)  
BA: 6<sup>TH</sup> SEMESTER (JAN-APRIL, 2017)

Topics	References	No. of sessions
<b>UNIT: I</b>		
All The World's a Stage	RR 1 Chapter 1	1-3
Kubla Khan	RR 1 Ch. 2	4-6
Ode to the West Wind	RR 1 Ch. 3	7-9
La Belle Dame Sans Merci	RR 1 Ch. 4	10-12
Ulysses	RR 1 Ch. 5	13-15
My Last Duchess	RR1 Ch. 6	16-18
Say not the Struggle not Avail	RR 1 Ch. 7	19-21
Nightingales	RR 1 Ch. 8	22-24
A Prayer for my Daughter	RR 1 Ch. 9	25-27
Kingfisher	RR 1 Ch. 10	28-30
The Road not Taken	RR 1 Ch. 11	31-32
Journey of the Magi	RR 1 Ch. 12	33-36
The Unknown Citizen	RR 1 Ch. 13	37-38
Night of the Scorpion	RR 1 Ch. 14	39-40
Punishment in Kindergarten	RR 1 Ch. 15	41-43
<b>UNIT: II</b>		
Development of Story	RR 2	44- 48
Job Application	RR 3	49-55
Resume Writing	RR 2	55-60
Revision and Doubt Sessions		60-70

**Recommended Readings**

1. Ed. Ambika Sengupta: *Selected College Poems* (Orient Longman)
2. Orient BlackSwan 2016: *Communication and Writing Skills*
3. Vandana R. Singh: *The Written Word*
4. *SparkNotes* from Internet ([www.sparknotes.com](http://www.sparknotes.com))

---

**INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test: 10 Marks  
Written Assignment: 5 Marks  
Attendance : 5 Marks  
Class Participation : 5 Marks

---

**Total : 25 Marks**

---

**GGSD COLLEGE, KHERI GURNA**

**TEACHING PLAN**

Paper BAP-303 - Introduction to Computer Network and Internet Programming

**B.A. 6<sup>th</sup> SEMESTER (JAN-APRIL 2017)**

Topics	References	No. of sessions
<b>UNIT: I</b>		
<b>Computer networks-</b> Hardware, Software, users, goals and applications of computer networks.	TB-1,Ch-2, R-1,2,3,Ch-2	1-4
<b>Types of Network:</b> Local area networks, wide area networks, metropolitan area networks and value added networks - their features.	TB-1,Ch-1, R-1,2,3, Ch-4	5-8
<b>Transmission Media:</b> Magnetic media, twisted pair, coaxial cables, fibre optics, radio transmission, microwave transmission, infrared waves and Line of sight transmission, Cellular radio and communication Satellites.	TB-1,Ch-2, R-1,2,3 Ch-2,3,2	9-15
<b>Internet:</b> What is Internet, its advantages, disadvantages, internet facilities through WWW and HTML, Internet Protocols, TCP/IP, FTP, newsgroups, remote logins, chat groups etc.	TB-1,Ch-4,R-1,2,3	16-25
<b>WWW:</b> the client side, the server side, web browsers, web pages, locating information on the web.	TB-1,Ch-7,R-1,2,3	26-30
<b>E-Mail:</b> architecture, various aspects, the user agent, message format, message transfer, e-mail privacy. Network Security: Various threats, prevention and solutions.	TB-1,Ch-8,R-1,2,3	31-35
<b>UNIT: II</b>		
<b>HTML:</b> Introduction to HTML, SGML, Internet and Web structure of HTML document. Starting an HTML document: Head element, body element, style element, Script element, Text formatting, using lists to organize information.	TB-1,Ch-10,11,R-4,5	36-46
Organizing Data with Table: Basic table Structures, individual cells and headings, vertical controls, database considerations, displaying real data with a table.	TB-1,Ch-11,R-4,5	47-52
Table Layout and Presentation: Table Syntax, two column layout, staggered body with an index, traditional newspaper layout.		
<b>Uniform Resource Locators (URLs):</b> Absolute URLs, Relative URLs, fragment URLs, Types of URL Schemes- HTTP, mailto, news, FTP, Telnet, File etc.	TB-1,Ch-12,R-5,6	53-58
Using Hyper Links and Anchors: Uses to Hyper Links, Structure of Hyper Links, Links to specialized contents. Images: Adding Images to web page, using images as links, creating menus with image maps, image formats-GIF, JPEG etc.	TB-1,Ch-13,14,R-5,6	59-65
HTML Forms: Understanding forms, creating simple GO button, fill-in-form page, form security, INPUT element, BUTTON element, SELECT element, TEXT AREA element, LABEL element, FIELDSET and LEGEND elements.	TB-1,Ch-15,R-5,6	66-75

**Text Books:**

1. "Fundamentals of Internet Applications", Anshuman Sharma (Lakhanpal Publications).

**References:**

1. Andrew S. Tanenbaum, "Computer Networks", Third Edition, PHI Publications, 1997.
2. Corner, Internetworking with TCP-IP: Principles, Protocols and Architecture, Prentice Hall
3. Bertsekas and R. Gallager, "Data Networks", 2nd Edition, Prentice Hall, 1992.
4. Stephan Mack, Janan Platt, HTML 4.0 No Experience Required, BPB Publication.
5. Rick Darnell et al, HTML 4 Unleashed, Tech media Publications.

## Practical Exposure

Paper BAP-304: PRACTICAL BASED ON PAPER BAP-303  
B.A. 6<sup>th</sup> SEMESTER (JAN-APRIL 2017)

Topics	Software Package & Venus	No. of sessions
Basic working of Internet and Introduction about Email. Usage of Internet along with Email's. Working of FTP, USENET, WWW.	Notepad ++ & Computer Lab	2 days a week
Working of URL, Telnet, hyperlinks, User Agents.	Notepad ++ & Computer Lab	2 days a week
Introduction to HTML, Various Tags(Image tag, Anchor tag, Hyperlink tag, Table Formation	Notepad ++ & Computer Lab	2 days a week
HTML Form: Understanding forms, creating simple GO button, fill-in-form page, form security, INPUT element, BUTTON element, SELECT element, TEXT AREA element, LABEL element, FIELDSET and LEGEND elements.	Notepad ++ & Computer Lab	2 days a week
Project on HTML(Website Development)	Notepad ++ & Computer Lab	2 days a week

### PRACTICAL MARKS BREAKUP

Lab Record : 05 Marks

Viva Voce : 10 Marks

Program Development and Execution: 25 Marks

**Total : 40 Marks**

**GGDSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
QUANTITATIVE METHODS  
BA: 6<sup>th</sup> SEMESTER (Jan-May, 2017)**

<b>Topics</b>	<b>References</b>	<b>No. of sessions</b>
Measures of Central Tendency: Mean, Median, Mode , Partition Values	TB 1, PartII, Ch. 1 TB-2, Ch.7 R-1, Ch. 9 R-2, Ch. 7	1-15
Measures of Dispersion (except Lorenz Curve): Range, Quartile Deviation, Mean Deviation and Standard Deviation.	TB-1, Part II, Ch. 2 TB-2, Ch.8 R-1, Ch. 10 R-2, Ch. 8	16-21
Skewness Analysis	TB-1, Part II, Ch. 3 TB-2, Ch.8 R-1, Ch. 10	22-24
Correlation Analysis: Karl Pearson's (excluding grouped data) and Spearman's rank formula	TB-1, Part II, Ch. 5 TB-2, Ch.10 R-1, Ch. 15 R-2, Ch. 11	25-30
Simple Regression Analysis: Introduction, Utility, Method of Least Squares, Coefficient of Regression.	TB-1, Part II, Ch. 6 TB-2, Ch. 11 R-1, Ch. 15 R-2, Ch. 12	31-36
Index Numbers: Concepts, Problems and Importance, Simple Index Numbers, Laspeyre's , Paasche's and Fisher's index numbers only (among weighted index numbers) and Reversibility Tests.	TB-1, Part II, Ch. 4 TB-2, Ch.13 R-1, Ch. 13 R-2, Ch. 9	37-42
Time Series Analysis: Components of Time Series, Determination of Trend, Moving Average Method and Least Square method.	TB-1, Part II, Ch. 8 TB-2, Ch.14 R-1, Ch. 12 R-2, Ch. 10	43-50
Sets and Function: Elementary Idea	TB 1, Part I, Ch. 1 & 2	51-54
Matrices: Definition and Types, Operations (Sum, difference) Product and Transpose, Adjoint and inverse of a matrix (upto 3x3) Solution of simultaneous equations (up to 3) by matrix methods.	TB 1, Part I, Ch. 5	55-60
Differentiation of simple functions Polynomial (x), Exponential ( $a^x, e^x$ ) Logarithm (log x) except abinitio method and Trigonometric functions. Simple applications of derivative in Economics.	TB 1, Part I, Ch. 3	61-68
Maxima and Minima of Functions of one variable only	TB 1, Part I, Ch. 4	69-72

**Text books**

1. Jain, T.R. and Sandhu, A.S. (2014), *Quantitative Methods*, VK Global Publications Pvt. Ltd. New Delhi.
2. Gupta, S.P. (2004), *Statistical Methods*, Sultan Chand & Sons, Nelhi Delhi.

## **References**

1. Gupta, C.B. and Gupta, V. (2010), *Statistical Methods*, Vikas Publishing House Pvt. Ltd., New Delhi.
2. Lal, S. (2010), *Business Mathematics and Statistics*, Sharma Publisher Jalandhar.

---

### **INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test : 10 Marks

Class Attendance : 10 Marks

Class Participation : 5 Marks

---

**Total : 25 Marks**

---

**GGDSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
HISTORY OF PUNJAB (1799-1966)  
B.A.: 6<sup>TH</sup> SEMESTER (JAN-APRIL 2017)**

<b>Topics</b>	<b>References</b>	<b>No. of sessions</b>
<b><u>UNIT: I</u></b>		
<i>Political condition:</i> Political condition of the Punjab on the eve of Ranjit Singh's accession to Power.	TB-1, Ch-1 R-1,Ch-2 R-2,Ch-5	1-8
<i>Establishment of Ranjit Singh's Kingdom:</i> Conquests of Lahore, Amritsar, Multan, Kashmir and Peshawar	TB-1, Ch-2	9-14
<i>Relations:</i> Relations between Ranjit Singh and the British (1800-1839).	TB-1, Ch-3 R-1,Ch-VIII	15-20
<i>Central and Provincial Administration:</i>  Central and Provincial Administration and Military System of Ranjit Singh.	TB-1, Ch-4 R-1,Ch-IV,V	21-26
<b><u>UNIT: II</u></b>		
<i>Causes of Anglo-Sikh Wars:</i> Causes of Anglo-Sikh Wars and the Annexation of the Punjab.	TB-1, Ch-5 R-2,Ch-6	27-32
<i>Administration of Punjab 1849-58:</i>  Board of Administration and its working; John Lawrence as Chief Commissioner.	TB-1, Ch-6 R-2,Ch-7	33-38
<i>Socio-Religious Reform Movements:</i> Socio-Religious Reform Movements in the late nineteenth century: Namdhari Movement; Arya Samaj; Singh Sabha ; Gurdwara Reform Movement	TB-1, Ch-7 R-2,Ch-8	39-44
<i>Rise of the Sikh Misls:</i> Factors leading to the partition of Punjab and its effects; reorganisation of the Punjab, 1966.	TB-1, Ch-9 R-2,Ch-10	45-50
<b><u>UNIT: III</u></b>		
Kingdom of Ranjit Singh (1839 A.D.)	TB1,Ch-2	<b>51-56</b>
Battles of First Anglo-Sikh War.	TB1,Ch-5	<b>57-62</b>
Battles of Second Anglo-Sikh War.	TB1,Ch-5	<b>63-68</b>
Punjab in 1966.	TB1,Ch-10	<b>69-75</b>

**Text book:** 1. A.C. Arora :Punjab da Itahas (Punjabi & Hindi)

**References:**

1. N.K. Sinha : Maharaja *Ranjit Singh*
  2. J.S.Grewa I: The new Cambridge History of India,The Sikhs of the Punjab, Cambridge University Press
  3. Khushwant Singh : *History of the Sikhs, Vol.II.*
  4. Khushwant Singh : *Ranjit Singh - Maharaja of the Punjab.*
  5. Fauja Singh : *Some Aspects of State and Society under Ranjit Singh*
  6. G.S. Chhabra : *Advanced History of the Punjab, Vol.II.*
  7. J.D. Cunningham : *History of the Sikhs.*
- 

**INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test : 10 Marks  
Written Assignment : 5 Marks  
Attendance : 5 Marks  
Class Participation : 5 Marks

---

**Total : 25 Marks**

---



**GGSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
PUBLIC ADMINISTRATION  
B.A.: 6<sup>TH</sup> SEMESTER (JAN-APRIL, 2017)**

<b>Topics</b>	<b>References</b>	<b>No. of sessions</b>
<b><u>UNIT: I</u></b>		
<i>Development Administration:</i> Meaning, Nature, Scope & Significance.	TB-1, Ch-1 R-2, Ch-26 R-3, Ch-6	1-4
<i>Features of Developed:</i> Features of Developed & Developing Countries.	TB-1, Ch-2 R-2, Ch-26	5-9
<i>Comparative Public Administration:</i> Meaning, Nature and Scope	TB-1, Ch-3 R-2, Ch-25	10-14
<i>Planning in India:</i> Meaning & Objectives.	TB-1, Ch-4 R-1, Ch-25	15-21
<i>NitiAyog, National Development Council:</i> NitiAyog, National Development Council, State Planning Board,	TB-1, Ch-5,6 R-4, Ch-21	22-30
<b><u>UNIT: II</u></b>		
<i>Public Enterprise:</i> Meaning & Forms (Department, Corporation & Company). Parliamentary Control over Public Enterprises.	TB-1, Ch-5 R-1, Ch-27	31-39
<i>Welfare and Socialist State:</i> India as a Welfare and Socialist State.	TB-1, Ch-7 R-4, Ch-52	40-44
<i>Welfare of Punjab:</i> Welfare of Scheduled Castes, Backward Classes in Punjab.	TB-1, Ch-8	45-56
<i>Central Social:</i> Central Social Advisory Welfare Board and State Social Welfare Advisory Board of Punjab,	TB-1, Ch-10	57-70
<i>Punjab State Women Commission:</i> Composition and Functions.	TB-1, Ch-13	71-75

**Text book:**

Harbir Singh: Development Administration in India (Deepak Publishing House, Patiala 2002).

**References:**

1. Ramesh K. Arora, Indian Public Administration (in situations and issues) (Third Edition)
  2. Smita Srivastava, Theory and Practice of Public Administration, Dorling Kindersley Publication, Noida
  3. Avasthi, Maheshwari: Public Administration, Lakshmi Narain Agarwal Publication, Agra
  4. Avasthi & Avasthi, Indian Administration, Lakshmi Narain Agarwal Publication, Agra
- 

**INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test	: 10 Marks
Written Assignment	: 5 Marks
Attendance	: 5 Marks
Class Participation	: 5 Marks

---

**Total : 25 Marks**

---

**GGDSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
PUNJABI LITERATURE  
BA: VI SEM (JAN-APRIL, 2017)**

<b>Topics (Theoretical)</b>	<b>References</b>	<b>No. of sessions</b>
<b>UNIT - I</b>		
gii kph ; kfj s dk fJfsj k; (nkfd ekb sll 1700 Jha sle)		
gii kp s/gii kph l ਪਿਛੋਕੜ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਪ੍ਰਾਚੀਨਤਾ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਵਿਕਾਸ, ਪੰਜਾਬੀ ਦੀਆਂ ਵਿਸ਼ੇਸ਼ਤਾਵਾਂ ਅਤੇ ਗੁਰਮੁਖੀ ਲਿੱਪੀ	TB-1, Ch.1	1-7
gii kph ; kfj s dk gbt BkBe ekb	TB-1, Ch.2	8-13
nkfd ekb d/; kfj s dhnk gwly Xkoktk s/wb gftoshnk	TB-1, Ch.3	14-20
r p(BkBe ekb	TB-1, Ch.4	21-26
r p(BkBe ekb d/; kfj ls dhnk gwly Xkoktk s/gftoshnk	TB-1, Ch.5	27-40
1700 Jh sle d/gii kph ; kfj ls T[s/wVt] Mks	TB-1, Ch.6	41-42
<b>UNIT - I</b>		
wbk gkfe; skBh ; coBkwk	TB-2	43-52
<b>UNIT - III</b>		
ਸਾਹਿਤ ਦੀ ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਪ੍ਰਯੋਜਨ, ਸਾਹਿਤ ਦੇ ਤੱਤ		53-63
ਸਾਹਿਤ ਅਤੇ ਹੋਰ ਅਨੁਸ਼ਾਸਨ : ਸਾਹਿਤ ns/; wki , ; kfj s ns/wBftfrnkB, ਸਾਹਿਤ ਅਤੇ ਇਤਿਹਾਸ, ਸਾਹਿਤ ਅਤੇ ਧਰਮ, ਸਾਹਿਤ ਅਤੇ ਸ਼ਖਸੀਅਤ, ਸਾਹਿਤ ns/oki Bhs; ; kfj s ns/ftukoXkok, ; kfj s ns/; fGnkuko		64-72
; coBkwk, i htBh, ; t-i htBh-ਪਰਿਭਾਸ਼ਾ, ਪ੍ਰਕਿਰਤੀ ਦੇ ਤੱਤ		73-77

**Text books**

1. gofwdof; x, gii kph ; kfj s dk fJfsj k; (nkfd ekb sll 1700 sle), ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, gii kph : Bhtof; Nh, gfNnkbk, 2014
2. pboki ; kj Bh, wbk gkfe; skBh ; coBkwk

**References**

- 1) ਹਰਕੀਰਤ ਸਿੰਘ, ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਬਾਹਰੀ ਪਬਲਿਸ਼ਰਜ, ਦਿੱਲੀ, 1973
- 2) ਚੀਮਾ, ਬਲਦੇਵ ਸਿੰਘ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਵਿਆਕਰਨ (ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ ਦਾ ਵਿਸ਼ਾ ਕੋਸ਼), ਪੰਜਾਬੀ : Bhtof; Nh, gfNnkbk, 2000
- 3) ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ, ਪੰਜਾਬੀ ਵਿਆਕਰਨ : ਸਿਧਾਂਤ ਤੇ ਵਿਹਾਰ, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ, 2008
- 4) ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ, ਸਿਧਾਂਤਕ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਮਦਾਨ ਪਬਲਿਸ਼ਰਜ, ਪਟਿਆਲਾ, 2002

- 5) ਖਹਿਰਾ, ਸੁਖਿੰਦਰ ਸਿੰਘ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ-ਫ਼ਨਕੀਓਲ ਨਸ/ ਪਡਸੋ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਗੁਰੂਨਾਨਕਪੁਰ, 2006
- 6) ਜੋਹਲੋਸ ਫ; ਖ, ਫਰਨਕਭੀ ਕਕਫ ਫ; ਖ, ਗੀ ਕਫੀ ਫ਼ਨਕੀਓਲ, ਗੀ ਕਫ ; ਨਨ : ਭਿਠਫ; ਨੀ ਨੇ; ਨ-ਪੇ ਪੋਵ ਊਯੀਰਵੀ 2010
- 7) ਸੰਘਾ, ਸੁਖਵਿੰਦਰ ਸਿੰਘ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ, 1999

### **Suggested Readings**

- ਯੀ ਗਫਸੇਕ, ਗਾਸ਼ਾ ਵਿਗਿਆਨ ਵਿਸ਼ੇਸ਼ ਅੰਕ

---

#### **INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test	:	15 Marks
Written Assignment	:	4 Marks
Presentation	:	3 Marks
Class Participation	:	3 Marks

<b>Total</b>	<b>:</b>	<b>25 Marks</b>
--------------	----------	-----------------

---

**GGSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
POLITICAL SCIENCE  
B.A.: 6<sup>TH</sup> SEMESTER (JAN-APRIL 2017)**

Topics	References	No. of sessions
<b>UNIT: I</b>		
<i>International Politics:</i> Meaning, Nature And Scope	TB-1, Ch-1. R-2, Ch-1	1-5
<i>International Politics:</i> Realist And Idealist Approaches	TB-1, Ch-2. R-3, Ch-2	6-11
<i>National Power:</i> Its Elements	TB-1, Ch-3. R-3, Ch-3	12-16
<i>Balance of Power:</i> System of Balance of Power and Collective Security	TB-1, Ch-4,5. R-3, Ch-4	17-22
<b>UNIT: II</b>		
<i>Cold War:</i> Cold War And Post Cold War Era of International Politics	TB-1, Ch-6. R-1, Page No.155-167	23-27
<i>Nature of Emerging World Order:</i> Bipolar, Unipolar and Nature Of Emerging World Order	TB-1, Ch-8,9. R-3, Ch-8	28-35
<i>Regional Organizations:</i> SAARC and EU	TB-1, Ch-10,11. R-2, Ch-11	36-41
<i>World Peace:</i> Maintenance of World Peace and United Nations	TB-1, Ch-12. R-2, Ch-7	42-45

**Text book**

International Politics By J.S. Badyal (Raj Publishers, Jalandhar)

**References**

1. International Relations by Marie-Claude Smouts, Hurst & Company, London.
2. World Politics, Aneek Chatterjee, Pearson, Delhi
3. Comparative Political Systems and International Politics by J.S. Badyal, Raj Publishers, Jalandhar

**INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test : 12 Marks  
Written Assignment : 6 Marks  
Attendance : 6 Marks  
Class Participation : 6 Marks

---

**Total : 30 Marks**

---

**GGDSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
PHYSICAL EDUCATION –  
B.A: 6<sup>TH</sup> SEMESTER (JAN-APRIL 2017)**

<b>Topics</b>	<b>References</b>	<b>No. of sessions</b>
<b>UNIT: I</b>		
<b>Sports Training</b> :-Meaning, aim, objective, characteristics and principles of training	T-1,C-1,R-1,C-36	1-4
<b>Load</b> :-Meaning, principals, types and methods of loading.	T-1,C-2,R-2,C-36	5-8
<b>Training method</b> :-Circuit, Interval, Fartlek, Weight Training and Cross country	T-1,C-3,R-2,C-37	9-13
<b>Components of Physical fitness</b> : - Speed, strength, endurance, agility and flexibility	T-1,C-4,R-2,C-33	14-19
<b>Conditioning</b> : - Main principles and methods of general and specific conditioning.	T-1,C-5,R-2,C-34	20-24
<b>Hockey</b> : History, layout, General rules and regulation, officials, Major tournaments and Arjuna awardees	T-1,C-6,R-3,C-6 R-	25-32
<b>Javelin Throw</b> : Rules and regulations, Layout and Technique. <b>Triple Jump</b> ; Rules and regulations, Layout and Technique.	T-1,C-7,R-3,C-1	33-40
<b>UNIT: II</b>		
<b>Obesity</b> : Meaning , causes, preventive &remedial measures of obesity and Problems of obesity	T-1,C-1,R-2,C-61	41-43
<b>Athletic Meet</b> : Organisation, and its importance.	T-1,C-2, R-1,C-53,R-2,C-15	44-48
<b>Physiological Concepts</b> : Second Wind, Vital Capacity, Stitch on the side, Oxygen debt and fatigue.	T-1,C-3, R-2,C-40	49-53
<b>Motion</b> :-Meaning, types and laws of motion.	T-1,C-4,R-2,C-43	54-56
<b>Exercise and Its Effect</b> : Effect of exercise on Muscular, Respiratory and Circulatory system.	T-1,C-5,R-1,C-9,R-2,C-4.1,4.2,4.3	57-59
<b>Lever system</b> :-Meaning, types and law.	T-1,C-6,R-2,C-43	60-62
<b>Force</b> :-Meaning, types and centre of Gravity.	T-1,C-7,R-2,C-43	63-65

**Text book**

1.Health, Physical Education & Sports DR. Nishan Singh, DR.Paramvir Singh Grewal

**References.**

1. Essentials of Physical Education and Olympic Movements Sh.Ajmer Singh, Dr. Rashpal Singh Brar
2. Health and Physical Education Dr. Nishan Singh , Gurpreet Singh Kang
3. Rules of Games and Sports Dr.A.K.Srivastava

---

**INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test : 10 Marks

Written Assignment : 5 Marks

Attendance : 5 Marks

Class Participation : 4 Marks

---

**Total : 24 Marks**

---

GGSD COLLEGE, KHERI GURNA

TEACHING PLAN  
SOCIOLOGY

B.A.: 6<sup>TH</sup> SEMESTER (JAN-APRIL 2017)

Topics	References	No. of sessions
<b>UNIT: I</b>		
<i>Social Research:</i> Meaning, Objectives and Steps in Social Research.	TB-1, Ch-1. R-1, Ch-1,2	1-6
<i>Scientific Method:</i> Definition and Characteristics	TB-1, Ch-2. R-3, Ch-10	7-12
<i>Hypothesis</i> Meaning, function, types and sources	TB-1, Ch-7. R-1, Ch-13	13-18
<i>Techniques of Data Collection:</i> Observation, Interview, Schedule and Questionnaire	TB-1, Ch-8. R-1, Ch-6.11	19-24
<b>UNIT: II</b>		
<i>Sampling:</i> Meaning and Types	TB-1, Ch-12. R-1, Ch-14	25-31
<i>Analysis of Data:</i> Editing; Coding; Tabulation and Report Writing	TB-1, Ch- 15,16,17,20. R-4, Ch-7	32-36
<i>Statistics:</i> Meaning, Definition and Functions, Uses and Abuses	TB-1, Ch-18. R-4, Ch-9	37-42
<i>Measures of Central Tendency:</i> Mean, Median and Mode	TB-1, Ch-19. R-2, Ch-1,2,3,4	43-49

**Text book**

General Sociology By- Dr. Savinderjit Kaur (New Academic Publishing Company, Jalandhar)

**References**

1. *Social Research:An Introduction* By Mathew David,Carole D Sulton.
2. *Tornado Chasers:Measures of Central Tendency* by Christine Doug.
3. *Sociological Methods and Techniques* By Rajinder K.Sharma.Atlantic Publishers & Distributors (P)Ltd.
4. *Doing Social Research*, Dr.D.K.Lal Das,Kalpaz Publications New Delhi.

**INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test	: 12 Marks
Written Assignment	: 6 Marks
Attendance	: 6 Marks
Class Participation	: 6 Marks

---

**Total : 30 Marks**

---



**GGSD COLLEGE, KHERI GURNA**

**TEACHING PLAN  
PUNJABI COMPULSORY  
BA: 6<sup>th</sup> SEMESTER (JAN- APRIL, 2017)**

<b>Topics (Theoretical)</b>	<b>References</b>	<b>No. of sessions</b>
<b>Unit I</b>		
b'eXkok dh Gfwek		1-45
b'eXkok L gfoGk; k ns/bISD	Tb. 1, Ch. 1	1-03
gi kp dk fgw L wVh r'VD sl'wp ppdhi sle	Tb. 1, Ch. 2	04-06
r okw fdT[s/	Tb. 1, Ch. 3	07-09
gi kph beK dhnk oj [-ohsk, ft; tk; ns/Gow	Tb. 1, Ch. 4	10-12
shnk	Tb. 1, Ch. 5	13-15
b'e-; kfj s dh f; oi D g'fefonk	Tb. 1, Ch. 6	16-19
b'e-rhs dk i Bw	Tb. 1, Ch. 7	20-25
b'e-ej kDhnk dh ykBk-pd'; h	Tb. 1, Ch. 8	26-29
pMD tkbhk pksk	Tb. 1, Ch. 9	30-35
b'e-BkuK dk i Bw ns/ftek;	Tb. 1, Ch. 10	36-38
gi kp dhnk b'e-ebktk	Tb. 1, Ch. 11	39-41
gi kp dhnk b'e-yMK	Tb. 1, Ch. 12	42-43
gi kph b'e-wB ns/rhsk dk fcbwkeD	Tb. 1, Ch. 13	44-46
b'eXkok L toswkB ; doG	Tb. 1, Ch. 14	47-49
<b>Unit II</b>		
ftnkeoB		50-57
nr'ol h gbk dk gi kph ftu nB[tkd		
tkei swe : [esk L wb ns/nfXeko		58-68
fefonk tke; L gfoGk; k, pDso ns/g'eko		69-77

**Text Book**

- 1) yfj ok, G'fgdo f; x ns/; bi hs f; x, *b'eXkok dh Gfwek (gi kph b'eXkok pko/fBpXK dk ; r'fj)*, gpbhe; B fpT[b', gi kph : [htof; Nh, gfnknkbbk

**References**

- 1) ਸੰਘਾ, ਸੁਖਵਿੰਦਰ ਸਿੰਘ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ
- 2) ਖਹਿਰਾ, ਸੁਰਿੰਦਰ ਸਿੰਘ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ-ਵਿਆਕਰਨ ਅਤੇ ਬਣਤਰ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ : [htof; Nh, gfnknkbbk, 2006
- 3) j oehos f; x, frnkBh bkb f; x, gi kph ftnkeoD, gi kp ; NN : [htof; Nh Nē; N-p[ē pov uwhr VQ 2010

### **INTERNAL ASSESSMENT BREAKUP**

Mid- Semester Test	:	10 Marks
Written Assignment	:	5 Marks
Presentation	:	5 Marks
Class Participation	:	5 Marks
<b>Total</b>	<b>:</b>	<b>25 Marks</b>

---