



# **JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR**

**ESTABLISHED BY GOVERNMENT OF RAJASTHAN**

**UGC APPROVED | NAAC ACCREDITED**

## **ELECTORAL LITERACY**

**UNIVERSITY COMPULSORY COURSE (UCC)**

**Credits : 2 (1-0-0-1)**

### **Unit 1 :**

The Union of India, Constitution, Salient features of Indian Constitution, fundamental of rights, Government (Rajya Sabha, Lok Sabha) The Executives, The Judiciary, The states, Definition of democracy, Features of Indian Democracy, Principles of democracy, merits of democracy, Factors affecting democracy, Ways to Strengthen Democracy in India , Voter Pledge, Voter Awareness Forums, voter's id registration, voter helpline app introduction, voters list enrollment,

### **Unit 2 :**

Election guidelines, Electoral Roll, Enrollment of Members, Electoral Process, Electoral Participation, Election Commission vs. State Election Commission, Ethical and informed voting, EPIC: Electors Photo Identity Card, Polling Station, Responsibilities of Election Commission, Duties and Responsibilities of Elected members, Electronic Voting Machine (EVM) and VVPAT (Voter Verifiable Paper Audit Trail), NOTA, NATIONAL VOTER'S DAY

### **Unit 3 :**

Elections in India, Election Process in India, Types of Elections in India, Methods of Election In India,Electoral Process of India,Rajya Sabha Elections,Lok Sabha Elections – Parliamentary General Elections,State Assembly Elections (Vidhan Sabha),Zila Panchayat Elections,Role of the Election Commission,Importance of Types of Elections in India

	<b>Fundamentals of Yoga-I</b>	<b>1-0-0-1</b> <b>Total Lectures : 20</b>
<b>Objective :</b>	The objective of the course is to create awareness among the student about the Yogic sciences.	
Unit 1	<b>General Introduction of Yoga:</b> Brief about origin of Yoga, psychological aspects and Mythological concepts, History and development of Yoga: prior to the vedic period, Medieval period, modern era.	5
Unit 2	<b>Definition</b> of Yoga, aims and objectives of yoga, misconceptions of yoga, brief about stream of yoga, principles of yoga, meaning and Importance of yoga, Elements of Yoga.	5
Unit 3	<b>Introduction</b> to Asanas, Pranayama, Meditation and Yogic Kriyas and detail studies of each.	5
Unit 4	<b>Yoga for concentration and related asanas</b> (Sukhasana, Tadasana, Padmasana, Shashankasana), Relaxation techniques for improving concentration- Yognindra.	5
Unit 5	<b>Procedure, benefits, contraindications for asanas</b> in the following diseases: Obesity, Diabetes, Asthma, Hypertension, Back pain, Heart problems, constipation, Arthritis, Fever, Hernia etc. Yoga Practice Lab	10
<b>Course Outcome : The student will:</b>		
1	Develop an understanding of the subject.	
2	Understanding the concepts of Yoga	
3	Understanding the practical aspects of Yogic sciences.	
<b>Textbooks :</b>		
1	Singh SP and Yogi Mukesh, (2010), Foundation of Yoga, Standard Publication, New Delhi.	
2	Lal Basant kumar, (2013), Contemporary Indian Philosophy, Motilal Banarsidas Publishers pvt.ltd. Delhi.	
<b>Reference Books :</b>		
1	Sharma VK, (2018), Health and Physical Education, New Saraswati House (India) Pvt.Ltd.	
2	Agarwal MM, (2010), Six systems of Indian Philosophy, Chow khambha vidya Bhawan, Varanasi.	