

6. COMPUTER APPLICATIONS IN MANAGEMENT -[CC106] :

Objective : This course will expose students to developments in computer technology and understand the working of a computer system. It will familiarise office automation software packages and will build skills in using electronic spreadsheets to support the processes in decision making. It helps to build skills in designing and developing computer programmes. The course also helps students to understand the information technology infrastructure that the firms today are using to achieve digital integration.

Content : Information Systems in Global Business Today, Global E -Business: How Businesses Use Information Systems, Information Systems, Organizations, and Strategy, Ethical and Social Issues in Information Systems, IT Infrastructure and Emerging Technologies, Foundations of Business Intelligence: Databases and Information Management, Telecommunications, the Internet, and Wireless Technology, E-Commerce: Digital Markets & Digital Goods, Reasons for success and failures of IS.

The students will also learn theory and management applications of following:

1. Major Dos Commands For Files Management And Processing
2. Major Commands For Windows Operating System
3. Word Processing (Msword)
4. Spread Sheet (MS EXCEL)
5. Presentation Tool (MS- Power Point)
6. DBMS (MS-Access)

The final university examination will consist of theory and practicals. Each will carry equal weightage of 20%. The theory examination will have weightage of 20% and will be of 90 minutes. The practical examination will have weightage of 20% .

7. Yoga and Health - [CC107] :

Objective : This course will help students to understand importance of Yoga in daily life, in reducing stress, building strengths of a person. It will familiarise students to various types of asanas and its benefits.

Content :

Meaning-need-importance and historical background of yoga, types of yoga - Bhakti yoga, karma yoga, Ashtang yoga. Asan, Pranayam, Shatkriya, Bandhas and Suryanamaskar. Effects of yoga on different system of human body, impact of yoga on daily life & good health, Yogaupchar - use of yoga in various diseases, Yoga and dietary principles.

Students will learn various types of pranayam and asanas.

Pranayam: Ujjayi - Vilom, Surya Bhedan, Chandra Bhedan, Shitali, Bhastrika, Bhramari, Aum & Ram

Shatkarma: Neti (Jalneti), Dhauti (Vaman), Kapalbhati, Tratak.

Suryanamaskar

Bandh: Mool, Oddiyani, Jalandhar, Tribandh.

Asan: