

Reference:

1. Bell, Julia and Magrs, Paul. The Creative Writing Course-Book. London: Macmillan, 2001.
2. Clark, Roy Peter. Writing Tools.US: Brown and Company, 2008.
3. Johnson, Jeannie. Why Write Poetry? US: F. D. Univ. Press, 2007

Course title: Value of Games and Sports**Subject code: VAC055****Credit:2****Contact Hours:30 .**

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Values of games and sports	VAC055	02	30	30	40	20	10	

Course Objectives:

10. To understand the concept of Game and Sports.
11. To understand value of games and sports.
12. To understand the benefits of games and Sports

Learning Outcomes: completion of the course, the students will be able to

12. Know the importance of Game and sports.
13. Know the effect of Games and Sports on human body.
14. Understand the effect of Games and Sports in the society.

Module –I: 6 hours.

Definition of Games and Sports. History of Games and Sports. Games and Sports as an activity from inception it is from primitive age.

Module-II: 8 hours**Values of Games and Sports-1**

1. Source of Recreation.
2. Physical Fitness
3. National Unity
4. Build character
5. Value in Student life.

Module –III: 8 hours**Values of Games and Sports-2**

1. Producing Happy hormone

2. Storing proper minerals in the bone, it will utilize for latter stage of life.
3. All organs of the body became strong and lasting enough for whole life.
4. Games and sports leads to balanced, happy, capable, strong build body.
5. Maintain free leisure time a meaningful, became all body organs -System active.

Module IV: 8 hours

Practical

Practicing any recreational games or sports or activity, consisting
General worming up-conditioning -specific conditioning-Main Game -worm down

References:

1. Kamlesh, M, L (1996) Foundation of Physical Education, Metropolitan Book Co, Pvt Ltd.
- Thomas Hanlon,(2022), The Sports Rule Book ,Human Kinematics -Third Edition

Course title : Painting
Course Code : VAC056
Credits : 2
Contact hours : 30.

Course Title	Course Code	Total Credits	Contact Hours	Assessment Weightage				
				Written	Practical Demonstration	Laboratory/ Presentation	Field Work/ Project Work	Assignment
Painting	VAC056	2	30	20	50	20		10

Course Objective: This subject helps students to consolidate past experience and knowledge, Introduce students to different media and techniques and their use for creative and productive expressions for various utilities. Provides opportunities for development of awareness of folk arts, local arts and other cultural components leading to an appreciation of national heritage.

Course Learning Outcome: Art ia an integral part of human existence. It is a process of learning and imbibing to appreciate art forms and to develop the aesthetic sensibility. From being sensitive to better understanding of one's own locality and extending it to other cultures, it helps to build a harmonious society and a productive nation. Besides, individual expressions, the arts provide an opportunity to study and appreciate the work of art made in the past and present.

Module- I: Historical background of fine art in Manipur (archaic & Medieval period and Indian art Pre historic rock paintings (6 hrs)

Module- II: Definitions of the elements of art, line, form, tone colour texture, space, composition and simple perspective (8 hrs)

Module- III: Drawing – sketches, object drawing, nature, perspective , Still life study, composition and human figure (8 hrs)

Module- IV: Painting- painting from memory, imagination, scenery, folk art and clay modeling and craft- object modeling and pottery (8 hrs)

Reference books: