



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ

नांदेड— ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY

NANDED-431606, MAHARASHTRA STATE, INDIA.

Established on 17th September 1994 - Recognized by the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'A' Grade



ACADEMIC (1-BOARD OF STUDIES) SECTION

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प्रस्तुत विद्यापीठाशी संलग्नित नेताजी सुभाषचंद्र बोस महाविद्यालय, नांदेड येथील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील बी.ए.—प्रथम वर्ष—योगा आणि मेडिटेशन विषयाचा CBCS Pattern चा अभ्यासक्रम शैक्षणिक वर्ष २०१८-१९ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक १९ नोव्हेंबर २०१८ रोजी संपन्न झालेल्या ४२व्या मा. विद्या परिषद बैठकीतील विषय क्र.४/४२-२०१८ च्या ठरावानुसार प्रस्तुत विद्यापीठाशी संलग्नित नेताजी सुभाषचंद्र बोस महाविद्यालय, नांदेड, येथील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील खालील विषयाचा **C.B.C.S. (Choice Based Credit System) Pattern** नुसारचा अभ्यासक्रम शैक्षणिक वर्ष २०१८-१९ पासून लागू करण्यात येत आहे.

१) बी.ए. — प्रथम वर्ष — योगा आणि मेडिटेशन

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी.

‘ज्ञानतीर्थ’ परिसर,

विष्णुपुरी, नांदेड — ४३१ ६०६.

जा.क्र.: शैक्षणिक-०१/परिपत्रक/पदवी-सीबीसीएस अभ्यासक्रम/
२०१८-१९/२०१९

दिनांक : ०२.१२.२०१८.

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, नेताजी सुभाषचंद्र बोस महाविद्यालय, नांदेड.
- ४) उपकुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) साहाय्यक कुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.



स्वाक्षरित/—

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY,
NANDED

YOGA AND MEDITATION

(U.G. Level)

FACULTY OF SOCIAL SCIENCES

(Three Year Degree Course)

B.A. FIRST YEAR

SEMESTER PATTERN

Choice Based Credit System

(CBCS Pattern)

YOGA AND MEDITATION

SYLLABUS

B.A. FIRST YEAR CBCS Pattern - 2018

SEMESTER PATTERN

(With effect from the academic year 2018-2019)

Yoga - MUSK

mohansarpate@gmail.com

9823554891

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

Choice Based Credit System (CBCS)

FACULTY OF SOCIAL SCIENCES,

Under Graduate Programmes (UG)

B.A. First year syllabus (Semester Pattern)

SUBJECT: YOGA AND MEDITATION

Curriculum structure and scheme of evaluation for

B.A.F.Y with effect from 2018-2019

Semester	Core Course	Paper No	Name of Paper	Periods /week	Total periods	CA	ESE	Total marks	Credit marks
I	CCYM – I	I	Basic aspects of yoga & Human anatomy-physiology	4	55	35	40	75	3
	CCYMP – II	II	External practical-Yogic therapy (Applied yoga)	4	55	25	50	75	3
			TOTAL – I	8	110	60	90	150	6
II Annual pattern	CCYM – III	III	Yogic kriya & Human physiology	4	55	35	40	75	3
	CCYMP – IV	IV	External practical yogic therapy (Applied yoga)	4 (Pre-Batch)	55	25	50	75	3
			TOTAL – II	8	110	60	90	150	6
			Grant total I + II	16	220	120	180	300	12

Note:

CC: Cour course.

CCYM: Cour course – yoga and meditation.

CCYMP: Cour course – Yoga and meditation practical.

ESE: End of semester examination.

CA: Continuous assessment.

Note:

- I • 35 Marks: Internal Evaluation Examination i.e.
 - Test Theory = 10 Marks
 - Test MCQ = 10 Marks
 - Assignment/Tutorial/Practical Book = 10 Marks
 - Attendance = 5 Marks

- II • Internal Marks = 25 Marks i.e.
 - Oral Test – 10 Marks
 - Attendance/Yogic clinical Work = 10 Marks
 - Behavior/Discipline = 05 Marks

- III • Yoga Clinical work is compulsory.
 - Record book and uniform is compulsory in regular period and examination time
 - Record book mention all practical events in brief.

- IV • Practical Examination of Paper II & IV will be taken jointly at the time of summer examination every year.

Prepared by -

YOGACHARYA PROF. DR. M. U. SARPATE

Head of the Department,

Yoga and Meditation

NSB College, Nanded.

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पदवीस्तरावरील योग आणि ध्यान (Yoga & Meditation) या अभ्यासक्रमाचा हेतू

योग : चित्तवृत्ती निरोधः

- ❖ आरोग्यं धन संपदा
- ❖ रोगमुक्तीसाठी योग
- ❖ व्यक्तिचा सर्वांगिण विकास
- ❖ व्यवसायाभिमुख अभ्यासक्रम
- ❖ योगशिक्षक, प्रशिक्षक निर्मिती
- ❖ शासकीय, निमशासकीय क्षेत्रात नोकरीची संधी
- ❖ स्वतःचा व्यवसाय निर्मितीची संधी
- ❖ शाळा - महाविद्यालयात योगशिक्षक, प्रशिक्षक कार्याची संधी
- ❖ क्लीनिक, हॉस्पिटलमध्ये फिजिओथेरेपीज योग कार्याची संधी
- ❖ शारीरिक, मानसिक, सामाजिक आणि अध्यात्मिक आरोग्यप्राप्ती
- ❖ योगाभ्यासाने (आसनामुळे) शरीरात लवचिकता आणि श्वासोच्छ्वासात सुरळीतपणा येतो. तसेच एकाग्रता व स्मरणशक्ती विकसित होते. ताण - तणावापासून मुक्ती मिळते.
- ❖ योगाभ्यासाने अंतरंगात शांतता व सुसंवाद प्रस्थापीत होतो.

(Degree in Yoga Therapy)
Degree in Yoga and Meditation

❖ **Introduction :-**

- Yoga, Naturopathy and Ayurveda being the Science(s) of life.
- Common people should be aware it.
- Hence University is conducting Degree in Yoga and Meditation since 2018-19.
- Yoga being closely related to Naturopathy and Aurveda.
- Those are ancient Indian Sciences.
- Now a days it is very popular in Indian people as well as in foreign students.
- The aim of the Degree Course is to help people maintain positive health & prevent diseases.

❖ **Benefits / Advantages :-**

- Introduction and more comprehensive inputs about the Indian sciences namely Yoga, Naturopathy and Ayurveda.
- Demonstration and practice of Yogic kriyas / Exercises and Naturopathic Therapies.
- Tips for maintaining personal health.
- Understanding how diseases are produced.
- The students can get job / service in any naturopathy hospital or alternative treatment therapy.
- The students an treat patients at Yoga Centre with fees or can start himself Yoga & naturopathy centre.

- ❖ **Duration :-**
 - Three Years
- ❖ **Eligibility :-**
 - H.S.C Passed
- ❖ **Schedule :-**
 - Regular, Every morning and Evening Yoga sessions / papers.
- ❖ **Intake Capacity :-**
 - As per University Rules
- ❖ **Language of Instructions :-**
 - Marathi
- ❖ **Medium for paper writing :-**
 - Marathi, Hindi and English
- ❖ **Examination Pattern :-** The examination shall consist of the following :
 - a. Part I- Theory (300 Marks)
 - Section A- Written Test M.C.Q. Pattern
 - There shall be six(6) paper of 40 marks each.
 - Section B- Sessional Work / Unit Test - 10 Marks for each paper.
 - b. Part II - Practical Skills (300 Marks)
 - c. Part III - Research & Teaching
 - Skill / Technique (100 Marks)
 - 40 % Marks necessary for passing each head.
- ❖ **Examination Schedule :-**
 - Semester pattern. As per University Programme.
- ❖ **Fees :-**
 - As per University and College Administration.

❖ **Examination Fees :-**

- As per University Rules.

❖ **Application :-**

- Application form with Two photographs, HSC passed Original T.C., Original Marks Memo and regarding all documents for admission.

❖ **Syllabus :-**

- As shown in next page.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS - PAPER PATTERN FOR THE SUBJECT OF YOGA & MEDITATION

B.A. I YEAR

(With effects from Academic Year 2018-2019)

SEMESTER I

PAPER I

Basic Aspects of Yoga and Human Anatomy - Physiology

Time : 02 Hours

Marks 40

4 Periods per week

60 Periods Half Yearly

Unit I Brief History of Yoga

- i) Meaning, Definition, Aims, Objectives, Importance and Scope of Yoga
- ii) Origin of Yoga
- iii) Basic principles of Yoga
- iv) Types of Yoga (Hatha Yoga & Patanjali Yoga
- v) A brief History and Development of Yoga.

Unit II Ashtang Yoga : (Eight Limbs of Yoga) in brief.

- i) Yama
- ii) Niyama (Yog & Bhojan)
- iii) Asana
- iv) Pranayama
- v) Pratyahara
- vi) Dharana
- vii) Dhyana (Meditation)
- viii) Samadhi

Unit III Introduction of Human Anatomy and Physiology in brief.

Meaning / Definition, Types, Structure & Functions of following Organs and systems of Human body (in brief).

- i) Cell
- ii) Tissue
- iii) Human Body
- iv) Joints
- v) Digestive System
- vi) Respiratory System
- vii) Circulatory System
- viii) Nervous System
- ix) Glandular System
- x) Excretory System

[Note : 35 Marks : Internal Evaluation Examination i.e. Test Theory: 10, Test MCQ : 10, Assignment / Tutorial : 10, and Attendance : 5 Marks]

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CBCS - PAPER PATTERN FOR THE SUBJECT OF YOGA & MEDITATION

B.A. I YEAR

(With effects from Academic Year 2018-2019)

SEMESTER I

PAPER II

EXTERNAL PRACTICAL

Yogic Therapy OR Yogoupachar

Time : 04 Hours

Marks 50 +25 =75

4 Periods per week

60 Periods Half Yearly

YOGA SADHNA (Everyday)

- Yogic Prayer : Pranav & Shloka AND

ओम पूर्णमदः पूर्ण मिदम । पूर्णात पूर्ण मुदश्चते ।

पूर्णस्य पूर्ण मादाय पूर्ण मेवा वशिष्यते ॥

(Warming up : Micro Exercise: Sitting & standing Position before Yoga Practice)

● Course Contents :	Marks
I Experimental Equipments and their use in Yoga Practical (any two)	05
i) Weight Machine	Measurement of weight
ii) Height Measure Stand	Measurement of Height
iii) Stethoscope	Measurement of Pulse & Heart Sound
II Shuddhi Kriya (Hydro Therapy) (any Two)	10
i) Neti (Nostrol wash)	ii) Mouth wash (Mukha Shuddhi)
iii) Eye wash (Netra Shuddhi)	
III Indian Traditional Exercises : Suryanamaskar (Two)	10

IV	Selected Yogasanas (Asana Therapy) : (Any four Asanas)	10
	1) Sitting Position : Any four Asana	
	2) On Back Position : Any Three Asana	
	3) On abdomen Position : Any Three Asana	
V	Selected Pranayama : (Pranayama Therapy : (Any Two)	10
	1) Deep breathing Pranayama	
	2) Nadi Shoudhan Pranayama	
	3) Anulom-vilom Pranayama	
VI	Record Book : Mention all practical events in Record Book in brief	05
	Internal Marks (25) :	
	Oral Test	10
	Attendance / Clinical Work	10
	Behaviour OR Discipline	05

Note: i) Record Book and Uniform is compulsory in Regular period & Examination.
ii) Yoga clinical work is compulsory.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS - PAPER PATTERN FOR THE SUBJECT OF YOGA & MEDITATION

B.A. I YEAR

(With effects from Academic Year 2018-2019)

SEMESTER II

PAPER III

Yogic Kriya And Human Physiology

Time : 02 Hours

Marks 40

4 Periods per week

60 Periods Half Yearly

Unit I Shatkarma Sadhan - (Shuddhi Kriya)

Meaning & Importance of Shatkarma Sadhan (Shuddhi Kriya).

Unit II Dhouthi Yoga (Water / Hydro Therapy)

- | | | |
|----------------|----------------|--------------------------|
| i) Mouth Wash | ii) Eye Wash | iii) Neti (Nostrol Wash) |
| iv) Jal Dhouti | v) Wagh Dhouti | vi) Shankh Prakshalan |

Unit III Watsar Dhouti

- | | | |
|-------------|----------------|-----------------|
| i) Shitali | ii) Shitkari | iii) Wausar |
| iv) Agnisar | v) Dant Dhouti | vi) Kapal Bhati |

Unit IV Asana Yog (Yogasane) in brief.

- | | |
|--------------------------|----------|
| i) In Seating Position | 05 Asana |
| ii) On Back Position | 05 Asana |
| iii) On Obdamin Position | 05 Asana |
| iv) Standing Position | 05 Asana |

Unit V Introdution of Human Physiology with Pranayama.

Functions and effects of Pranayama on following systems : in brief

- | | | |
|------------------------|------------------------|------------------------------------|
| i) Cell | ii) Bones | iii) Blood i.e. Circulatory System |
| iv) Respiratory System | v) Digestive System | vi) Brain i.e. Nervous System |
| vii) Glandular System | viii) Excretory System | |

[Note : 35 Marks : Internal Evaluation Examination i.e. Test Theory: 10, Test MCQ : 10, Assignment / Tutorial : 10, and Attendance : 5 Marks]

Reference Books for Paper No. I & III (Theory Paper) :

अ.क्र.	पुस्तकाचे नांव	लेखक	प्रकाशन
01	घेरण्ड संहिता	व.ग. देवकुळे (भाषांतरित)	मे.शारदा साहित्य, पुणे
02	पतंजल योगदर्शन	कृ.के. कोल्हटकर	मे. आदित्य प्रतिष्ठान, कर्वेनगर, पुणे
03	आसन, प्राणायाम, मुद्रा, बंध	स्वामी सत्यानंद सरस्वती	मे. योग पब्लिकेशन ट्रस्ट मूंगेर, बिहार
04	पातंजल योग - विज्ञाननिष्ठ निरूपण	डॉ. प.वि. वर्तक	मे. राणे प्रकाशन, पुणे
05	सहज योग दर्शन	डॉ. प्रा. मो.उ. सरपाते खडकीकर	मे. हर्षद प्रकाशन, नांदेड
06	मानवी शरीर विज्ञान	डॉ. व्यंकटेश रघुनाथ साने	मे. महा.साहित्य संस्कृती मंडळ, मुंबई
07	योगीक थेरपी	Kuvalayananda & Vinekar	कैवल्यधाम लोनावळा, पुणे
08	Asana, Pranayama, Mudra, Bandha (Eng.)	Swami Satyananda Saraswati	Yog Publication, Munger, Bihar
09	मानवी शरीरक्रिया शास्त्र	डॉ. प्रा. मो.उ. सरपाते खडकीकर	मे. हर्षद प्रकाशन, नांदेड
10	Anatomy & Physiology of Yogic Practice	Prof. M.M. Gore	Lonawala, Pune
11	Physiology of Exercise	H.A. Devtis	-
12	व्यायामाचे शरीरक्रिया शास्त्र	डॉ. सौ. विजया द. जोशी	मे. सुयोग प्रकाशन, अमरावती
13	योग साधना व योग चिकित्सा	स्वामी रामदेव	मे. दिव्य प्रकाशन, हरिद्वार, उत्तरांचल
14	प्राणायाम रहस्य	स्वामी रामदेव	मे. दिव्य प्रकाशन, हरिद्वार, उत्तरांचल
15	Internet websites	Google	Google
16	Yog Mimansa	Quarterly Vol. I to XIX	Kaiwalyadham, Pune

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS - PAPER PATTERN FOR THE SUBJECT OF YOGA & MEDITATION

B.A. I YEAR

(With effects from Academic Year 2018-2019)

SEMESTER II

PAPER IV

EXTERNAL PRACTICAL

Yogic Therapy OR Yogoupachar

Time : 04 Hours

Marks 50 +25 =75

4 Periods per week

60 Periods Half Yearly

YOGA SADHNA

- Yogic Prayer : Pranav & Shloka AND

ओम पूर्णमदः पूर्ण मिदम । पूर्णात् पूर्ण मुदश्चते ।

पूर्णस्य पूर्ण मादाय पूर्ण मेवा वशिष्यते ॥

(Warming up : Micro Exercise: Sitting & standing Position before Yoga Practice)

●	Course Contents :	Marks
I	Experimental Equipments and their use in Yoga Practical (any two)	10
	1. Sphygmoman meter	Measurement of B.P.
	2. Clinical Thermometer	Measurement of human body Temperature
	3. Grip Dynamo Meter	Measurement of Arm Strength
II	Shuddhi Kriya : (Hydro Therapy) (Any Two)	10
	1. Jal Dhouti	
	2. Wagh Dhouti	
	3. Shankprakshalan	
III	Yogasan Therapy (Selected Asanas): Any Four Asanas)	10
	1. Back Bending Asanas	(Any Three Asanas)

	2. Front Bending Asanas	(Any Three Asanas)	
	3. Standing Position Asanas	(Any Four Asanas)	
IV	Pranayam Therapy (Selected Pranayama with Kumbhaka)		10
	(Any Two)		
	1. Kumbhak Abhyasa		
	2. Ujjai Pranayama		
	3. Bhasrika Pranayama		
V	Record Book : Mention all practical events in Record Book in brief		05
	Internal Marks (25) :		
	Oral Test		10
	Attendance / Clinical Work		10
	Behaviour OR Discipline		05

Note: i) Record Book and Uniform is compulsory in Regular period & Examination.

ii) Yoga clinical work is compulsory.

Reference Books for Paper No. II & IV (Practical Paper) :

अ.क्र.	पुस्तकाचे नांव	लेखक	प्रकाशन
01	Asana, Pranayam,Mudra,Bandha	Swami Satyananda Saraswati	Yoga Publication Trust, Bihar
02	आसना,प्राणायामा, मूद्रा, बंधा (हिंदी)	Swami Satyananda Saraswati	Yoga Publication Trust, Bihar
03	हटप्रदिपीका	स्वात्मारामकृत	स्वात्मारामकृत लोणावळा, हिंदी संस्करण
04	सहज योग दर्शन	प्रा.डॉ. मो.उ. सरपाते खडकीकर	हर्षद प्रकाशन, नांदेड
05	घेरण्ड संहिता (भाषांतर)	व.ग. देवकुळे	शारदा साहित्य ट्रस्ट, पुणे
06	पतंजल योगदर्शन	कृ.के. कोल्हटकर	आदित्य प्रतिष्ठान, पुणे
07	प्राणायाम रहस्य	स्वामी रामदेव	दिव्य प्रकाशन हरिद्वार, उत्तरांचल
08	योग साधना व योग चिकित्सा	स्वामी रामदेव	दिव्य प्रकाशन हरिद्वार, उत्तरांचल
09	पातंजल योग प्रदीप	श्रीस्वामी ओमानंद तीर्थ	गीताप्रेस, गोरखपूर
10	सूर्यनमस्कार	आप्पापंत	
11	पातंजल योग प्रदीप	डॉ. प.वि. वर्तक	देवविद्या मुद्रनालय, पुणे
12	योग रहस्य	डॉ. विवेक शास्त्री	
13	पतंजल योगदर्शन	नानाभाई सदानंदजी रेळे	
14	योगासन आणि प्राणायाम	स्वामी अक्षय आत्मानंद	प्रतिभा प्रतिष्ठान, दिल्ली
15	रोग आणि उपचार	डॉ शितांभू भारद्वाज	पराग प्रकाशन, दिल्ली
16	हृदयविकार व निवारण	शुभदा गोगटे, डॉ. जगदीश हिरेमठ	मेहता प्रकाशन, पुणे
17	योगदिपीका	बी.के. अयंगार	ओरियंट लॉगमन,हैद्राबाद
18	प्राणायाम दिपीका	बी.के. अयंगार	ओरियंट लॉगमन,हैद्राबाद
19	योग सर्वासाठी	बी.के. अयंगार	ओरियंट लॉगमन,हैद्राबाद
20	सूर्यनमस्कार उपासना व व्यायाम	ह.वि. दात्ये	भारतीय विचार साधना, पुणे

21	बच्चों के लिए योग शिक्षा	स्वामी सत्यानंद सरस्वती	योग पब्लिकेशन, मुंगेर, बिहार
22	मानवी शारीरक्रीया शास्त्र	प्रा.डॉ.मो.उ. सरपाते खडकीकर	हर्षद प्रकाशन, नांदेड
23	स्वास्थ्य व योग	प्रा.डॉ.मो.उ. सरपाते खडकीकर	हर्षद प्रकाशन, नांदेड
24	महिलासाठी योगासने	व.ग. देवकुळे	उत्कर्ष प्रकाशन, पुणे
25	Yoga for common Diseases	H. Kumar Kaul	New Light Publisher, Delhi

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS - PAPER PATTERN FOR THE SUBJECT OF YOGA & MEDITATION
B.A. I YEAR

(With effects from Academic Year 2018-2019 & onwards)

Note:

1. Passing Heads :

- 1 Theory Papers : Minimum 16 Marks per semester out of 40 Marks.
2. Practical Papers : Minimum 20 Marks per semester out of 50 Marks

2. Examination : Conducted by University

1. First Batch 20 Students
2. Second Batch will be treated as 1/3 Students of first Batch.
3. Examiners appointed by SRTM University, Nanded
4. One Internal Examiner : Same college & Teaching Lecturer.
5. One External Examiner : Same Subject Lecturer
6. One Lab Assistant : For arrange Equipments & other.
7. Practical Book / Project Book is compulsory for Students.
8. Uniform is compulsory for practical period and Exam.
9. Practical Examination of paper II and IV will taken jointly at the time of Summer Examination every year.
10. College will arrange visit to Yoga & Naturopathy Centers.
11. Yogic Clinical work is compulsory for students.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS - PAPER PATTERN FOR THE SUBJECT OF YOGA & MEDITATION
B.A. I YEAR EXAMINATION
QUESTION PAPER PATTERN (THEROY)
FOR PAPER NO. I AND III SEMESTER PATTERN
(With effects from Academic Year 2018-2019 & onwards)

Time : 2 Hours

Marks : 40

Note : 1. Attempt all questions

2. All questions carry equal marks.

- Q.1 Write answer in brief 10
- Q.2 Answer the following questions (Any Two) 10
- a.
- b.
- c.
- d.
- Q.3 Write short answer of any Two of the following. 10
- i.
- ii.
- iii.
- iv.
- Q.4 Write short notes (Any Two) 10
- i.
- ii.
- iii.
- iv.
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