

GUJARAT
TECHNOLOGICAL
UNIVERSITY

BRIDGE COURSE INFORMATION AND
STATE CADET CORPS

Gujarat Technological University, Ahmedabad

Bridge Course Course Duration: 6 weeks STATE CADET CORPS

Course Objectives:-

1. To create a Human Resource of organized, trained and motivated youth.
2. To Develop Character, Comradeship, Discipline, Leadership, Secular Outlook, Spirit of Adventure and Ideals of Selflessness Service amongst the youth of the Gujarat State.
3. To provide Leadership in all walks of life and be always available for the Service of the Nation.

Course Outcome:-

This training will help them to be disciplined, useful citizens of Gujarat with the fervor of patriotism and camaraderie.

1. Students will become more discipline with secular outlook.
2. Students will understand the concept of social responsibilities
3. Students will become mentally and physically fit.
4. Students will understand to work as a team and develop quality of leadership

Course Organization:-

List of Activities

Sr. No	Activity	Duration in Hours
Theory		
1	Introduction of SCC	01
2	Physical Fitness	01
3	Yoga	01
4	National Integration – Unity in Diversity	01
5	Community & Social Service 1	01
6	Community & Social Service 1	01
Practical		
1	Physical Fitness Battery test of boys 50 m run, 1600 m walk/run, Standing broad jump, sit ups, Pushups, Battery test of girls 50 m run, 1600 m walk/run, Standing broad jump, sit ups, sit and reach suggestive measures for improvement and re-evaluation Body mass index Jogging, rotation, stretching, jumping, and resistance exercise	06
2	Yoga a. Pranayams: bhastrika, anulom-vilom, kapalbhati, bahya, agnisar, bramri, udgit, ujjai shitli, sitkari nadisodhan, karnrogantak, suryabhedi, chandra bhedi etc .	06

	b. Asanas; Standing Postures: Garudasan, trikonasan, dhruvasan, natrajasan. Sitting Postures: yogmudrasan, baudhpadmasan, vakrasan, ardhmasendrasan, vajrasan, kukutasan, sidhasan, kapotasan, marjarasan Prone Posture Naukasan(viprit), bhekasana, dhanurasana, salbhasana, bhujangasana Spine Posture: Naukasan, sarvangasana, halasana, matsyasan, vipritkarni Surya Namaskar Relaxation exercises and Savasana is compulsory between the yoga and at end of Session	
3	Tree plantation Focus should be made on native tree plant i.e. Neem, banayan, peepal, , gulmahor, son mahor etc.	02
4	Thalassemia Awareness & Testing	02
5	Visit of institutes carrying out social/charity activities e.g Orphanage, Old age home, IRCS (Thalassemia division), Blind man Institution, Institute for Mental / Physically challenged people, Women Development Centers, Institute for deaf & dumb etc.	02

Perception:

Students entering in the engineering course can be classified in to two groups as A Level and S Level after two weeks based on the performance criteria.

- ✓ **A LEVEL STUDENTS** who score moderate can be perceived to possess less fitness and endurance based on battery test. They shall be given separate exercise to improve their performance.
- ✓ **S LEVEL STUDENTS** who are scoring excellent in battery test can be considered to possess the necessary level to cope with the engineering courses. Such students shall be leaders of formed group and coordinate with faculty and students. He / she is basic monitoring person in entire training process.

Course Planning:-

SCC will comprise of

- Theory
- Field trips / Practical Training

Week 1-2: Introduction to SCC and physical fitness lectures. Battery Test should be completed. Practical classes of YOGA

Week 3-4 : Theory and practical classes of YOGA , Tree plantation

Week 5: Community and social services and visit, YOGA practice

Week 6: YOGA practice and Revaluation of the physical fitness of the student.

After completion of Bridge Course students are expected to know importance of :-

- Physical fitness
- YOGA, PRANAYAM and DHYAN
- Thalassemia Awareness & Blood donation
- Social Service and Welfare of the society

Evaluation Scheme:-

- Based on Battery test and YOGA performance
- Paper based MCQ test based on syllabus

Requirement for the course:

- 1) Director, Physical Education / Certified physical instructor / NCC cadets
- 2) Certified Yoga Instructor
- 3) Obligatory nomination of Teachers, in proportion to the strength of student body, by college authorities should be mandatory. Teacher from each department of the college.
- 4) Nominated office staff/Lab Assistant / Lab Instructor as per requirement
- 5) The required budget for training of teachers and other expenses to be sanctioned by the GTU / CTE.
- 6) Instructors (Teachers) should be given incentives in the form of suitable remuneration, credits in API and promotion benefits.
- 7) NSS volunteers / Student volunteers
- 8) Indian Red Cross Society / State authorized Blood bank volunteers
- 9) Co-ordination with local authority / Forest Department / Nurseries
- 10) Co-ordination with NGO's

Recommended References:

1. Yoga - Its philosophy and practice : Swami Ramdev
2. Pranayam Rahasya : Swami Ramdev
3. Physical fitness and wellness : Dr.P.M.Kasundra and Shree K.R.PATEL
4. Test measurement and evaluation : Dr.P.M.Kasundra and Shree K.R.PATEL
5. Test and measurement in physical education : Dr.Abhay Shreevastav
6. SPORTS SCIENCE , ISBN 978-93-5087-321-2 : Dr.Mukesh Patel
7. Yog and Aerobic are Medicine for Health : Dr.Mukesh Patel
- 1) ISBN 978-93-5087-322-9
8. Physical education - An art and skill : Patel & Desai
9. Human physiology and sports science : Dr Pradhuman Bhatt.
10. Science of sports and medicine : Shree K.R.PATEL
11. Exercise physiology : Shree K.R.PATEL
12. Stress managment through yoga : Bharat thakur
13. Vyayam vigyan kosha-9 : Gujarat Vyayam Pracharak Mandal
14. Sports Diet : Shree K.R.PATEL