



**GOVERNMENT COLLEGE OF EDUCATION  
SECTOR 20-D, CHANDIGARH  
NAAC ACCREDITED GRADE 'A'**



**3rd Cycle  
Assessment and Accreditation by NAAC  
CRITERION-III  
Research and Outreach Activities**



### CRITERION 3

#### KEY INDICATOR- 3.1.4

Institution has created an eco-system for innovation and other initiatives for creation and transfer of knowledge that include

**Copyrights patents filed**

#### INDEX

Sr. No	Content	Page No.
1	Copyrights/ Patents as Books published by faculty members from 2018 to 2023	1-40

# Copyrights/Patents

## KALYANI PUBLISHERS

### Head Office

B-1/1292, Rajinder Nagar, Ludhiana-141 008 • Ph : 0161-2760031, 2745756  
E-mail : kalyanibooks@yahoo.co.in Website : www.kalyanipublishers.co.in

### Administration Office

4779/23, Ansari Road, Daryaganj, New Delhi-110 002  
Ph : 011-23271469, 23274393 E-mail : kalyani\_delhi@yahoo.co.in

### Works

B-16, Sector-8, NOIDA (U.P.)

### Branches

1, Mahalakshmi Street, T. Nagar, Chennai-600 017 • Ph : 044-24344684  
Gopabandhu Lane, Behind Govt. Bus Stand, Badambadi,  
Cuttack-753 012 (Odisha) • Ph : 0671-2311391  
3-5-1108, Narayanaguda, Hyderabad-500 029 • Ph : 040-24750368  
10/2B, Ramanath Mazumdar Street, Kolkata-700 009 • Ph : 033-22416024  
Arunalaya, 1st Floor, Saraswati Road, Pan Bazar, Guwahati-781 001 • Ph : 0361-2731274  
Koratti Parambil House, Convent Road, Kochi-682 035 • Ph : 0484-2367189  
No. 24 & 25, 1st Floor, Hameed Shah Complex, Cubbonpet Main Road, Bengaluru-560 002

Every effort has been made to avoid errors or omissions in this publication. In spite of this, errors may creep in. Any mistake, error or discrepancy noted may be brought to our notice, which shall be taken care of in the next edition. It is notified that neither the publisher nor the author or seller will be responsible for any damage or loss of action to any one, of any kind, in any manner, therefrom. It is suggested that to avoid any doubt the reader should cross-check all the facts, law and contents of the publication with original Government publication or notifications.

For binding mistake, misprints or for missing pages, etc., the publisher's liability is limited to replacement within one month of purchase by similar edition. All additional expenses in this connection are to be borne by the purchaser.

20 + 380 = 400 Pages 20" x 30" 50 Formes



© 2018, Sankhian, Anurag

375.3  
Sa 585P

Gautam Graphic Printers  
(TARUN-18-PSS-E)

ISBN 978-93-272-9201-5

PRINTED IN INDIA

At Ajit Printers, Old Maujpur, Shahdara, Delhi-110053

# KALYANI PUBLISHERS

## Head Office

B-1/1292, Rajinder Nagar, Ludhiana-141 008 • Ph : 0161-2760031, 2745756  
E-mail : kalyani-books@yahoo.co.in Website : www.kalyanipublishers.co.in

## Administration Office

4779/23, Ansari Road, Daryaganj, New Delhi-110 002 • Ph : 011-23271469, 23274393  
E-mail : kalyani\_delhi@yahoo.co.in, kalyani\_delhi@kalyanipublishers.in

## Works

B-16, Sector-8, NOIDA (U.P.)

## Branches

1, Mahalakshmi Street, T. Nagar, Chennai-600 017 • Ph : 044-24344684  
Gopabandhu Lane, Behind Govt. Bus Stand, Badambadi, Cuttack-753 012 (Odisha) • Ph : 0671-2311391  
4-3-65/2/A, Behind HVS Public School, Raghunath Bagh  
Sultan Bazar, Hyderabad-500 095 • Ph : 040-24750368  
10/2B, Ramanath Mazumdar Street, Kolkata-700 009 • Ph : 033-22416024  
Arunalaya, 1st Floor, Saraswati Road, Pan Bazar, Guwahati-781 001 • Ph : 0361-2731274  
Koratti Parambil House, Convent Road, Kochi-682 035 • Ph : 0484-2367189  
No. 24 & 25, 1st Floor, Hameed Shah Complex, Cubbonpet Main Road, Bengaluru-560 002

Every effort has been made to avoid errors or omissions in this publication. In spite of this, errors may creep in. Any mistake, error or discrepancy noted may be brought to our notice, which shall be taken care of in the next edition. It is notified that neither the publisher nor the author or seller will be responsible for any damage or loss of action to any one, of any kind, in any manner, therefrom. It is suggested that to avoid any doubt the reader should cross-check all the facts, law and contents of the publication with original Government publication or notifications.

For binding mistake, misprints or for missing pages, etc., the publisher's liability is limited to replacement within one month of purchase by similar edition. All additional expenses in this connection are to be borne by the purchaser.

24 + 296 = 320 Pages 20" x 30" 40 Forms

KPP R 34633 05

© 2022, Sankhian, Anurag

Gautam Graphic Printers  
(TARUN-21-PEDA-SOC-STD-E)

PRINTED IN INDIA

at Diamond Agencies Pvt. Ltd., B-125, Sec. 63, NOIDA



375.3  
586P  
-C-

#### Imprint

Any brand names and product names mentioned in this book are subject to trademark, brand or patent protection and are trademarks or registered trademarks of their respective holders. The use of brand names, product names, common names, trade names, product descriptions etc. even without a particular marking in this work is in no way to be construed to mean that such names may be regarded as unrestricted in respect of trademark and brand protection legislation and could thus be used by anyone.

Cover image: [www.ingimage.com](http://www.ingimage.com)

#### Publisher:

LAP LAMBERT Academic Publishing

is a trademark of

Dodo Books Indian Ocean Ltd., member of the OmniScriptum S.R.L. Publishing group

str. A.Russo 15, of. 61, Chisinau-2068, Republic of Moldova Europe

Printed at: see last page

ISBN: 978-620-4-73709-6

Copyright © Dr. Sapna Nanda

Copyright © 2022 Dodo Books Indian Ocean Ltd., member of the OmniScriptum S.R.L. Publishing group.

FOR AUTHOR USE ONLY

## ASSESSMENT OF AN IMPROVED MODULE OF THE NATIONAL ADOLESCENT GIRLS SCHEME AND EVALUATION OF THE ONGOING SCHEME

SAPNA NANDA

FOR AUTHOR USE ONLY

Published in the United States of America by  
IGI Global  
Medical Information Science Reference (an imprint of IGI Global)  
701 E. Chocolate Avenue  
Hershey PA, USA 17033  
Tel: 717-533-8845  
Fax: 717-533-8661  
E-mail: [cust@igi-global.com](mailto:cust@igi-global.com)  
Web site: <http://www.igi-global.com>

Copyright © 2021 by IGI Global. All rights reserved. No part of this publication may be reproduced, stored or distributed in any form or by any means, electronic or mechanical, including photocopying, without written permission from the publisher.  
Product or company names used in this set are for identification purposes only. Inclusion of the names of the products or companies does not indicate a claim of ownership by IGI Global of the trademark or registered trademark.

#### Library of Congress Cataloging-in-Publication Data

**Names:** Nanda, Sapna, 1964- author.

**Title:** Evaluation and management of high-risk pregnancies : emerging research and opportunities / by Sapna Nanda.

**Description:** Hershey, PA : Medical Information Science Reference, [2020] | Includes bibliographical references and index. | Summary: "This book explores the diagnosis, treatment, and management of high-risk pregnancies"-- Provided by publisher.

**Identifiers:** LCCN 2019059986 (print) | LCCN 2019059987 (ebook) | ISBN 9781799843573 (hardcover) | ISBN 9781799843580 (ebook)

**Subjects:** MESH: Pregnancy, High-Risk | Pregnancy Complications--diagnosis | Pregnancy Complications--therapy | Maternal Death--prevention & control

**Classification:** LCC RG571 (print) | LCC RG571 (ebook) | NLM WQ 240 | DDC 618.3--dc23

LC record available at <https://lcn.loc.gov/2019059986>

LC ebook record available at <https://lcn.loc.gov/2019059987>

This book is published in the IGI Global book series *Advances in Medical Diagnosis, Treatment, and Care (AMDTC)* (ISSN: 2475-6628; eISSN: 2475-6636)

#### British Cataloguing in Publication Data

A Cataloguing in Publication record for this book is available from the British Library.

All work contributed to this book is new, previously-unpublished material.

The views expressed in this book are those of the authors, but not necessarily of the publisher.

For electronic access to this publication, please contact: [eresources@igi-global.com](mailto:eresources@igi-global.com).

# YOGA 360°

**A HOLISTIC APPROACH**



*Known for  
Publishing  
Quality books  
for the last*

**25** Years



**Vishvas®**

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Ranchi–Patna

ISBN :  
978-81-951651-4-8



9 788195 165148  
Price ₹ : 390.00

Published in the United States of America by

IGI Global  
Medical Information Science Reference (an imprint of IGI Global)  
701 E. Chocolate Avenue  
Hershey PA, USA 17033  
Tel: 717-533-8845  
Fax: 717-533-8661  
E-mail: [cust@igi-global.com](mailto:cust@igi-global.com)  
Web site: <http://www.igi-global.com>

Copyright © 2019 by IGI Global. All rights reserved. No part of this publication may be reproduced, stored or distributed in any form or by any means, electronic or mechanical, including photocopying, without written permission from the publisher.

Product or company names used in this set are for identification purposes only. Inclusion of the names of the products or companies does not indicate a claim of ownership by IGI Global of the trademark or registered trademark.

#### Library of Congress Cataloging-in-Publication Data

**Names:** Nanda, Sagma, 1964- author.

**Title:** *Psycho-socio-physical dimensions of adolescent health management: emerging research and opportunities* / by Sagma Nanda.

**Description:** Hershey, PA : Medical Information Science Reference, [2019] |

Includes bibliographical references.

**Identifiers:** LCCN 2018025682 | ISBN 9781522573845 (hardcover) | ISBN 9781522573852 (ebook)

**Subjects:** | MESH: Adolescent Health

**Classification:** LCC RJ503 | NLM WS 460 | DDC 616.8900835--dc23 LC record available at <https://len.loc.gov/2018025682>

This book is published in the IGI Global book series *Advances in Human Services and Public Health (AHSPH)* (ISSN: 2475-6571; eISSN: 2475-658X)

#### British Cataloguing in Publication Data

A Cataloguing in Publication record for this book is available from the British Library.

All work contributed to this book is new, previously-unpublished material.

The views expressed in this book are those of the authors, but not necessarily of the publisher.

For electronic access to this publication, please contact: [eresources@igi-global.com](mailto:eresources@igi-global.com).





A TEXTBOOK OF  
**YOGA**

SKILL EDUCATION  
(Subject Code 841)



**Vishvas**

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Ranchi–Patna

ISBN :  
978-81-951651-3-1



Price ₹ : 300.00

A TEXTBOOK OF

# YOGA

**SKILL EDUCATION**

(Subject Code 841)



*Known for Publishing  
Quality Books for the Last*

**25** Years



**Vishvas**<sup>®</sup>

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh—Bengaluru—Delhi—Guwahati—Hyderabad—Indore  
Jammu—Jaipur—Kolkata—Lucknow—Mumbai—Ranchi—Patna

ISBN :

978-81-951651-4-8



9 788195 165148

Price ₹ : 325.00

# YOGA

## PRACTICAL & PROJECT WORKBOOK



**Vishvas**<sup>®</sup>

*Known for Publishing  
Quality books for the last*

**25** *Years*

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Patna–Ranchi

ISBN :  
978-93-93086-55-6



9 789393 086556

Price ₹ : 390.00

# योगा

पाठ्यपुस्तक

A TEXTBOOK OF

# YOGA

कौशल शिक्षा (SKILL EDUCATION)

(Subject Code 841)

*Known for Publishing  
Quality Books for the Last*

25 Years



**Vishvas**<sup>®</sup>

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Ranchi–Patna

ISBN :  
978-93-93086-02-0



Price ₹ : 325.00



www.amazon.com



Back

A close-up photograph of two hands, one light-skinned and one dark-skinned, clasped together in a firm grip. The background is a light blue wall.

# EDUCATION FOR BEING HUMAN

DR.ANJALI PURI

**This book concentrates on the idea that education should not only focus on obtaining knowledge and skills but also on cultivating the full person. The author suggests that education should aim to help individuals grow as human beings, rather than simply preparing them for a specific job or vocation.**

**To attain this purpose, the book provides a human perspective on education, which emphasizes the importance of character formation, the growth of virtue, and the quest of wisdom. The author further suggest that education should help students build a love of truth, beauty, and kindness, as well as a feeling of meaning and purpose in life.**

**The book gives practical suggestions for how educators might apply this vision of education in their classrooms, including strategies for cultivating intellectual curiosity, creating deep engagement with the subject matter, and developing a sense of community and belonging. Overall, "Education for the Whole Human" offers a compelling vision of education that aspires to help students become humans and lead fulfilling lives.**

ISBN 9798393395599



9 798393 395599

# ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਦਾ ਅਧਿਆਪਨ

PEDAGOGY OF SOCIAL SCIENCES

VOLUME-I

ਅਨੁਰਾਗ ਸਾਂਖਿਆਨ

KALYANI

# ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਦਾ ਅਧਿਆਪਨ (PEDAGOGY OF SOCIAL SCIENCES)

VOLUME - I

ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ, ਚੰਡੀਗੜ ਦੇ ਥੀ.ਐਡ.ਦੇ ਪਹਿਲੇ (1<sup>st</sup>) ਸਮੇਸਟਰ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ  
ਅਤੇ ਹੋਰ ਯੂਨੀਵਰਸਿਟੀਆਂ ਦੇ ਥੀ.ਐਡ. ਕੋਰਸ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਵੀ ਲਾਭਦਾਇਕ

ਡਾ. ਅਨੁਰਾਗ ਸਾਂਖਿਆਨ

ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ

ਸਰਕਾਰੀ ਕਾਲਜ ਆਫ ਐਜੂਕੇਸ਼ਨ

ਸੈਕਟਰ 20 ਡੀ, ਚੰਡੀਗੜ (U.T.)



ਕਲਿਆਣੀ ਪਬਲਿਸ਼ਰਜ਼

ਲੁਧਿਆਣਾ - ਨਵੀਂ ਦਿੱਲੀ - ਨੌਇਡਾ (ਯੂ.ਪੀ.) - ਹੈਦਰਾਬਾਦ

ਚੇਨਈ - ਬਿਲਾਸਾਣਾ - ਭਟਕ - ਗੁਵਾਹਾਟੀ - ਕੋਚੀ - ਬੰਗਲੁਰੁ



## ਕਲਿਆਣੀ ਪਬਲਿਸ਼ਰਜ਼

### ਮੁੱਖ ਦਫ਼ਤਰ :

1/1, ਰਾਜਿੰਦਰ ਨਗਰ ਲੁਧਿਆਣਾ - 141 009 • Ph : 0161-2760031, 2745756  
E-mail : kalyanibooks @ yahoo.co.in Website : www.kalyanipublishers.co.in

### ਪ੍ਰਬੰਧ ਦਫ਼ਤਰ :

4863/2 B, ਭਾਰਤ ਰਾਮ ਰੋਡ, 24 ਦਰਿਆਗੰਜ, ਨਵੀਂ ਦਿੱਲੀ - 110 002 • Ph : 011-23271469, 23274993  
E-mail : kalyani\_delhi @ yahoo.co.in, kalyani\_delhi @ kalyanipublishers.in

### ਬਾਰਜ ਦਫ਼ਤਰ:

B/16, ਸੈਕਟਰ 8, ਨੌਇਡਾ (ਯੂ. ਪੀ.)

### ਸ਼ਾਖਾਵਾਂ :

No. 1 ਮਹਾਲਕਸ਼ਮੀ ਸਟਰੀਟ, ਟੀ. ਨਗਰ ਚੇਨਈ-600 017 • Ph : 044-24344684

110/111, ਭਾਰਤੀ ਟਾਵਰਸ, ਬਾਦਾਮ ਬਾਗ਼ੀ, ਕਟਕ-753 009 (ਓਡੀਸ਼ਾ) • Ph : 0671-2311891  
ਹਾਊਸ ਨੰ. 4-3-65/2/A, ਐੱਚ.ਵੀ.ਐੱਸ. ਪਬਲਿਕ ਸਕੂਲ ਦੇ ਪਿੱਛੇ, ਰਘੁਨਾਥ ਬਾਗ਼, ਸੁਲਤਾਨ ਬਜ਼ਾਰ,  
ਹੈਦਰਾਬਾਦ-500 095 (ਆ. ਪ੍ਰ.)

ਨ. 10/2 B, ਰਾਮਨਾਥਨ ਮਜ਼ਮੂਦਾਰ ਸਟਰੀਟ ਕੋਲਕਾਤਾ-700 009 • Ph : 033-22416024  
ਅਰੁਨਾਲਿਆ, ਪਹਿਲੀ ਮੰਜਿਲ, ਸਰਸਵਤੀ ਰੋਡ, ਪਾਨ ਬਾਜ਼ਾਰ, ਗੁਵਾਹਾਟੀ-781 001 • Ph : 0361-2731274

ਕਾਨਵੈਂਟ ਰੋਡ, ਕੋਚੀ-682 035 • Ph : 0484-2367189

ਨੰ. 24 ਅਤੇ 25 ਪਹਿਲੀ ਮੰਜਿਲ, ਹਮੀਦ ਸ਼ਾਹ ਕੰਪਲੈਕਸ, ਕੋਬਨਪੇਟ ਮੇਨ ਰੋਡ, ਬੰਗਲੁਰੂ-560 002

Every effort has been made to avoid errors or omissions in this publication. In spite of this, errors may creep in. Any mistake, error or discrepancy noted may be brought to our notice which shall be taken care of in the next edition. It is notified that neither the publisher nor the author or seller will be responsible for any damage or loss of action to any one, of any kind, in any manner, therefrom. It is suggested that to avoid any doubt the reader should cross-check all the facts, law and contents of the publication with original Government publication or notifications.

For binding mistakes, misprints or for missing pages, etc., the publisher's liability is limited to replacement within one month of purchase by similar edition. All expenses in this connection are to be borne by the purchaser.

S 37180 03

© 2022 ਸਾਖਿਆਨ, ਅਨੁਰਾਗ

10+358=368\_20X30\_46 F

TYPESETTING AT  
(TARUN-22-PEDA-SOC-STD-F01-F)  
Gautam Graphic Printers

PRINTED IN INDIA

Printed at: Yash Printographics, Noida

## ਪ੍ਰਸਤਾਵਨਾ

ਭਾਰਤ ਦੇ ਸੰਵਿਧਾਨ ਦੀ ਪ੍ਰਸਤਾਵਨਾ ਸਾਰੇ ਸੰਵਿਧਾਨ ਦੇ ਮੁਲਕੂਤ ਸਿਧਾਂਤਾਂ, ਉਦੇਸ਼ਾਂ ਅਤੇ ਆਦਰਸ਼ਾਂ ਨੂੰ ਸਪੱਸ਼ਟ ਕਰਦੀ ਹੈ ਅਤੇ ਦਰਸਾਉਂਦੀ ਹੈ, "ਅਸੀਂ ਭਾਰਤ ਦੇ ਲੋਕ, ਸਮਾਜਿਕ ਦਰਸ਼ਨ ਅਤੇ ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਦੇ ਆਧਾਰ ਤੇ ਕੰਮ ਕਰਦੇ ਸੁਰੰਤਰ, ਜਮਹੂਰੀ ਗਣਰਾਜ ਵਿੱਚ ਭਾਰਤ ਦਾ ਗਠਨ ਕਰਨ ਅਤੇ ਆਪਣੇ ਸਾਰੇ ਨਾਗਰਿਕਾਂ ਦੇ ਨਿਆਂਇਕ, ਸਮਾਜਿਕ, ਆਰਥਿਕ ਅਤੇ ਰਾਜਨੀਤਿਕ ਹਿੱਤਾਂ ਨੂੰ ਸੁਰੱਖਿਅਤ ਕਰਨ ਦਾ ਵੇਸਲਾ ਕੀਤਾ ਹੈ। ਵਿਚਾਰਾਂ, ਪ੍ਰਗਟਾਵੇ, ਵਿਸ਼ਵਾਸ ਅਤੇ ਪੂਜਾ ਦੀ ਆਜ਼ਾਦੀ, ਰੁਤਬੇ ਦੀ ਸਮਾਨਤਾ ਅਤੇ ਸਾਰਿਆਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਭਾਈਚਾਰਾ, ਵਿਅਕਤੀ ਦੀ ਮਾਨੁਤਾ ਅਤੇ ਦੇਸ਼ ਦੀ ਏਕਤਾ 'ਤੇ ਡਰੋਸਾ ਸੁਨਿਸ਼ਚਿਤ ਕਰਦਾ ਹੈ।" ਪ੍ਰਸਤਾਵਨਾ ਦੇਸ਼ ਦੇ ਸਮਾਜਿਕ ਦਰਸ਼ਨ ਅਤੇ ਸਮਾਜਿਕ ਅਧਿਐਨ ਦੇ ਮੁਲਕੂਤ ਅਧਾਰ ਵਾਂਗ ਸਾਰੇ ਸਕੂਲਾਂ ਵਿੱਚ ਕਾਰਜ ਕਰਦੀ ਹੈ। ਆਪਣੇ ਸਕੂਲਾਂ ਵਿੱਚ ਗੁਣਵੱਤਾ ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਅਧਿਆਪਨ ਰਾਹੀਂ ਸੁਪਨਾ ਪੂਰਾ ਕਰਨ ਦੀ ਅਸੀਂ ਕੋਸ਼ਿਸ਼ ਕਰ ਰਹੇ ਹਾਂ। ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਵਿਸ਼ੇ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਦਿਮਾਗ ਵਿੱਚ ਰੱਖਦੇ ਹੋਏ ਆਪਣੇ ਸਾਰੇ ਸੈਕੰਡਰੀ ਪੱਧਰ ਤੱਕ ਇੱਕ ਨਾਜ਼ਮੀ ਵਿਸ਼ਾ ਰੂਪ ਵਿੱਚ ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਅਧਿਆਪਨ ਲਈ ਆਪਣੀਆਂ ਸਾਰੀਆਂ ਰਿਪੋਰਟਾਂ ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਪਾਠਕ੍ਰਮ ਰੂਪ-ਰੇਖਾ ਵਿੱਚ ਸਿਫਾਰਿਸ਼ ਕਰਦਾ ਹੈ। ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਅਧਿਆਪਕ ਗੁਣਵੱਤਾ ਸਮਾਜਿਕ ਅਧਿਐਨ ਅਧਿਆਪਨ ਦੇਣ ਦੁਆਰਾ ਜਿੰਮੇਵਾਰੀ ਸਾਂਝਾ ਕਰਦੇ ਹਨ ਅਤੇ ਸਿਖਿਆਰਥੀਆਂ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਜਟਿਲ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਕਰਨ ਵਿੱਚ ਆਪਣੀ ਭੂਮਿਕਾ ਸਮਝਣ ਦੇ ਉਨਮੁਖ ਕਰਦੇ ਹਨ। ਸਮਾਜਿਕ ਅਧਿਐਨ ਅਧਿਆਪਨ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਫਲਪੂਰਨ ਯੋਗਦਾਨ ਦੇ ਕਾਬਿਲ ਕਰਦਾ ਹੈ ਅਤੇ ਸਮਾਜ ਅਤੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਗਿਆਨ ਦੇ ਲਾਗੂਕਰਨ ਰਾਹੀਂ ਵਾਛਿਤ ਸਮਾਜਿਕ ਪਰਿਵਰਤਨ ਲਿਆਉਂਦਾ ਹੈ।

ਵਿਦਿਅਕ ਸਿਸਟਮ ਵਿੱਚ ਅਧਿਆਪਕ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੇ ਹਨ ਕਿਉਂਕਿ ਉਹ ਉਹ ਹਨ ਜੋ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਜ਼ਮੀਨੀ ਪੱਧਰ ਤੇ ਅਸਲ ਵਿੱਚ ਕੰਮ ਕਰਦੇ ਹਨ। ਅਧਿਆਪਨ ਅੰਤਰਰਾਸ਼ਟਰੀ ਨਾਲ ਸਿਖਣ ਦੇ ਨਾਲ ਬੱਝਿਆ ਹੋਇਆ ਹੈ ਅਤੇ ਇਹ ਸਾਰੇ ਸਕੂਲਾਂ ਵਿੱਚ ਗੁਣਵੱਤਾ ਸਮਾਜਿਕ ਵਿਗਿਆਨ ਅਧਿਆਪਨ ਲਈ ਦਬਾਅ ਪਾਉਂਦਾ ਹੈ। ਸਮਾਜਿਕ ਅਧਿਐਨ ਅਧਿਆਪਨ ਅਤੇ ਸਿਖਣ ਦੀ ਗੁਣਵੱਤਾ ਸੁਧਾਰਣ ਲਈ ਸਾਨੂੰ ਡਿੱਠ ਹਿੱਸੇਦਾਰਾਂ ਦੇ ਸਮਰਪਣ ਅਤੇ ਈਮਾਨਦਾਰ ਯਤਨਾਂ ਦੀ ਲੋੜ ਹੈ ਜਿਸਦੇ ਮਾਂ-ਬਾਪ, ਅਧਿਆਪਕ, ਸਕੂਲ, ਅਧਿਆਪਕ, ਵਿਦਿਅਕ ਆਹਿਰ, ਸਮਾਜ ਅਤੇ ਸਰਕਾਰ ਦੇ। ਵਰਤਮਾਨ 'ਸਮਾਜਿਕ ਅਧਿਐਨ ਦਾ ਅਧਿਆਪਨ' (Volume-1) ਚੰਡੀਗੜ੍ਹ ਦੀ





Kalpana Publishers  
Kalpana, Delhi @ kalpana.co.in  
www.kalpanapublishers.co.in



ISBN: 978-93-5540-292-9  
5 37180 03  
₹ 270.00

(एक खण्ड में, दो भागों में और (1) भागों में उपलब्ध है।  
एक खण्ड में, दो भागों में और (1) भागों में उपलब्ध है।

# **National Education Policy:**

*The New Era of  
Teacher Education*

---

**Chief Editor :** Dr. Pawan Kumar

**Editors :** Dr. Shilpy Arora • Mrs. Alka Sharma



### About the Chief Editor



Dr. Pawan Kumar, Principal, A.S. College of Education, Kalal-Majra, Khanna has a 22 years of teaching experience, out of which 5 years is an administrative experience.

He had attended various national and international conferences, seminars and workshops and presented a number of papers at various forums.

He is member of faculty of Education, added member of Faculty of Education, Board of Studies (Education), Member of Academic Council at Panjab University, Chandigarh.

He has been supervising research work for M.Ed., M.Phil. and Ph.D. in Education.

The Area of his excellence are Research in Education, Educational Psychology and Mathematics.

He is working as the Principal of the college from 15th April, 2021 to till date.

### About the Editors



Dr. Shilpy Arora is working as Assistant Professor in A.S. College of Education, Kalal-Majra, Khanna. She has twelve years of teaching experience. She has published various articles in journals & books and presented various papers in state as well as national seminars. She has been Organising Secretary of Seminars and F.D.P. She has life membership of All India Association for Educational Research (AIAER). Her area of interest includes Philosophy, Sociology, Social Studies and Gender issues.



Mrs. Alka Sharma is working as Assistant Professor in A.S. College of Education, Kalal-Majra, Khanna. She has six years of teaching experience. She has published various papers in national and international seminars. She has attended F.D.P. program and workshop on teaching of science by NCERT. Her area of interest are Educational Psychology, Science and Mathematics.

ISBN: 978-93-94017-31-3



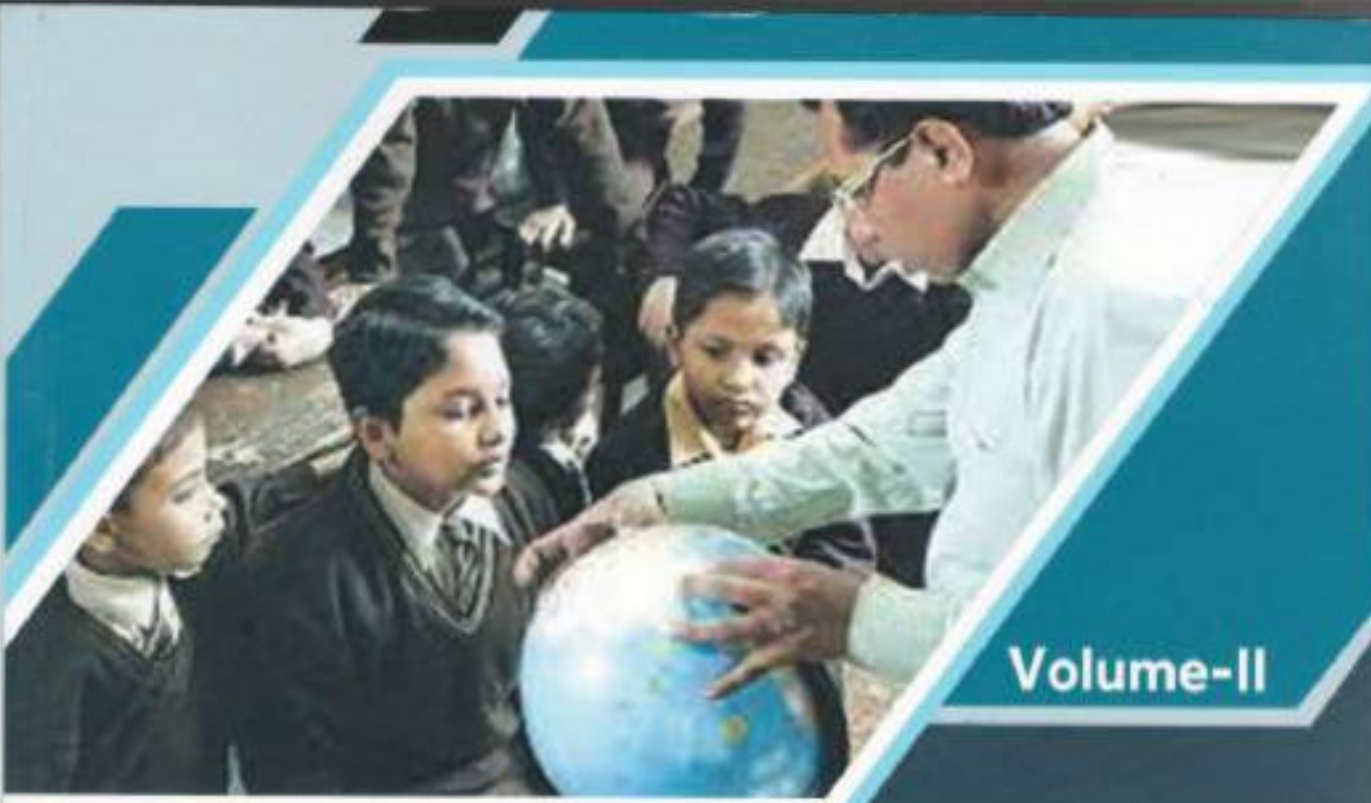
Twentyfirst Century Publications

# 79, Sheikhpura, P.O. Panjab University,  
Patiala (Punjab)- 147002

Contact : 99153-98364 (Office), 92167-53688 (Mobile)

e-mail : [tcpublications11@gmail.com](mailto:tcpublications11@gmail.com)

[rinku\\_ranchhawa77@yahoo.com](mailto:rinku_ranchhawa77@yahoo.com)



Volume-II

# Pedagogy of Social Studies

Anurag Sankhian

KALYANI

# PEDAGOGY OF SOCIAL STUDIES

VOLUME – II

*(For B.Ed. 2<sup>nd</sup> Semester students of the Panjab University, Chandigarh  
and also useful for B.Ed. course students of other universities)*

**DR. ANURAG SANKHIAN**

M.A. (Geography), M.Phil. Geography (Goldmedallist),  
M.Ed., PGDDE, CIG, NET-JRF & Ph.D.

Associate Professor

Government College of Education,  
Sector 20 D, CHANDIGARH (U.T.)



**KALYANI PUBLISHERS**

LUDHIANA – NEW DELHI – NOIDA (U.P.) – HYDERABAD – CHENNAI

KOLKATA – CUTTACK – GUWAHATI – KOCHI – BENGALURU



## PREFACE

Social studies has emerged as a subject of prime importance in terms of the present school curriculum due its direct contribution in developing among the learners loyalty to the democratic ideals, civic responsibility, value education and human relationships. Many new and stimulating developments have been apparent in recent years in the content area and pedagogy of the Social studies. The contribution of Social studies school teachers and teacher educators in imparting the quality Social studies education and further in the development of the Indian society can't be ignored. Social studies teachers face different challenges while teaching the subject and require subject related quality learning material support. While interacting with the pupil teachers opting the teaching subject Pedagogy of Social studies pupil teachers shared their problem with the author about getting the relevant books and learning material covering all the topics prescribed in the syllabus specifically topics like Social studies Model based lesson planning, Using the Constructivist approach in teaching social studies and preparing constructivist lesson plans, RCEM approach, Use of Rubrics, Peer Assessment, Portfolio in Social studies assessment, Open book test etc. Keeping in mind this aspect the present book 'PEDAGOGY OF SOCIAL STUDIES - VOLUME II' gives more prominence to these neglected areas of the subject and is specifically written for meeting the learning needs of the students of the Pedagogy of Social studies course paper of the *B.Ed. Second Semester programme of the Panjab University, Chandigarh*. An attempt has been made to present different concepts in a clear, concise and interesting manner. Author feels that this book, together with Volume I should be of value to pupil teachers, social studies school teachers and teacher educators. This volume includes the important topics like Social studies lesson planning, Lesson planning approaches (Herbartian, RCEM, and 7E Constructivist Approach), Professional development of the Social science teachers, Approaches and Tools of Measurement and Evaluation in Social Studies, Peer assessment, Rubrics, Portfolio, Open Book Tests, Indian Constitutional design, Globalisation, Consumer protection etc. The suggested further readings at the end of the book will encourage the students to dig deeper and further investigate the Social studies subject. Acknowledgements and appreciations are due to all the educationists and authors whose work was consulted and quoted in this book. It is a pleasure to express my gratitude to Sh. Tarun Bhateja, Sh. Kamal and the whole dedicated team of the *Kalyani Publishers* for their support in bringing this book to its final shape. The author hope and believe that this book will cater to the requirements of the Social science pupil teachers, school teachers, teacher educators and wish the readers an enriching reading experience. The valuable suggestions of all concerned in making the book more useful are always welcome.

2022

**ANURAG SANKHIAN**  
anuragsankhian@gmail.com

For B.Ed. 2nd Semester Students of the Panjab University,  
Chandigarh and also also useful for B.Ed. course students  
of Other Universities



kalyani\_delhi@kalyanipublishers.in  
kalyani\_delhi@yahoo.co.in  
www.kalyanipublishers.co.in

R 35274 05

₹ 195.00

ISBN: 978-93-5540-184-7



9 789355 401847

PEDAGOGY OF  
**SOCIAL  
SCIENCE**

**Volume-I**

**Anurag Sankhian**

**KALYANI**

# PEDAGOGY OF SOCIAL SCIENCE

**VOLUME – I**

*(For B.Ed. 1<sup>st</sup> Semester students of the Guru Nanak Dev University, Amritsar  
and also useful for B.Ed. course students of other universities)*

**DR. ANURAG SANKHIAN**

*M.A. (Geography), M.Phil. Geography (Goldmedallist),*

*M.Ed., PGDDE, CIG, NET-JRF & Ph.D.*

**Associate Professor**

**Government College of Education,**

**Sector 20 D, CHANDIGARH (U.T.)**



**KALYANI PUBLISHERS**

LUDHIANA – NEW DELHI – NOIDA (U.P.) – HYDERABAD – CHENNAI

KOLKATA – CUTTACK – GUWAHATI – KOCHI – BENGALURU

# PREFACE

Social sciences contribute multi dimensionally in the development of the individual, society and nation. The subject matter of the social sciences is directly related to the individuals and society. It involves the learners to see and interpret the world—its peoples, places, cultures, systems, their activities, aspirations, achievements, problems and occupies a unique position in the school programme. Subject helps in developing among the learners loyalty to the democratic ideals, civic responsibility, value education and improves their social skills. No society can survive without teaching its young children about the basics of the society. Social Science teaching at school level teaches the basics of the society and makes the learners able in understanding their cultural, geographical, social, and historical milieus. National Education Policy, 2020 recommended for moving towards less content, more towards learning about how to think critically and solve problems, how to be creative and multidisciplinary, and how to innovate, adapt, and absorb new material in novel and changing fields. NPE 2020 also recommended that pedagogy must evolve to make education more experiential, holistic, integrated, inquiry-driven, discovery-oriented, learner-centred, discussion-based, flexible, and, of course, enjoyable. Social science teachers are required to play an active role in fulfilling the objectives of the National Education Policy-2020 and in developing the required capabilities among the learners. For meeting the expectations of the society, Social science pupil teachers are required to have good mastery over the Social science pedagogy and Social science subject matter. Keeping in mind this aspect the present book 'Pedagogy of Social science-Volume I' is specifically written for meeting the learning needs of the students of the Pedagogy of Social science course paper of the B.Ed. First Semester programme of the Guru Nanak Dev University, Amritsar. An attempt has been made to present different concepts in a clear, concise and in an interesting manner. This volume includes the important topics like Historical background of Social science, Difference between Social studies and Social science, Values associated with the teaching of Social science, Aims and objectives of Social science, Pedagogical approaches: Interdisciplinary, Experiential, Co-operative learning and Constructivist approach, Current affairs in Social science and Social science laboratory etc. The suggested further readings at the end of the book will encourage the students to dig deeper and further investigate the Social science subject. Acknowledgements and appreciations are due to all the educationists and authors whose work was consulted and quoted in this book. It is a pleasure to express my gratitude to Sh. Tarun Bhatija and the whole dedicated team of the *Kalyani publishers* for their support in bringing this book to its final shape. The author hope and believe that this book will cater to the requirements of the Social science pupil teachers, school teachers, teacher educators and wish the readers an enriching reading experience. The valuable suggestions of all concerned in making the book more useful are always welcome.

For B.Ed. 1st Semester Students of the GNDU,  
Amritsar and also useful for B.Ed. course students of  
other Universities

## About the Book

This textbook 'Pedagogy of Social Science - Volume I' is written specifically for the B.Ed. First Semester Students of the Guru Nanak Dev University, Amritsar and is also useful for the students of other Indian universities opting Social science as their teaching subject. This book will also prove beneficial to the Social sciences school teachers and teacher educators. The book covers the prescribed B.Ed. first semester syllabus of the teaching subject 'Pedagogy of Social science' of the Guru Nanak Dev University, Amritsar. The book includes the topics like Historical background of social science, Difference between Social studies and Social science, Values of teaching Social science, National Education Policy 2020 recommendations, Pedagogical practices and Approaches including Interdisciplinary approach, Experiential approach, Co-operative Learning and Constructivist approach etc. The author expects that this book will aid the social sciences pupil teachers, school teachers and teacher educators.

## About the Author

**Dr. ANURAG SANKHIAN**, Associate Professor, M.A. (Geography), M.Phil. (Goldmedalist), M.Ed., PGDDE, CIG, Ph.D. has been working in Government College of Education, Sector 20D, Chandigarh since 2003. He is having teaching experience of twenty years at secondary, senior secondary, undergraduate, postgraduate and doctorate levels. He is recipient of National Merit Scholarship and Junior Research Fellowship (JRF) from Government of India and University Grants Commission, New Delhi. He has attended good number of International/ National conferences, Seminars and Workshops. His research papers have been published in various reputed national and international journals, edited books, and conference proceedings. He is also supervising the research work of the Ph.D. students in Education and Geography. He has been a member of the various academic bodies, namely Added Member of the faculty of Education, Panjab University, Chandigarh, Member Inspection committee, Education colleges affiliated to the Panjab University, Chandigarh, Life member of the National Association of Geographers, India (NAGI), General Secretary of the Chandigarh Government Colleges Teacher Association (CGDTA) and Chairperson of the focus group of State Curriculum Framework (SCF), Chandigarh (U.T.).



kalyani\_delhi@kalyanipublishers.in  
kalyani\_delhi@yahoo.co.in  
www.kalyanipublishers.co.in

5 36354 03

₹ 140.00

ISBN: 978-93-5540-055-0



9 789355 400550

# **Pedagogy of Social Studies**

**Volume-I**



**Anurag Sankhian**

**KALYANI**

# PEDAGOGY OF SOCIAL STUDIES

VOLUME – I

*(For B.Ed. 1<sup>st</sup> Semester students of the Panjab University, Chandigarh  
and also useful for B.Ed. course students of other universities)*

**DR. ANURAG SANKHIAN**

*Associate Professor*

Government College of Education,  
Sector 20 D, Chandigarh (U.T.)



**KALYANI PUBLISHERS**

LUDHIANA – NEW DELHI – NOIDA (U.P.) – HYDERABAD – CHENNAI

KOLKATA – CUTTACK – GUWAHATI – KOCHI – BENGALURU



# **KALYANI PUBLISHERS**

## **Head Office**

B-1/1292, Rajinder Nagar, Ludhiana-141 005 • Ph : 0161-2780031, 2745756  
E-mail : kalyanbooks@yahoo.co.in Website : www.kalyanipublishers.co.in

## **Administration Office**

4779/23, Ansan Road, Daryaganj, New Delhi-110 002 • Ph : 011-23271469, 23274393  
E-mail : kalyani\_delhi@yahoo.co.in, kalyani\_delhi@kalyanipublishers.in

## **Works**

B-16, Sector-6, NOIDA (U.P.)

## **Branches**

1, Mahalakshmi Street, T. Nagar, Chennai-600 017 • Ph : 044-24344684  
Gopabandhu Lane, Behind Govt. Bus Stand, Badambadi, Cuttack-753 012 (Odisha) • Ph : 0671-2311391  
4-3-65/2/A, Behind HVS Public School, Raghunath Bagh  
Sultan Bazar, Hyderabad-500 095 • Ph : 040-24750366  
10/2B, Ramanath Mazumdar Street, Kolkata-700 009 • Ph : 033-22416024  
Arunalaya, 1st Floor, Saraswati Road, Pan Bazar, Guwahati-781 001 • Ph : 0361-2731274  
Koratti Parambil House, Convent Road, Kochi-682 035 • Ph : 0484-2367189  
No. 24 & 25, 1st Floor, Hameed Shah Complex, Cubbonpet Main Road, Bengaluru-560 002

Every effort has been made to avoid errors or omissions in this publication. In spite of this, errors may creep in. Any mistake, error or discrepancy noted may be brought to our notice, which shall be taken care of in the next edition. It is notified that neither the publisher nor the author or seller will be responsible for any damage or loss of action to any one, of any kind, in any manner, therefrom. It is suggested that to avoid any doubt the reader should cross-check all the facts, law and contents of the publication with original Government publication or notifications.

For binding mistake, misprints or for missing pages, etc., the publisher's liability is limited to replacement within one month of purchase by similar edition. All additional expenses in this connection are to be borne by the purchaser.

24 + 296 = 320 Pages : 20" x 30" 40 Frames

KPP-R-34633-05

© 2022, Sankhian, Anurag

**Gautam Graphic Printers**  
(TARUN-21-PEDA-SOC-STD-E)

**PRINTED IN INDIA**  
at Diamond Agencies Pvt. Ltd., B-125, Sec. 63, NOIDA

2022

# PREFACE

The preamble of the constitution of India states the ideals, objectives and basic principles of the constitution and mentions, "We the people of India, having solemnly resolved to constitute India into a Sovereign Socialist Secular Democratic Republic and to secure to all its citizens: Justice, social, economic and political; Liberty of thought, expression, belief, faith and worship; Equality of status, opportunity; and to promote among them all, Fraternity assuring the dignity of the individual and the unity and integrity of the Nation...". The preamble acts as the base of the country's social philosophy and social studies teaching in our schools. The dream we are trying to fulfill through quality social science teaching in our schools. Keeping in mind the importance of social science subject the National curriculum frameworks in its all the reports recommended for teaching the social science subject as a compulsory subject up to secondary level. Social science teachers share the responsibility by imparting the quality social studies teaching and orienting the learners to understand their role in solving the complex problems of society. Social studies teaching make students able to contribute fruitfully and bring the desired social change through the application of the social science knowledge in the society and their own life.

In educational system teachers play the most important role as they are who actually work at the ground level with students. Teaching is intimately tied to notions of learning and this book is for quality social science teaching in our schools. For improving the quality of social studies teaching and learning we need dedicated and honest efforts of different stake holders including parents, teachers, schools, teacher educators, society, and government. The present book 'PEDAGOGY OF SOCIAL STUDIES' (Volume-D) is a small step towards providing quality learning material to the B.Ed. course students of the Panjab University, Chandigarh. Efforts have been made to meet the requirements as per the revised B.Ed. syllabus of the subject 'Pedagogy of social studies' and also to incorporate the recent pedagogical advancements in the field of social studies teaching world over. Acknowledgements and appreciations are due to all the educationists and authors whose work was consulted and quoted in this book. A special note of thanks is due to Sh. Anil Sharma for designing the cover page of this book. I am also thankful to Sh. Tarun Bhateja and the whole dedicated team of *Kalyani Publishers* for bringing this book to its final shape. The author expects that this book will aid the social sciences pupil teachers, school teachers and teacher educators. The valuable suggestions of all concerned are always welcome.

**ANURAG SANKHIAN**  
anuragsankhian@gmail.com

For B.Ed. 1st Semester Students of the Panjab University,  
Chandigarh and also useful for B.Ed. Course Students of  
Other Universities



kalyani\_delhi@kalyanipublishers.in  
kalyani\_delhi@yahoo.co.in  
www.kalyanipublishers.co.in

R 34633 05

₹ 270.00

ISBN: 978-93-5540-077-2



9 789355 400772

*Life is a beautiful tragedy  
Meant for the ones who are ready to fight  
But there are only few who dare to go through darkness  
In the hope of light and still survive*

Dr. Rajni Thakur is dedicated and passionate Lecturer at an eminent educational college in Chandigarh. She is hard core feminist ironically a sensitive girl deep inside. She is confident, sophisticated in personality and a fluent speaker. As a teacher she aspires to reach every human being to its thirst of self realization. She believes that every human being has his/ her own journey of self realization we need to just channelize their energies and mindsets towards it. One should help but not hinder the path of development of the individual through the choosen path by God. Because God's plans are always the best.

This book is compilation of the poems written by her during pursuing education. An expression of what she felt inside as child when she went through the fragidies of life whether small or big. Her childhood has been a turmoil of experiences of neglect, low academic performance and low self esteem. But gradually she has grown into an individual of high self esteem and confidence and wants to share the same with the world through this book.



0 700310 651275

MRP: 299

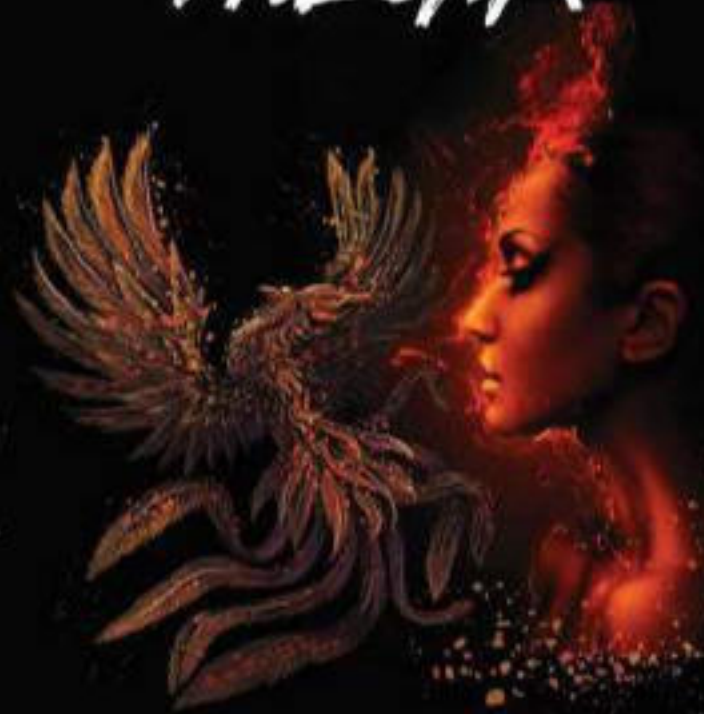
Cover designed by: Unnati Vyas



# RISING PHEONIX

Rising Pheonix

Dr. Rajni Thakur



Dr. Rajni Thakur

# KALYANI PUBLISHERS

## Head Office

B-1/1292, Rajinder Nagar, Ludhiana-141 008 • Ph : 0161-2760031, 2745756  
E-mail : kalyan-books@yahoo.co.in Website : www.kalyanipublishers.co.in

## Administration Office

477B/23, Ansari Road, Daryaganj, New Delhi-110 002 • Ph : 011-23271469, 23274393  
E-mail : kalyani\_delhi@yahoo.co.in, kalyani\_delhi@kalyanipublishers.in

## Works

B-16, Sector-8, NOIDA (U.P.)

## Branches

1, Mahalakshmi Street, T. Nagar, Chennai-600 017 • Ph : 044-24344684  
Gopabandhu Lane, Behind Govt. Bus Stand, Badambadi, Cuttack-753 012 (Odisha) • Ph : 0671-2311391  
4-3-65/2/A, Behind HVS Public School, Raghunath Bagh  
Sultan Bazar, Hyderabad-500 095 • Ph : 040-24750368  
10/2B, Ramanath Mazumdar Street, Kolkata-700 009 • Ph : 033-22416024  
Arunalaya, 1st Floor, Saraswati Road, Pan Bazar, Guwahati-781 001 • Ph : 0361-2731274  
Koratti Parambil House, Convent Road, Kochi-682 035 • Ph : 0484-2367189  
No. 24 & 25, 1st Floor, Hameed Shah Complex, Cubbonpet Main Road, Bengaluru-560 002

Every effort has been made to avoid errors or omissions in this publication. In spite of this, errors may creep in. Any mistake, error or discrepancy noted may be brought to our notice, which shall be taken care of in the next edition. It is notified that neither the publisher nor the author or seller will be responsible for any damage or loss of action to any one, of any kind, in any manner, therefrom. It is suggested that to avoid any doubt the reader should cross-check all the facts, law and contents of the publication with original Government publication or notifications.

For binding mistake, misprints or for missing pages, etc., the publisher's liability is limited to replacement within one month of purchase by similar edition. All additional expenses in this connection are to be borne by the purchaser.

24 + 296 = 320 Pages 20" x 30" 40 Pages

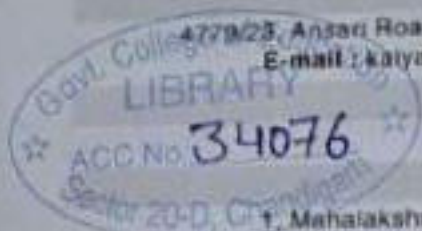
KPP R 34633 05

© 2022, Senkhian, Anurag

Gautam Graphic Printers  
(TARUN-21-PEDA-SOC-STD-E)

PRINTED IN INDIA

at Diamond Agencies Pvt. Ltd., B-125, Sec. 63, NOIDA



375.3  
S586P  
-C-

# YOGA 360°

**A HOLISTIC APPROACH**



*Known for  
Publishing  
Quality books  
for the last*

**25** Years



**Vishvas®**

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh-Bengaluru-Delhi-Guwahati-Hyderabad-Indore  
Jammu-Jaipur-Kolkata-Lucknow-Mumbai-Ranchi-Patna

ISBN :  
978-81-951651-4-8



Price ₹ : 390.00



A TEXTBOOK OF  
**YOGA**

SKILL EDUCATION  
(Subject Code 841)



**Vishvas**

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Ranchi–Patna

ISBN :  
978-81-951651-3-1



Price ₹ : 300.00

A TEXTBOOK OF

# YOGA

**SKILL EDUCATION**

(Subject Code 841)



*Known for Publishing  
Quality Books for the Last*

**25** Years



**Vishvas**<sup>®</sup>

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh—Bengaluru—Delhi—Guwahati—Hyderabad—Indore  
Jammu—Jaipur—Kolkata—Lucknow—Mumbai—Ranchi—Patna

ISBN :

978-81-951651-4-8



9 788195 165148

Price ₹ : 325.00



# YOGA

## PRACTICAL & PROJECT WORKBOOK



**Vishvas**<sup>®</sup>

*Known for Publishing  
Quality books for the last*

**25** *Years*

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Patna–Ranchi

ISBN :  
978-93-93086-55-6



9 789393 086556

Price ₹ : 390.00

# योगा

पाठ्यपुस्तक

A TEXTBOOK OF

# YOGA

कौशल शिक्षा (SKILL EDUCATION)

(Subject Code 841)



*Known for Publishing  
Quality Books for the Last*

25 Years



**Vishvas**<sup>®</sup>

PUBLISHED BY

**Vishvas Publications Pvt. Ltd.**

Chandigarh–Bengaluru–Delhi–Guwahati–Hyderabad–Indore  
Jammu–Jaipur–Kolkata–Lucknow–Mumbai–Ranchi–Patna

ISBN :

978-93-93086-02-0



9 789393 930860

Price ₹ : 325.00