

**GOVERNMENT GENERAL  
DEGREE COLLEGE, KALNA-I**

***SYLLABUS***

*for*  
**Three-Year/Four-Year (Honours) B.Sc.  
Programme**  
**in**  
*Major-Chemistry*  
*With*  
*Minor-Mathematics*

**Under Curriculum and Credit Framework for  
Undergraduate Programmes (CCFUP)  
as per NEP, 2020  
(With effect from the session 2023-2024)**

**Semester-II**

<i>Course Type</i>	<i>Title of the Course</i>	<i>Credit</i>	<i>Full Marks</i>	<i>Lecture Hour</i>
Major Course CHEM201-1	Basic Chemistry-II	4 (Theory-03, Practicals-01)	75 (Theory-40, Practical-20, Internal Assessment-15)	75 (Theory-45, Practical-30)
Minor Course MATH2021	Introductory Algebra & Number Theory	4 (Theory-04)	75 (Theory-60, Internal Assessment-15)	60 (Lecture -45, Tutorial - 15)
Multi/ Interdisciplinary ENGL2031	Technical Writing	3 (Theory-03)	50 (Theory-40, Internal Assessment-10)	45
Ability Enhancement Course [L2-1] Code: ENGL2041	Functional English	2 (Theory-02)	50 (Theory-40, Internal Assessment-10)	30
SEC CHEM205-1	Basic Analytical Chemistry	3 (Theory-03)	50 (Theory-40, Internal Assessment-10)	45
Value Added (VA) Course Code: CVA2061	Health & Wellness, Yoga Education, Sports and Fitness	4 (Theory-04)	100	60
		<b>Total Credit = 20</b>	<b>Total Marks = 400</b>	

## Semester-II

### Chemistry MAJOR

Paper code: CHEM201-1

Paper title: Basic Chemistry-II

Credits 3+1

*Theory*

Credits 3

### 1. Chemical bonding-I

Ionic bond: general characteristics, types of ions, size effects, radius ratio rule and its application and limitations, packing of ions in crystals Born-Landé equation with derivation and importance, Kapustinskii expression for lattice energy, Madelung constant, Born-Haber cycle and its application, solvation energy, solubility energetics of dissolution process.

Covalent bond: polarizing power and polarizability, ionic potential, Fajan's rules, Lewis structures, formal charge, Valence Bond Theory- hydrogen molecule (Heitler-London approach), directional character of covalent bonds, hybridizations, equivalent and non-equivalent hybrid orbitals, Bent's rule, dipole moments, VSEPR theory, shapes of molecules and ions containing lone pairs and bond pairs (examples from main groups chemistry) and multiple bonding ( $\sigma$  and  $\pi$  bond approach)

*6 Hours*

### 2. Redox Reactions and Precipitation Reactions

Balancing of redox reactions: ion-electron method, elementary idea on standard redox potentials- Nernst equation (without derivation), influence of complex formation, precipitation and pH, formal potential

Redox titrations: feasibility, redox potential at the equivalence point, redox indicators, redox potential diagram (Latimer and Frost diagrams) of common elements and their applications Disproportionation and comproportionation reactions (typical examples), solubility product principle, common ion effect and their applications to the precipitation and separation of common metallic ions as hydroxides, sulfides, phosphates, carbonates, sulfates and halides

*4 Hours*

### 3. Stereochemistry-I

Bonding geometries and representation of carbon compounds: tetrahedral nature of carbon and concept of asymmetry: Fischer, sawhorse, flying-wedge and Newman projection formulae and their inter translations

Chirality and symmetry: symmetry elements and point groups ( $C_v$ ,  $C_{nv}$ ,  $C_{nh}$ ,  $C_n$ ,  $D_h$ ,  $D_{nh}$ ,  $D_{nd}$ ,  $D_n$ ,  $S_n$  ( $C_s$ ,  $C_i$ ), molecular chirality and centre of chirality, asymmetric and dissymmetric molecules, enantiomers and diastereomers, epimers, stereogenicity,

chirotopicity and pseudoasymmetry, chiral centres and number of stereoisomerism, systems involving 1/2/3-chiral centre(s)- AA, AB, ABA and ABC types

Relative and absolute configuration: D/L and R/S descriptors, erythro/threo and meso nomenclature of compounds, syn/anti nomenclatures for aldols, E/Z descriptors- C=C, conjugated diene, triene, C=N and N=N systems, combination of R/S- and E/Z-isomerisms

Optical activity compounds: optical rotation, specific rotation and molar rotation, racemic compounds, racemisation (through cationic, anionic, radical intermediates and through reversible formation of stable achiral intermediates), resolution of acids, bases and alcohols via diastereomeric salt formation, optical purity and enantiomeric excess. *6 Hours*

#### 4. General Treatment of Reaction Mechanism

Free energy profiles: one-, two- and three-step reactions, catalyzed reactions- electrophilic and nucleophilic catalysis, kinetic control and thermodynamic control of reactions, isotope effect- primary and secondary kinetic isotopic effect ( $k_H/k_D$ ), principle of microscopic reversibility

Tautomerism: prototropy (keto-enol, amido-imidol, nitroso-oximino, diazo-amino and enamine-imine systems) and ring-chain tautomerism, composition of the equilibrium in different systems (simple carbonyl; 1,2- and 1,3-dicarbonyl systems, phenols and related systems), factors affecting keto-enol tautomerism, application of thermodynamic principles in tautomeric equilibria *6 Hours*

#### 5. Substitution and Elimination Reactions

Nucleophilic substitution reactions: substitution at  $sp^3$  centre- mechanisms (with evidence), relative rates, stereochemical features,  $S_N^1$ ,  $S_N^2$ ,  $S_N^{2'}$ ,  $S_N^{1'}$  (allylic rearrangement) and  $S_N^i$ , effects of solvent, substrate structure, leaving group and nucleophiles (including ambident nucleophiles, cyanide & nitrite), electrofuges and nucleofuges, substitutions involving NGP, role of crown ethers and phase transfer catalysts [systems: alkyl halides, allyl halides, benzyl halides, alcohols, ethers, epoxides]

Elimination reactions:  $E_1$ ,  $E_2$ ,  $E_{1cB}$  and  $E_i$  (pyrolytic syn eliminations), formation of alkenes and alkynes, mechanisms (with evidence), reactivity, regioselectivity (Saytzeff/Hofmann) and stereoselectivity, comparison between substitution and elimination

*6 Hours*

#### 6. Kinetic Theory of gases:

Concept of pressure and temperature; collision of gas molecules, collision diameter, collision number and mean free path, frequency of binary collisions (similar and different molecules), wall collision and rate of effusion

Maxwell's distribution of speed and energy: Nature of distribution of velocities, Maxwell's distribution of speeds in one, two and three dimensions, kinetic energy distribution in one, two and three dimensions, calculations of average, root mean square and most probable values in each case, calculation of number of molecules having energy  $\geq \epsilon$ , equipartition principle and its application to calculate the classical limit of molar heat capacity of gases. *5 Hours*

## 7. Liquid state

Viscosity: General features of fluid flow (streamline and turbulent flow); Newton's equation, viscosity coefficient; Poiseuille's equation; principle of determination of viscosity coefficient of liquids by falling sphere method; temperature variation of viscosity of liquids and comparison with that of gases

Surface tension and energy: Surface tension, surface energy, excess pressure, capillary rise and surface tension; work of cohesion and adhesion, spreading of liquids over other surfaces; vapour pressure over curved surface; temperature dependence of surface tension, principle of surface tension measurement *6 Hours*

## 8. Thermodynamics-II

Second Law: its need and statement, concept of heat reservoirs and heat engines, Carnot cycle, physical concept of entropy, Carnot engine and refrigerator, Kelvin – Planck and Clausius statements and their equivalence in entropic formulation, Carnot's theorem, values of  $\int dQ/T$  and Clausius inequality, entropy change of systems and surroundings for various processes and transformations, entropy and unavailable work, auxiliary state functions (G and A) and their variations (with T, P and V), criteria of spontaneity and equilibrium

Thermodynamic relations: Maxwell's relations, Gibbs- Helmholtz equation, Joule-Thomson experiment and its consequences, inversion temperature, Joule-Thomson coefficient for a van der Waals gas, general heat capacity relations. *6 Hours*

### Reference Books:

1. Lee, J. D. Concise Inorganic Chemistry ELBS, 1991.
2. Douglas, B.E. and McDaniel, D.H. Concepts & Models of Inorganic Chemistry Oxford, 1970.
4. Atkins, P. Shriver & Atkins' Inorganic Chemistry 5th Ed. Oxford University Press (2010).
5. Cotton, F.A., Wilkinson, G. and Gaus, P.L., Basic Inorganic Chemistry 3rd Ed.; Wiley India.
6. Sharpe, A.G., Inorganic Chemistry, 4th Indian Reprint (Pearson Education) 2005.

7. Huheey, J. E.; Keiter, E.A. & Keiter, R.L. Inorganic Chemistry, Principles of Structure and Reactivity 4th Ed., Harper Collins 1993, Pearson, 2006.
8. Mingos, D.M.P., Essential trends in inorganic chemistry. Oxford University Press (1998).
9. Winter, M. J., The Orbitron, <http://winter.group.shef.ac.uk/orbitron/> (2002). An illustrated gallery of atomic and molecular orbitals.
10. Burgess, J., Ions in solution: basic principles of chemical interactions. Ellis Horwood (1999).
11. Clayden, J., Greeves, N. & Warren, S. Organic Chemistry, Second edition, Oxford University Press, 2012.
12. Smith, J. G. Organic Chemistry, Tata McGraw-Hill Publishing Company Limited.
13. Morrison, R. N. & Boyd, R. N. Organic Chemistry, Dorling Kindersley (India) Pvt. Ltd. (Pearson Education).
14. Pathak & Saha, Organic Chemistry (Volume-1), Books and Allied (P) Ltd.
15. Rajaram, J. Chemical Thermodynamics: Classical, Statistical and Irreversible, Pearson.
16. Finar, I. L. Organic Chemistry (Volume 1), Dorling Kindersley (India) Pvt. Ltd., (Pearson Education).
17. Morrison, R. T. Study guide to organic Chemistry, Pearson.
18. Atkins, P. W. & Paula, J. de Atkins' Physical Chemistry, Oxford University Press.
19. Castellan, G. W. Physical Chemistry, Narosa Publishing House.
20. Maron, S. & Prutton, Principles of Physical Chemistry, Collier Macmillan Ltd.
21. Laidler, K. J. Chemical Kinetics, Pearson.
22. Glasstone, S. & Lewis, G.N. Elements of Physical Chemistry.
23. Rakshit, P.C., Physical Chemistry, Sarat Book House.
24. Rastogi, R. P. & Misra, R.R. An Introduction to Chemical Thermodynamics, Vikas.
25. Sharma, K. K. & Sharma, L. K., A Textbook of Physical Chemistry, Vikas Publishing House.
26. Nasipuri, D. Stereochemistry of Organic Compounds, New Age International (P) Ltd.
27. Sengupta, S. Basic Stereochemistry of Organic Molecules, Oxford University Press
28. Manna, A.K. Organic Molecular Spectroscopy, Books and Allied (P) Ltd.
29. Bajpai, D. N., Advanced Physical Chemistry, S. Chand Publication.
30. Engel, T. & Reid, P. Physical Chemistry, Pearson.
31. Levine, I. N. Physical Chemistry, Tata McGraw-Hill.
32. Ball, D. W. Physical Chemistry, Thomson Press.
33. Chatterjee Hrishikesh, Physical Chemistry (Volume-1), Platinum Publisher
34. Kapoor, K.L., Textbook of Physical Chemistry (Volume 1 and Volume-2), McGraw Hill Education
35. Ghoshal, A. Numerical problems & short questions on Physical Chemistry, Books and Allied (P) Ltd.

**Practical**

Credit 1

1. Study of kinetics of acid-catalyzed hydrolysis of methyl acetate
2. Study of kinetics of decomposition of  $\text{H}_2\text{O}_2$  by KI
3. Determination of pH of unknown strong alkali and acid solution by colour matching method
4. Determination of pH of unknown buffer solution by colour matching method
5. Study of viscosity of unknown liquid (glycerol, sugar) with respect to water
6. Determination of surface tension of a liquid using Stalagmometer

*30 Hours***Reference Books:**

1. Bhattacharyya, R. C, A Manual of Practical Chemistry.
2. Nad, Mahapatra, Ghosal, An Advance course in Practical Chemistry, New Central Book Agency (P) Ltd.
3. K. S. Mukherjee, Textbook on Practical Chemistry, New Central Book Agency (P) Ltd.
4. Ghosh, Das Sharma, Majumdar, Manna, Chemistry in Laboratory, santra Publication (P) Ltd.
5. Poddar and Ghosh, Degree Practical Chemistry, Book Syndicate (P) Ltd.

## MINOR COURSES

**Course Code: MATH2021**

**Course Name: Introductory Algebra and Number Theory**

**(Credit: 4, Marks: 75)**

**Total Hours: Lecture -45, Tutorial – 15**

### **Objectives**

To present a systematic introduction to number theory and basic course on algebra.

### **Learning outcomes**

On completion of the course, the student should have the following learning outcomes defined in terms of knowledge, skills and general competence:

**Knowledge:** The students would gain knowledge about

- i. number theory which has wide applicability in advanced mathematics and also in various practical field, e.g., cryptography, computer science and many competitive exams.
- ii. complex number and its properties which are equally indispensable tools for advanced studies and different practical field.
- iii. a basic introduction to modern algebra which has wide applicability in different branch of sciences.

### **Skills:**

The students would be able to

- i. access and also generate different tricky examples and counter examples involving integers during their advanced study of ring theory and field theory.
- ii. simplify a mathematical problem in different field of science using complex number.
- iii. motivate themselves for future research after getting the glimpse of gateway of modern algebra from classical algebra and number theory and relate use of group, ring and field in different field of science.

**General competence:** The students would gain

- i. descriptive idea of various properties of complex number.
- ii. knowledge of richness in number theory.
- iii. understanding in basic concepts of group, ring and field.
- iv. expertise in solving many tricky problems in number theory, complex numbers.

### **Contents:**

#### **Algebra**

Complex Numbers: De Moivre's theorem for rational indices and its applications.

Theory of equations: Fundamental Theorem of Algebra (Statement), Relation between roots and coefficients, Transformation of equation, Descartes's rule of signs, Cubic and biquadratic equations, Reciprocal equation, separation of the roots of equations, Sturm's theorem.



Inequality: The inequality involving  $AM \geq GM \geq HM$ , Cauchy-Schwartz inequality. [L-10H & T-4H]

Partial order, total order relations, partitions of a set and its connection with equivalence relation, greatest lower bound, least upper bound, maximal, minimal elements, lattice, bounded lattice, modular lattice, distributive lattice, complemented lattice, statement of Zorn's lemma.

[L-5H & T-2H]

Semigroups, Monoids, Groups – examples including permutation group, Matrix groups ( $M_{n \times n}(\mathbb{R}), GL_n(\mathbb{R}), SL_n(\mathbb{R})$ ),  $Z_n$ , elementary properties of groups, generators and relations, order of an element of a group, Subgroups and examples of subgroups, cosets, normal subgroup, center of a group, cyclic groups, Lagrange's theorem, Rings, subrings, Ideals (left, right and two sided), integral domain, field, subfield – examples and basic properties, characteristic of a ring and field.

[L-10H & T-4H]

### Number Theory

Well ordering principle of set of natural numbers, pigeon-hole principle, division algorithm, greatest common divisor (gcd), Euclidean algorithm, least common multiple (lcm), Linear Diophantine equation, prime numbers, relatively prime numbers and related properties including Euclid's lemma, fundamental theorem of arithmetic and its applications, perfect square and square free integers, congruences, solution of congruences, Binary and decimal representation of integer, Chinese remainder theorem and its application. Fermat's little theorem, Wilson's theorem, sum of two squares, Arithmetic function- $\phi(n), d(n), \sigma(n)$ .

[L-20H & T-5H]

### Reading References:

#### Text books:

1. Classical Algebra- S. K. Mapa, 8<sup>th</sup> Edition, (Sarat Book House).
2. Topics in Abstract Algebra – M.K. Sen, S. Ghosh, P. Mukhopadhyay, S. K. Maity, 3<sup>rd</sup> Edition (University Press).
3. Higher Algebra- S. K. Mapa, 8<sup>th</sup> Edition, (Sarat Book House).
4. An introduction to Theory of Numbers- Niven, Ivan, S. Zuckerman Herbert, L. Montgomery Hugh, 5<sup>th</sup> Edition, (Willey).
5. Elementary Number Theory- D. M. Burton, (Mc Graw Hill Education).

#### Reference Books:

1. Topics in Algebra – I. N. Herstein, 2<sup>nd</sup> Edition, (Wiley).
2. Contemporary Abstract Algebra - Gallian, A. Joseph, Standard Edition, (Cengage India Private Limited).
3. Higher Algebra - S. Barnards, J. M. Child, (Arihant).
4. Algebra - M. Artin, 2<sup>nd</sup> Edition, (Pearson Education, India).
5. A first course in Abstract Algebra - J. B. Fraleigh 7<sup>th</sup> Edition, (Pearson Education, India).

## **INTERDISCIPLINARY COURSE**

### **ENGL2031: Technical Writing**

**[3 Cr, Full Marks: 50 (Theory: 40 + IA: 10), LH: 45 hrs]**

#### **COURSE OBJECTIVE:**

Technical writing is a necessary requirement in many professions, and this course is designed to make students aware of the various forms of such writing. The objective is to equip students to face the challenges of technical writing in professional life.

#### **Introducing Technical Writing(LH: 15)**

What is technical writing?

Difference between technical writing and other forms of writing

Roles and responsibilities of technical writers

Qualities and qualifications of technical writers

#### **Forms and Styles of Technical Writing(LH: 30)**

Styles in technical writing

Forms of discourse, audience analysis, persuasion

Grammar in technical writing, revising a written document

Clarity, precision, coherence and logic in technical writing

Collecting notes, writing summaries and drafts, writing minutes and resolutions of meeting

Designing and reviewing documents

Document formats, differences between hard and soft copy versions

Web content writing

Collaborative writing

Professional Ethics, plagiarism, and copyright

#### **COURSE OUTCOME:**

It is expected that students emerging from this course will be capable of handling the demands and challenges of technical writing in the course of their professional careers in government and private sectors as well as in transactions of business.

## **ABILITY ENHANCEMENT COURSE**

### **ENGL2041: Functional English**

**[2 Cr, Full Marks: 50 (Theory: 40 + IA: 10), LH: 30 hrs]**

#### **COURSE OBJECTIVE:**

The importance of functional English at the present moment cannot be over-emphasized. Recognizing this importance, the course seeks to acquaint students with the various uses of English in today's world, with particular focus on developing one's conversational and writing skills together with the ability to comprehend English speech and writing.

What is functional English? (LH: 1)

Aims and objectives of functional English (LH: 1)

Functional English and formal English/ literary English (LH: 1)

Types and modes of Communication (LH: 1)

Language of communication (LH: 1)

Conversational skills (LH: 1)

Verbal and Non-verbal communication(LH: 1)

Personal, social and business communication (LH: 1)

Understanding English language films, songs, documentaries, news bulletins, sports commentaries (LH: 4)

Comprehension skills (LH: 2)

Paraphrasing difficult passages (LH: 2)

Analysis and Interpretation (LH: 1)

Writing for classified advertisements (LH: 2)

Using idioms and phrases (LH: 2)

One-word substitution (LH: 1)

Figures of speech: simile, metaphor, irony, personification, hyperbole (LH: 3)

Reading online content (LH: 1)

George Bernard Shaw: "Spoken English and Broken English" (LH: 4)

#### **COURSE OUTCOME:**

Besides developing the student's ability to comprehend the English that one hears and reads, the course will also enhance the student's skills at using English in speech and in various forms of writing. Thus, the course shall fulfil to a large extent an intensely felt need in today's professional world.

**SKILL ENHANCEMENT COURSE**

Paper title: CHEM205-1

Paper code: Basic Analytical Chemistry

Credits 3

**Theory****1. General principle**

Introduction to analytical chemistry and its interdisciplinary nature, concept of sampling, importance of accuracy, precision and sources of error in analytical measurements, presentation of experimental data and results, role of significant figures *8 Hours*

**3. Analysis of soil**

Composition of soil, concept of pH and pH measurement, complexometric titrations, chelation, chelating agents, use of indicators *6 Hours*

**3. Analysis of water**

Definition of pure water, contaminants (different types), water sampling methods, water purification methods *6 Hours*

**4. Analysis of food products**

Nutritional value of a food, idea about food processing and food preservations, and adulteration

*6 Hours***5. Chromatography**

Definition, general introduction on principles of chromatography, paper chromatography, TLC etc., column chromatography, ion-exchange chromatography, etc., determination of ion exchange capacity of anion /cation exchange resin *10 Hours*

**6. Analysis of cosmetics**

Major and minor constituents of cosmetics and their functions, analysis of deodorants and antiperspirants, Al, Zn, boric acid, chloride, sulphate *9 Hours*

**Reference Books:**

1. Willard, H.H., Merritt, L.L., Dean, J. & Settoe, F.A. Instrumental Methods of Analysis, 7th Ed. Wadsworth Publishing Company Ltd., Belmont, California, USA, 1988.
2. Skoog, D.A., Holler, F.J. & Crouch, S. Principles of Instrumental Analysis, Cengage Learning India Edition, 2007.
3. Skoog, D.A.; West, D.M. & Holler, F.J. Analytical Chemistry: An Introduction sixth Ed., Saunders College Publishing, Fort Worth, Philadelphia (1994).
4. Harris, D. C. Quantitative Chemical Analysis, 9th ed. Macmillan Education, 2016.
5. Dean, J. A. Analytical Chemistry Handbook, McGraw Hill, 2004.
6. Day, R. A. & Underwood, A. L. Quantitative Analysis, Prentice Hall of India, 1992.

7. Freifelder, D.M. Physical Biochemistry 2nd Ed., W.H. Freeman & Co., N.Y. USA (1982).
8. Cooper, T.G. The Tools of Biochemistry, John Wiley & Sons, N.Y. USA. 16 (1977).
9. Vogel, A. I. Vogel's Qualitative Inorganic Analysis 7th Ed., Prentice Hall, 1996.
10. Mendham, J., A. I. Vogel's Quantitative Chemical Analysis 6th Ed., Pearson, 2009.
11. Robinson, J.W. Undergraduate Instrumental Analysis 5th Ed., Marcel Dekker, Inc., New York (1995).
12. Christian, G.D. Analytical Chemistry, 6th Ed. John Wiley & Sons, New York, 2004.

Semester-	Course Type with Code	Name of the Course	Credit	Lect.	Tuto.	Pract./ Viva-voce	Full Marks	Distribution of Marks		
								Theory	Pract./ Viva-	Internal Assessment
II	Value Added (VA) Course Code:CVA2061	Health & Wellness, Yoga Education, Sports and Fitness	4	3	0	1	100	60	20	20

### Value Added (VA) Course

**Course Name: Health & Wellness, Yoga Education, Sports and Fitness**

**Course Code: CVA2061**

**Credit: 4**

**Total Lecture Hours (Theory) : 45**

**Total Lecture Hours (Practical): 30**

**Unit- 1: Concepts of Wellness and Illness**

(15 Lecture Hours)

Concept of health (Modern and Ancient View); Concept of Wellness and Illness (Modern and Ancient View); Concept of Body (Pancha Kosha according to Taittiriya Upanisada); Potential causes of illness according to Yoga Vasishtha- Concept of Adhi and Vyadhi and their consequences on the body

**Unit- 2: Yogic Concept on Holistic Health**

(15 Lecture Hours)

Total Human Development through Yogic practices for Pancha Kosha (Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijnanamaya Kosha and Ananda Maya Kosha) and its integration with Ashtanga Yoga of Patanjali.

**Unit- 3: Yoga as Preventive Health Care**

(15 Lecture Hours)

Concept of stress according to modern science and yoga; Stress as the cause for illness; Role of Yoga in Stress Management: Holistic approach of catering to moderation in eating (yogic Diet), Sleeping (rhythm of the nature), Working ( the sense of duty as per BG), Entertainment (moderation), Change in life style;

**Unit-4 (Practical) : Asana**

(30 Lecture Hours)

Pranayama: Anulome-Vilome, Suryabhidana, Chancrabhedana, Ujjai, Sitali

Meditation: A-U-M Meditation, Yog Nidra

### **Reference Books:**

1. Ajith 'Yoga Pravesh' Rastrotana Paruhad Bangalore.
2. Bachelor of Sports Management Syllabus (Revised) 2008.
3. B. C. Rai Health Education and Hygiene, Published by Prakashana Kendra, Lucknow.
4. B.K.S. Iyenger 'Yoga The Path of Holistic Health', Dorling Kindersley, Delhi 2001.
5. Dixit Suresh (2006) Swasthya Shiksha Sports Publication, Delhi.
6. Puri, K. Chandra, S.S (2005) Health and Physical Education, New Delhi, Surjeet Publication.
7. A Text Book on Physical Education & Health Education Fitness, Wellness and Nutrition, Dr. A. K. Uppal, Dr. P. P. Ranganathan.
8. Warner W. K. Oeger & Sharon A. Hoeger, Fitness & Wellness, Morton Publishing Co., 1990
9. Robert Malt. 90 day Fitness Plan, D. K. Publishing, Inc. 95, Madison Avenue, New York 2001.

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