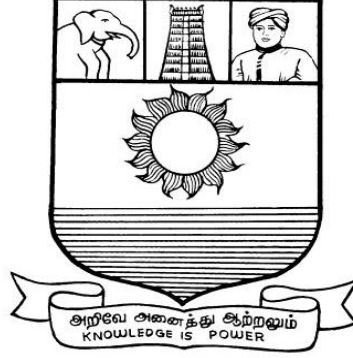


மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்  
திருநெல்வேலி – 627 012

**Manonmaniam Sundaranar University  
Thirunelveli – 627 012.**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON  
ACADEMIC AFFAIRS HELD ON FRIDAY  
THE 27<sup>th</sup> OCTOBER 2017.**

**Syllabus for Diploma in Silambam Martial Art Course offered  
through Directorate of Vocational Education  
(Community Colleges and Extension Learning Programme)  
from 2017 – 2018**

**DIPLOMA IN SILAMBAM MARTIAL ART**  
**SCHEME OF EXAMINATIONS**

Subject Code	Title of the Paper	Credit	Hours	Passing Minimum
<b>Semester I</b>				
C17SM11/E17SM01	Origin and History of Silambam	6	90	40/100
C17SM12/E17SM02	Principles and Techniques in Silambam	6	90	40/100
C17SM13/E17SM03	Anatomy and physiology	6	90	40/100
C17CE10/E17CE10	Communicative English	6	90	40/100
C17SMP1/E17SMP1	Practical – 1	6	90	40/100
<b>Semester II</b>				
C17SM21/E17SM04	Customs, Rules and Regulation for Modern Silambam competition and contribution in the physical education	6	90	40/100
C17SM22/E17SM05	Educational Psychology and First Aid	6	90	40/100
C17LS23/E17LS05	Life Skill	6	90	40/100
C17SMP2/E17SMP2	Practical II	4	60	40/100
C17SMPW/E17SMPW	Project	12	180	40/100

**Eligibility for admission:** Pass in 12<sup>th</sup>Std examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

**Examination:** Passing Minimum for each paper is 40%. Classification will be done on the basis percentage marks of the total marks obtained in all the papers and as given below:

40% but less than 50%	-	Third class
50% but less than 60%	-	Second class
60% and above	-	First class

**Syllabus**

**FIRST SEMESTER**

Paper – I	:	Origin and History of Silambam
Paper – II	:	Principles and Techniques in Silambam
Paper – III	:	Anatomy and physiology
Paper – IV	:	Communicative English
Paper – V	:	Practical – I

**SECOND SEMESTER**

Paper – VI	:	Customs, Rules and Regulation for Modern Silambam competition
Paper – VII	:	Educational Psychology and First Aid
Paper – VIII	:	Life Skill
Paper – IX	:	Practical
Paper – X	:	Project

**\*(Semester Pattern for Community College only)**

## FIRST SEMESTER

### (C17SM11/E17SM01) PAPER I : ORGIN AND HISTORY OF SILAMBAM

**Unit : 1** Staff- Definition, Kind Treatment, Storing, dimensions - Staff Use – Universal, Use in India, Use in ancient Tamil Nadu and Present parts of TamilNadu.

**Unit 2:** Divisions - Long Stick, short stick, Development of weapons, bare hand technique, Fire Act, origin: Hunting stage, throwing Stage, Engaging in hand to hand fight Originated from the animals, Part of javelin, Part of Spear, The weapons of Adichanallur burials.

**Unit 3:** History: Archaeological evidences, Ancient Manuscripts, Literary references, Ancient Gymnasium, Silambam – Participation at the Battle of Panchalam Kurichi - Warlike and Marital Spirit : Achievement of Silambam Fencers, Warlike and martial Spirits of the Fencers.

**Unit 4:** Customs : Connection with festivals, Customs, of Procession Arrangettam (Maiden Show) - Stages : Fore fathers uniform, Belt system, Anklet and Award System - Competition : Rules of Competition, Agreements, Notices. Comparison : Comparison with the order Marital arts – Special reference of Karatte.

**Unit 5:** Connection: Connection with the music - Connection with the dance - Connection with the Decorations - Connection with the culture - Connection with Kalialattam

**(C17SM12/E17SM02) PAPER II – PRINCIPLES AND TECHNIQUES IN SILAMBAM**

**Unit 1**

Agastiar kampu sudiram – History and interpretations of sudirams.

**Unit 2**

Long Stick (Nedunkkampu) – measurements – Parts – methods of using long sticks – Defence methods - Blocks, Springs, Dodges, Bearings, Separations and deprivations.

**Unit – 3**

Long Stick – methods and types of attacking

**Unit – 4**

Short Stick – measurements – Parts – methods of using long sticks – Defence methods

**Unit – 5**

Weapons in Silambam – Type of weapons – methods of Defence and Attack

**Text Book**

1. Arunachalam.A., 1998, Thenpandith Thamilarin Silamba varalarum Adimuraikalum (Vol.II), Palayamkottai:FRRC.

**(C17SM13/E17SM03) PAPER III – ANATOMY AND PHYSIOLOGY**

**Unit 1:** The Body as an Integrated whole - The erect and moving body -

Integration and Control of body

**Unit 2:** Maintaining and Metabolism of the body

**Unit 3:** Study of Nutrition - Nutritive Values - Balance Diet

**Unit 4:** Breathing Practice - Control of mind – Concentration

**Unit 5:** Exercises for a healthy body

## **(C17CE10/E17CE10) Paper IV Communicative English**

### **Unit I: Learning context**

Concept of learning – Learning style –Grammatical framework – sentence framing – paragraph and texts

### **Unit II: Reading**

Basic concept – Purposes of reading-Decoding-Reading materials – Barriers of reading

### **Unit III: Writing**

Basic concept-Writing style-Terminology-stages-English spelling and punctuation – Written texts

### **Unit IV: Speaking**

Language functions-Conversation- Features of spoken English – Types of English course: functional English, English literature, advance English – Phonetic

### **Unit V: Developing Communication Skills**

Meaning –Classroom presence- Features of developing learning process- Practical skills and Listening- uses of communicative English

### **References Books:**

1. Raman, m.&S. Sharma (2011) communication skills, OUP,New Delhi: India
2. Lata, P.&S. Kumar(2011) communication skills, OUP,New Delhi: India,
- 3.Leech,G&J.Svartvik(2002) A communicative grammar of English, Pearson,India,
4. Sethi, J. and P.V. Dharmija (2007) A course in Phonetics and spoken English. Second edition, Prentice hall: New Delhi

## **(C17SMP1/E17SMP1)PAPER V –PRACTICAL – I EXERCISES, FOOT – WORK PIVOT – TURNINGS, CIRCLE – MOVEMENTS WITH SWINGS**

- a. Foot work : Stances, Grips, Forwards Movements with Swings. Down ward movements Swings Pivot turnings. With Swains leaping and dodging.
- b. Movements in Circles : Three Circle Movements, Four Circle movements, Eight circle movements, Sixteen circle movements, Twenty four circle movements, thirty two circle Movements,
- c. Physical Efficiency : Strength, Speed, Style, Agility, Endurance and Neuro – Muscular Co-ordination

## SECOND SEMESTER

### **(C17SM21/E17SM04) PAPER VI – CUSTOMS, RULES AND REGULATION FOR MODERN SILAMBAM COMPETITION AND CONTRIBUTION IN THE PHYSICAL EDUCATION**

**Unit 1:** The Modern Competition: Motto, Rules and Regulations, Uniform, Category – Court Method of Entering, safety equipments, signals & Reactions, Permitted Targets, Prohibited Targets, Duties of the Officials.

**Unit 2:** Qualifications of Officials - Coach, Judge, Jury - Statement forms Declaration, Combat Mark Sheet, Category - List, Culture events, Complaints, Judges Report.

**Unit 3:** Conditioning - Diet, Exercises, Training, Sessions – Contribution in Physical Education, Contribution to Motor abilities.

**Unit 4:** Relative Connection - Relative, interest of Various Sections of the Population. Relative Usefulness in Sports, police, Army and Security Services.

**Unit 5:** Evaluation - Evaluation of Silambam by Doctors in Physical Education - Promotion of Silambam as a National game. And added as a demonstration game in the VII SAF games at Madras cultural exchange Programmes.

### **(C17SM22/E17SM05) PAPER – VII EDUCATIONAL PSYCHOLOGY & FIRST AID**

**Unit 1:** Psychology and the Teacher – Adjustment - Instincts and Emotional development - Learning

**Unit 2:** Stages of Development - Individual differences - Skill, Taste, Sociability and character

**Unit 3:** Aims and value of learning Silambam - Service to the society - citizenship qualities - Matership qualities - Need Silambam to Maintain the health.

**Unit 4:** Teaching through Direct experiences and Indirect experiences - Instructional Aids – Discipline - Test and Evaluation - Master’s Relationship (Master and the society) and Professional etiquette - Silambam Gymnasium (Place, health facilities and supplement)

**Unit 5 :** FIRST AID - Rescue from fire - Rescue from Drowning - Rescue form shock - Rescue from bleeding – Bandages - Burns and scalds - Electric shock – Poisoning - Other Emergencies - Carrying a Patient - Injuries Interior and Exterior - Traditional rescue ,methods in Silambam

**(C17LS23/E17LS05) PAPER VIII (LIFE SKILL)**  
**(Common to All Courses)**

**UNIT – I ATTITUDE** : Positive thinking – Goal setting – Problem Solving and Decision makint – Leadership and Team work.

**UNIT – II COMMUNICATION SKILLS** : Oral communication: Concept of English language – Fluency – Verbal communication in official and public situations.

**UNIT – III COMMUNICATION SKILLS:** Written Communication: Comprehension – Writing a formal letter like application for job, enquiry, reply, complaint and such others – preparation of Resume, Curriculum Vitae.

**UNIT – IV COMPUTING SKILLS – 1:** Introduction to Computers, its Various components and their respective functions – Memory storage devices – Microsoft (MS) office – MS word.

**UNIT – V COMPUTING SKILLS – 2 :** Internet Basics – Origin of Internet – MODEM – ISP – Upload – Download – e-mail – Origin of worldwide web (www) Browsers – Search engines.

Reference books:

Life Skill, Manonmaniam Sundaranr University Publications Division (2011).

**(C17SMP2/E17SMP2) PAPER IX – PRACTICAL – II DEFENSIVE AND BLOCKING TECHNIQUES**

- a: Defensive Techniques : Blocks, Springs, Dodges, Bearings, Separations and deprivations.
- b. Defence against Multi: Defences against two opponents, Defences against mob
- c. Showmanship games : Short Stick Silambam & Duuble hand rotations with stick.
- d. Bare hand defensive Techniques: Blocks and locks
- e. Modern competition : Self Skill performance, Movement and method of taking point inside of the ring.

**(C17SMPW/E17SMPW) PAPER X (PROJECT)**