BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY

बाबासाहेब भीमराव अम्बेडकर विश्वविद्यालय

(केन्द्रीय विश्वविद्यालय)
विद्या विहार, रायबरेली रोड, लखनऊ–226025

BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY

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Letter No. 79/FCC/BBAU/26 *Date.* 31/08/26

Foundation Course Cell (MPDC)

Circular

Subject: Tentative Schedule and Conduct of Classes for AEC and VAC Courses – Semester I & III of UG Courses

The tentative schedule of classes for AEC-101, AEC-103, AEC-301, VAC-101 and VAC-102 for Semester I and III of UG Courses is enclosed herewith. The classes shall be conducted in **online/offline mode** as per the enclosed timetable.

The Heads/Coordinators of the concerned Departments are hereby requested to kindly ensure that the online classes are duly broadcasted in the Smart Classrooms of their respective Departments. The offline classes of AEC 103 Basic Course Sanskrit shall be conducted in the Department of Sanskrit. Attendance of all students in the classes is mandatory.

You are further requested to kindly instruct the students to attend the classes regularly and strictly as per the enclosed timetable.

Note:
All Heads/Coordinators of the Departments are requested to kindly advise the students that the options for AEC-101 and AEC-103, as well as VAC-101 and VAC-102, shall be provided on the SAMARTH Portal. Students of the First Semester shall choose one course from each category, i.e., one AEC and one VAC, based on their interests.

(Prof. Naveen Kr. Arora)
Coordinator

Copy to:

1. COE, BBAU, Lucknow
2. Dean Academic Affairs, BBAU, Lucknow
3. All the Deans of Schools/Heads of Department/Coordinators, BBAU, Lucknow
4. SO Vice Chancellor Secretariat for kind information of Hon'ble Vice Chancellor
5. PS to Registrar, BBAU, Lucknow for kind information
6. In Charge University website with request to upload on the University website
7. Guard file

for website pl.

Registrar

(Prof. Naveen Kr. Arora)
Coordinator

To website 1/9/26

VAC-102- Health and Wellness (online classes)
Semester – I
TIME TABLE
(Academic Session 2026-27)

Schedule of Classes			
Date & Time	**Day**	**Name of Subject Expert**	**Content**
11/09/2026 / 9:00 AM to11:00 AM	Friday	Dr. Narendra Singh, Dept. of Yoga	**UNIT–I: Fundamentals of Health and Wellness Concept of Health and Wellness** • Meaning, definition, and concept of health and Wellness • Difference between Health and Wellness • Dimensions of Health & Wellness • Physical Health • Emotional Health • Social Health • Intellectual Health • Spiritual Health • Environmental Health • Occupation Health • Financial Health • Major factors influencing health **Digital Wellness** • Concept of Digital Wellness • Concept of Digital Lifestyle • Impact of excessive use of mobile phones and social media on health • Digital Distraction and mental concentration • Need for and approaches to Digital Detox **UNIT–II: Role of Healthy Lifestyle in Health & Wellness-** **General Introduction:** • Meaning and Definition of Healthy Life style • Concept of holistic health and healthy lifestyle • Relationship Between Healthy Life style & Wellness • Positive thinking and positive outlook towards life • Time management and Work-Life Balance **Yogic Diet:** • Meaning, Concept and Importance of Yogic Diet • Fundamental Principles of Yogic Diet and Mitahara (Moderate Diet) • Concept of Sattvic, Rajasic and Tamasic Diet • Role of a Balanced Diet in Yoga and Health • Relationship between Diet, Physical Health and Mental Health • Hygiene, Moderation and Mindful Eating in Yogic Diet • Role of Yogic Diet in a Healthy Lifestyle **Yoga for Health and Wellness –** • Meaning & Definitions of Yoga and its importance in health • Simple Yogasana practices: (Technique, Benefits and Contraindications) Tadasana, Vrikshasana, Vajrasana, Bhujangasana, Pavanamuktasana, Shavasana • Role of Yoga in physical health • Role of Yoga in mental health **Pranayama, Meditation and Mindfulness- Technique, Benefits, Contraindications.** Kapalbhanti , Bhastrika Pranayama , Anuloma-Viloma Pranayama , Nadi Shodhana Pranayama, Bhramari Pranayama, Udgeet Pranayama ,Concept and importance of Meditation, Introduction to Mindfulness, Relaxation Techniques, Application of Meditation and mind fulness in daily life
18/09/2026 / 9:00 AM to11:00 AM	Friday		
25/09/2026 / 9:00 AM to11:00 AM	Friday		
09/10/2026 / 9:00 AM to11:00 AM	Friday		
16/10/2026 / 9:00 AM to11:00 AM	Friday		
23/10/2026 / 9:00 AM to11:00 AM	Friday		
30/10/2026 / 9:00 AM to11:00 AM	Friday		
06/11/2026 / 9:00 AM to11:00 AM	Friday		
13/11/2026 / 9:00 AM to11:00 AM	Friday		
20/11/2026/ 9:00 AM to11:00 AM	Friday		
27/11/2026/ 9:00 AM to11:00 AM	Friday		

(Prof. Naveen Kr. Arora)
Coordinator, FCC Cell

VAC-101- Environmental Studies (online classes)
Semester – I
TIME TABLE

Schedule of Classes			
Date & Time	**Day**	**Name of Subject Expert**	**Content**
11/09/2026 / 9:00 AM to11:00 AM	Friday	Dr. Jiwan Singh, DES	**Unit 1 :** Introduction To Environmental Studies • Multidisciplinary nature of environmental studies • Scope and importance, concept of sustainability and sustainable development **Unit 2 :** Natural Resources: Renewable and Non- Renewable Resources • Deforestration: Causes and Impacts due to mining, dam building on environment, forests, biodiversity and tribal populations • Water: Use and over- exploitation of surface and ground water, floods, droughts, conflicts over water (international and inter state). • Land resources and land use change; Land degradation, soil erosion and desertification. • Energy resources: Renewable and Non – renewable energy sources, use of alternate energy sources, growing energy needs, case studies **Unit 3:** Environmental Pollution • Environmental Pollution: Types, causes, effects and controls; Air, Water, soil and noise pollution. • Industrial Pollution and bioremediation • Solid waste management: Control measures of urban and industrial waste. • Pollution case studies • Environmental Policies. • Global Warming and Climate Change. • Disaster Management.
18/09/2026 / 9:00 AM to11:00 AM	Friday		
25/09/2026 / 9:00 AM to11:00 AM	Friday		
09/10/2026 / 9:00 AM to11:00 AM	Friday		
16/10/2026 / 9:00 AM to11:00 AM	Friday		
23/10/2026 / 9:00 AM to11:00 AM	Friday		
30/10/2026 / 9:00 AM to11:00 AM	Friday		
06/11/2026 / 9:00 AM to11:00 AM	Friday		
13/11/2026 / 9:00 AM to11:00 AM	Friday		
20/11/2026 / 9:00 AM to11:00 AM	Friday		
27/11/2026 9:00 AM to 11:00 AM	Friday		

(Prof. Naveen Kr. Arora)
Coordinator, FCC Cell

AEC-101- English Language & Communication Skills (online classes)
Semester – I
TIME TABLE
(Academic Session 2026-27)

Schedule of Classes			
Date & Time	**Day**	**Name of Subject Expert**	**Content**
01/09/2026 / 5:00 PM to 6:30 PM	Tuesday	Faculty –English (Main Campus) Dr. Preeti Chaudhary Coordinator	**Unit 1:** Understanding Communication • Concept of Communication (Meaning & Definition) • Nature and Forms of Communication • Barriers and Strategies • Types and Models of Communication **Unit 2:** Language of Communication • Verbal and Non- Verbal (Spoken and Written) • (Proxemics, Kinesics, Haptics, Chronemics, Paralinguistic) • Aspects – Personal, Social and Business • Intra Personal, Inter Personal and Group Communication • Language sensitivity, cross cultural communication **Unit 3:** Speaking Skills • Language function in listening and conversation • Peer discussion, Group Discussion, Public Speech • Theme Presentation: Speaking on a given topic individually • Seminars presentations, • Dialogue writing, role play **Unit 4:** Reading and Understanding • Reading Comprehension • Scanning and Skimming Methods, Close Reading • Reading with emphasis and force, Fluency • Coherence in reading • Paraphrasing • Analysis and Interpretation • Listening Comprehension
02/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
08/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
09/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
15/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
16/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
21/09/2026 / 5:00 PM to 6:30 PM	Monday		
22/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
28/09/2026 / 5:00 PM to 6:30 PM	Monday		
29/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
05/10/2026 / 5:00 PM to 6:30 PM	Monday		
06/10/2026 / 5:00 PM to 6:30 PM	Tuesday		
12/10/2026 / 5:00 PM to 6:30 PM	Monday		
13/10/2026 / 5:00 PM to 6:30 PM	Tuesday		
19/10/2026 / 5:00 PM to 6:30 PM	Monday		
21/10/2026 / 5:00 PM to 6:30 PM	Wednesday		
27/10/2026 / 5:00 PM to 6:30 PM	Tuesday		
28/10/2026 / 5:00 PM to 6:30 PM	Wednesday		
03/11/2026 / 5:00 PM to 6:30 PM	Tuesday		
04/11/2026 / 5:00 PM to 6:30 PM	Wednesday		

(Prof. Naveen Kr. Arora)
Coordinator, FCC Cell

AEC-103- Basic course Sanskrit (offline classes)
Semester – I
TIME TABLE
(Academic Session 2026-27)

Schedule of Classes			
Date & Time	**Day**	**Name of Subject Expert**	**Content**
01/09/2026 / 5:00 PM to 6:30 PM	Tuesday	Faculty – Dr. Bipin Jha (Sanskrit) Coordinator	**Module-01** • Fundamental of Sanskrit Grammar • Alphabets • Declensions & Conjugation (Introduction and division of selected parts.) • Uses of prefix • Uses of Suffix **Module-02** Reading, writing, pronunciation of selected Mantras/Shlokas/paragraph from- • Rashtramangalam • Shivasankalpa • Stories of Panchatantra. • Stories of Hitopadesha • Other Relevant topics (Āyurveda, Yoga, Caraka- Suśruta) **Module-03** General Introduction to Upanishads Text Introduction to Ishavasyopanishad- Karma, Vidya-Avidya, Satya, Atman **Module-04** Introduction to Geeta: Background, Purpose, Gyanyoga, Karmayoga, Bhaktiyoga
02/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
08/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
09/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
15/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
16/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
21/09/2026 / 5:00 PM to 6:30 PM	Monday		
22/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
28/09/2026 / 5:00 PM to 6:30 PM	Monday		
29/09/2026 / 5:00 PM to 6:30 PM	Tuesday		
05/10/2026 / 5:00 PM to 6:30 PM	Monday		
06/10/2026 / 5:00 PM to 6:30 PM	Tuesday		
12/10/2026 / 5:00 PM to 6:30 PM	Monday		
13/10/2026 / 5:00 PM to 6:30 PM	Tuesday		
19/10/2026 / 5:00 PM to 6:30 PM	Monday		
21/10/2026 / 5:00 PM to 6:30 PM	Wednesday		
27/10/2026 / 5:00 PM to 6:30 PM	Tuesday		
28/10/2026 / 5:00 PM to 6:30 PM	Wednesday		
03/11/2026 / 5:00 PM to 6:30 PM	Tuesday		
04/11/2026 / 5:00 PM to 6:30 PM	Wednesday		

(Prof. Naveen Kr. Arora)
Coordinator, FCC Cell

AEC-301- English Language & Professional Communication (online classes)
Semester – III
TIME TABLE
(Academic Session 2026-27)

Schedule of Classes			
Date & Time	**Day**	**Name of Subject Expert**	**Content**
03/09/2026 / 5:00 PM to 6:30 PM	Thursday	Faculty –English (Main Campus) Dr. Preeti Chaudhary Coordinator	Grammar and Composition Skills **Unit-I:** • Parts of Speech; Tense and Voice; Direct and Indirect • Concept of concord; Subject-Verb Agreement: Using correct form of verbs in sentences • Idioms and phrases; Expansion of passages **Unit-II** • Modals: Using appropriate modals in sentences • Positive, Comparative and Superlative Degree: Changing the degree of comparison without changing the meaning • Synthesis of Sentences: Combining two simple sentences into one sentence • Sounds of English: symbols of different consonants and vowels used in dictionary **Unit-III** • Paragraph Writing: Writing short paragraphs on given subjects or short passages into paragraphs- • Comprehension; précis writing; essay writing. • Story Writing: Constructing readable stories from the given outlines • Expanding an Idea, Writing a Memo, Writing Formal Email, Making Notes • Paraphrasing: Paraphrasing short poems/stanzas **Unit-IV** • Letter Writing, Report Writing, News Story, Interviewing for news papers • Job Letter, CV & Resume Writing, Covering Letter • Writing a Business Letter, Letters to the Editor
07/09/2026 / 5:00 PM to 6:30 PM	Monday		
10/09/2026 / 5:00 PM to 6: 30 PM	Thursday		
14/09/2026 / 5:00 PM to 6: 30 PM	Monday		
17/09/2026 / 5:00 PM to 6: 30 PM	Thursday		
23/09/2026 / 5:00 PM to 6:30 PM	Wednesday		
24/09/2026 / 5:00 PM to 6:30 PM	Thursday		
30/09/2026 /5:00 PM to 6:30 PM	Wednesday		
01/10/2026 / 5:00 PM to 6:30 PM	Thursday		
07/10/2026 / 5:00 PM to 6:30 PM	Wednesday		
08/10/2026 / 5:00 PM to 6:30 PM	Thursday		
14/10/2026 / 5:00 PM to 6:30 PM	Wednesday		
15/10/2026 / 5:00 PM to 6:30 PM	Thursday		
22/10/2026 / 5:00 PM to 6:30 PM	Thursday		
26/10/2026 / 5:00 PM to 6:30 PM	Monday		
29/10/2026 / 5:00 PM to 6:30 PM	Thursday		
02/11/2026 / 5:00 PM to 6:30 PM	Monday		
05/11/2026 / 5:00 PM to 6:30 PM	Thursday		
10/11/2026 / 5:00 PM to 6:30 PM	Monday		
17/11/2026 / 5:00 PM to 6:30 PM	Tuesday		

(Prof. Naveen Kr. Arora)
Coordinator, FCC Cell