**P.G. DIPLOMA IN YOGA-ONE YEAR PROGRAM**

**UNDER CREDIT BASESD SYSTEM SCHEME (CBSS) W.E.F. 2019-20. LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION W.E.F. Session 2020-21**.

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**KURUKSHETRA UNIVERSITY**

**KURUKSHETRA**

**(Established by the State Legislature Act XII of 1956)**

**Kurukshetra University, Kurukshetra**

**Scheme of Examination for P.G. Diploma in Yoga (One Year Course)**

**Credit Base Semester System implemented from session 2019-20.**

**Semester - I**

**Credits= 21 Total Marks = 600**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type**  **of Course** | **Contact Hours Per Week** | | | **Credit** | | | **Examination Scheme** | | | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| PG DY 101 | Yog Parichya | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 102 | Anatomy and Physiology  for Yogic Practices | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 103 | Traditional Yoga | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 104 | Teaching Methodology of  Yogic Practices | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 105 | **Practical**:  Demonstration of  Asana | CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| PG DY 106 | **Practical**:  Demonstration of  Pranayama and  Shatkarmas | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| **Total** | |  | 16 | 10 | 26 | 16 | 5 | 21 | 80 | 320 | 200 | 600 | |

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course**

**Kurukshetra University, Kurukshetra**

**Scheme of Examination for P.G. Diploma in Yoga (One Year Course)**

**Credit Base Semester System implemented from session 2019-20.**

**Semester - II**

**Credits= 21 Total Marks = 600**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type**  **of Course** | **Contact Hours Per Week** | | | **Credit** | | | **Examination Scheme** | | | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| PG DY 201 | Naturopathy | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 202 | Anatomy and Physiology  for Yogic Practices | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 203 | Hathyog | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 204 | Yoga and Health | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 205 | **Practical**:  Demonstration of  Asana, Pranayama and  Shudhikriya | CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| PG DY 206 | **Practical**:  Teaching Practices of  Asana, Pranayama and Shatkarmas | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| **Total** | |  | **16** | **10** | **26** | **16** | **5** | **21** | **80** | **320** | **200** | **600** | |

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation**

**PROGRAMME OUTCOMES:-**

1. Learners will be able to comprehend the acquire knowledge during the Programme of study.
2. Learners will be able to reflect on the issues relating to the discipline-‘Education’.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Programme of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills

**PROGRAMME SPECIFIC OUTCOMES**

**After completing the programme student- teacher will be able to:-**

1. develop conceptual understanding of Yog-Parichaya, Traditional Yoga and Hatha Yoga as a literacy information related to yoga.
2. demonstrate and apply the knowledge of various systems of the body in performing different yogic activities.
3. apply different techniques of naturopathy, yogic activities and sound health practices for promotion of health.
4. demonstrate various yogic activities with effective pedagogical techniques.
5. select, demonstrate and apply appropriate yogic activities such as Asans, Pranayam, Meditation and Shudhikriyas meant for prevention of diseases, health promotion require for healthful living.

**Paper- (101): YOG PARICHAYA**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit: 4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY101.1** understand the basic concept of yoga and its developmental aspects as philosophy, meditation and its types and principle.

**PGDY101.2** enhance and apply knowledge of various forms of yoga such as Hath Yoga, Raj Yoga, Bhakti Yoga, Karma yoga and Gyan Yoga and Asthand Yoga.

**PGDY101.3** apply and demonstrate various yogic practices such as Asanas, Pranayamas, Shatkarmas, Bandh, and Mudra along with their process and benefits.

**PGDY101.4** apply and demonstrate yogicTherapies, Chakras, Prayers, Mantras and their uses in physical and psychological well being.

**SYALLBUS**

**UNIT-I: Concept of Yoga**

1. Meaning & importance of Yoga in Modern Era.
2. Origin of Yoga & developmental aspect.
3. Yoga as a Science or Art, Yog Philosophy.

(iv) Meditation: Meaning, types and principles.

**UNIT- II Types of Yoga**

(i) Hatha Yoga and its constitutes.

(ii) Gyan Yoga, Karma Yoga, & Bhakti Yoga,.

1. Raja Yoga and its components.
2. Asthang Yoga and its components.

**UNIT –III Yogic Activities**

(i) Asana: Meaning, types and Principles.

(ii) Pranayama: Meaning, types and principles.

(iii) Shatkarmas: Meaning, types and principles.

1. Bandh & Mudra: Meaning, types and principles.

**UNIT –IV Yoga Therapies**

(i) Meaning & importance of various therapies.

(ii) Chakra: Meaning, types and importance.

(iii) Prayer: Meaning and importance.

(iv) Mantras: Meaning, types and Psychology.

**References:**

*Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.*

*Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala:*

*Kaixydahmoe.*

*Rajjan, S. M. (1985). Yoga strenthening ofrelexation for sports man. New Delhi:Allied*

*Publishers.*

*Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.*

*Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.*

**P.G.D.Y 101 - Yog Parichya**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY101.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY101.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY101.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY101.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PAPER- (102): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY102.1** understand the meaning of Anatomy and Physiology with the knowledge of meaning structure, types and functions of cell and tissue.

**PGDY102.2** enhance the knowledge of bones, joints and muscles and their types, functions and classification.

**PGDY102.3** understand the basic knowledge of blood, types of blood-circulation, functions and terminology related to different cardio-vascular systems i.e. blood pressure, heart rate, stroke volume and cardiac output.

**PGDY102.4** enhance the knowledge of respiratory system, types of respiration, mechanism of gas exchanging in lungs and tissue and terminology related to respiratory system.

**SYLLABUS**

**UNIT-I Introduction**

(i) Anatomy and Physiology: Meaning and importance in the filed of yoga.

(ii) Cell: Meaning & structure.

(iii) Cell: Parts and functions.

(iv) Tissue: Meaning , types and their functions.

**UNIT-II Skeletal and Muscular system**

(i) Skeleton system; Meaning and its Functions.

(ii) Types of Bones in human body.

(iii) Joints: meaning types and functions.

(iv) Muscular System: meaning and different classification.

**UNIT-III Cardiovascular System**

(i) Cardiovascular: Meaningand components (heart, blood and blood vessels.

(ii) Blood: Meaning and functions.

(iii) Blood Circulation: Meaning and types.

(iv) Terminology related to cardiovascular system: Blood pressure, Heart rate, stroke volume and cardiac output.

**UNIT-IV Respiratory System**

(i) Respiratory System: meaning and organs of respiration.

(ii) Respiration: meaning and its types.

(iii) Mechanism of Gas Exchanging in Lungs and tissue.

(iv) Terminology related to respiratory system: different respiratory volume and capacities.

**References:**

*Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*

*Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*

*Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*

*Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*

*Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*

*Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam*

*Publications.*

*Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*

*Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*

*Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*

*Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publication*

**P.G.D.Y 102 - Anatomy and Physiology for Yogic Practices**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY102.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY102.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY102.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PAPER-(103): TRADITIONAL YOGA**

**Time:3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY103.1** enhance the conceptual knowledge of Patanjali Yoga Sutra, Chitt ki Avastsa, Chitt ki Bhoomi, Chitt Varitties and its types.

**PGDY103.2** enhance the knowledge of different ways to achieve Raj Yoga, disturbance in yogic practices and Sahayak Tatav in Yog Sadna.

**PGDY103.3** enhance the knowledge about various yogis and their contribution in yoga such as Maharishi Patanjali, Mahatma Buddha, Mahavir Jain and Swami Vivekanand.

**PGDY103.4**  understand the knowledge about different Bhakti & Siddhies like Panchikaran Prakirya, Panchkosh Theory, Navdha Bhakti and Astha Siddhi.

**SYLLABUS**

**UNIT -1 Patanjali Yog Sutra**

(i) Yoga: Meaning according to Patanjali Yoga Sutra.

(ii) Chiit: Meanging and its avastha.

(iii) Bhumi: Meaning and types .

(iv) Vritties: Meaning and types.

**UNIT –II Yoga Practices**

(i) Raj Yog: Meaning and different way to achieve Raj Yog.

(ii) Disturbance inYogic Practices.

(iii) Yog Sadhana: Meaning and its Sahayak Tatav.

(iv) Solution of Chiit Vritties and Nirodha.

**UNIT –III Yoga Maharishi and their contribution**

(i) Maharishi Patanjali: His contribution in development of Yoga.

(ii) Mahatma Bodh: His teachings & contribution in Yoga.

(iii) Mahavir Jain: His teachings & contribution in Yoga.

(iv) Swami Vivekanand: His teaching and contribution in Yoga.

**UNIT –IV Bhakti & Sidhies**

(i) Panchikaran Prakriya:Meaning and parts.

(ii) Panch Kosh Theory: Meaning and types.

(iii) Navdha Bhakti: Meaning and types.

(iv) Astha Sidhi: Meaning and types.

**References:**

*Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi*

*Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi*

*Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi*

*Parmanik, T.N. D( 2018) yoga education sports publication, New Delhi*

**P.G.D.Y 103 - Traditional Yoga**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY103.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY103.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY103.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PAPER-(104): TEACHING METHODOLOGY OF YOGIC PRACTICES**

**Time:3 Hours Maximum Marks: 100 (External: 80 + Internal: 20) Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY104.1** apply and demonstrate teaching methods, its principles and factors affecting teaching methods in teaching yoga.

**PGDY104.2** apply and demonstrate different pedagogical aids in presentation techniques.

**PGDY104.3** construct lesson plan according to its principles and types in teaching yoga.

**PGDY104.4** understand the meaning importance, steps and factor affecting class management with the knowledge of organization of tournaments.

**SYLLABUS**

**UNIT –I Teaching Methodology**

(i) Teaching Methods: Meaning and importance.

(ii) Types of Teaching methods.

(iii) Factors affecting teaching methods.

(iv) Principles of teaching methods.

**UNIT-II Presentation**

(i) Presentation: Meaning and types.

(ii) Teaching Aids: Meaning and types.

(iii) Factor affecting teaching Aids.

(iv) Modern concept of teaching Aids.

**UNIT-III Lesson Plan**

(i) Lesson Plan: Meaning and Importance.

(ii) Factors affecting lesson plan.

(iii) Types of Lesson Plan.

(iv) Principles of Lesson Plan.

**UNIT-IV Class Management**

(i) Class Management; Meaning and importance.

(ii) Steps of class management.

(iii) Factors affecting class management.

(iv) Tournament: Meaning eligibility rules and Organizations of yoga competition.

**Referances:**

*Irtegov, D. (2004). Operating system fundamentals. Firewall Media.*

*Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.*

*Milke, M.(2007). Absolute beginner’s guide to computer basics. Pearson Education Asia.*

*Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.*

**P.G.D.Y 104** - **Teaching Methodology of Yogic Practices**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY104.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY104.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY104.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**SEMESTER - I (W.E.F. 2020-2021)**

**PRACTICAL – (105): Demonstration of Asanas (perform any ten Asanas)**

**Credits=5**

**(PART-1) Maximum Marks: 50**

**Course Outcomes:-**

**After completing the course contents, students will be able to:**

**PGDY105.1** enhance the concept of cultural Asanas.

**PGDY105.2** enhance the concept of meditative Asanas.

**PGDY105.3** enhance the concept of relaxative Asanas.

**PGDY105.4** apply and demonstrate techniques of different Asanas and their effect on human

**SYLLABUS**

**1. LIST OF YOGIC PRACTICES**

**CULTURAL ASANAS MEDITATIVE ASANAS** 1. Vipratakarani 1. Padma Asana 2. Vajrasan Asana 2. Nauka Asana

3. Satubandhasan

4. Simplematsyasan

5. Chakrasan **RELAXATIVE ASANAS**

6. Bhujang Asana 1. Shavasana

7. Ardh-Shalbh Asana 2. Makrasans

8. Pawanmukt Asana

9. Suptavajrasan

10. Yog Mudra

11. Viprit Nokasana **SURYA NAMASKAR**

12. Vakra Asana

13. Janushirasan

14. Tadasan

15. Kattichakrasan

**2. Prepare one practical notebook of yogic activities.**

**P.G.D.Y 105** - **Demonstration of Asanas**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY105.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY105.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY105.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PRACTICAL – (106): Demonstration of Pranayamas and Shudhikriyas**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY106.1**  apply and demonstrate different techniques of various Pranayamas.

**PGDY106.2** enhance the knowledge about effects of various Pranayamas.

**PGDY106.3** apply and demonstrate different techniques of various Shudhikriyas.

**PGDY106.4** enhance the knowledge about effects of various Shudhikriyas.

**SYLLABUS**

**1. LIST OF YOGIC PRACTICES**

**PRANAYAMA SHUDHI KRIYA**

1. Anulome-vilome 1. Jal Neti

2. Shitali 2. Rubber Neti

3. Sitkari 3. Vaman (Kunjal)

4. Bhastrika 4. Kapalbhati

**2. Prepare one practical notebook of yogic activities.**

**P.G.D.Y (106): Demonstration of Pranayamas and Shudhi Kriyas**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY106.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY106.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY106.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**SEMESTER - II (W.E.F. 2020-2021)**

**PAPER-(201): Naturopathy**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY201.1** enhance the concept of Naturopathy, history of Naturopathy, principles of Naturopathy and relationship between Naturopathy.

**PGDY201.2** understand the meaning, importance and different techniques of Hydrotherapy alongwith different water bar and their uses in different ailments.

**PGDY201.3** understand the meaning, types importance principles of Mudtherapy along with uses of mudtherapy in different ailments.

**PGDY201.4** enhance the knowledge of Upvaas, types , principles and importance of Upvaas along with uses of Upvaas in various vyadhies.

**UNIT -1 Concept of Naturopathy**

(i) Naturopathy: Meaning and importance.

(ii) History of Naturopathy.

(iii) Principles of Naturopathy.

(iv) Relationship between Naturopathy and Yoga.

**UNIT -II Hydrotherapy**

(i) Hydrotherapy: Meaning and Importance.

(ii) Techniques of Hydrotherapy.

(iii) Uses of Hydrotherapy in different illness.

(iv) Different Waterbar (Pattee) in Hydrotherapy.

**UNIT –III Mudtherapy**

(i) Mudtherapy: Meaning, types and importance.

(ii) Techniques of Mudtherapy.

(iii) Uses of Mudtherapy in different illness.

(iv) Principles of Mudtherapy.

**UNIT –IV Aakash Tatva**

(i) Upvaas: Meaning and Importance.

(ii) Types of Upvaas.

(iii) Uses of Upvaas in various Vyadhies.

(iv) Principles of Upvaas.

**Referances:**

*Sharma, Hira Lal (2018) Naturopathy & Yoga, the readers paradise New Delhi.*

*Jindal Rakesh, Naturopathy basic concept and principles (Aroyage Sev Parkashan, Modi Nagar M.K)*

*Jindal Rakesh, Prakarit Ayur Vigyan, Arogya Seva Parkashan, Modi Nagar, M.K*

*Chnder Bhan Sharma (2016) Yoga & Naturopathy, Chokhamba Orientaliya Varansi*

*(2014) A complete Book on Naturopathy, Hindi Sewa Sadan, Mathura.*

*History & Philosophy of Naturophaty – Dr. S. J. Singh*

*Philosophy of Nature Cure – Dr. Henri Lindlhai.*

*Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic*

*Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095*

*Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by*

*Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-*

*13:978-8131908457. Rational Fasting (Ehret’s Health Literature) Mass Market Paperback – Import, Jun 1971 by*

*Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978.*

**P.G.D.Y 201 - Naturopathy**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY201.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY201.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY201.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY201.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY201.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY201.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY201.3 | 1 | 3 | 3 | 3 | 3 |
| PGDY201.4 | 2 | 3 | 3 | 3 | 3 |
| **Average** | 2.25 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY 201.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY 201.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY201.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 |
| PGDY201.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.25 | 3 | 3 | 3 | 3 |

**PAPER-(202): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES**

**Time: 3 Hour Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY202.1**  enhance knowledge of digestive system, functions and process of digestion and different organs of excreation (Kidney, Skin and Lungs).

**PGDY202.2**  enhance knowledge of nervous system, its classification, functions and effect of yogic activities on nervous system.

**PGDY202.3** understand the knowledge of glands, types of glands, their hormones and their functions.

**PGDY202.4** apply and demonstrate different yogic activities and their effects on various body systems Skeletal, Cardio Vascular, Respiratory and Endocrine System.

**SYLLABUS**

**UNIT -1 Digestive and Excretory System**

(i) Elementary Canal: Meaning and organs.

(ii) Functions of digestive organs.

(iii) Process of Digestion.

(iv) Excretory System: Meaning and organs of excretration (kidney, skin and lungs).

**UNIT –II Nervous System**

(i) Nervous System: Meaning and classification.

(ii) Parts of Central Nervous System.

(iii) Functions of Nervous System.

(iv) Effect of Yogic activities on nervous system

**UNIT –III Endocrine System**

(i) Glands: Meaning and types of glands.

(ii) Different types of endocrine glands.

(iii) Pituitary glands: its hormones and functions.

1. Thyroid, parathyroid and adrenal glands and their functions.
2. Gonads Glands: their secretion and functions.

**UNIT –IV Effects of various yogic activities on body systems.**

(i) Effects of yogic activities on skeletal and muscular system.

(ii) Effects of yogic activities on cardiovascular system.

(iii) Effects of yogic activities on respiratory and excretory system.

(iv) Effects of yogic activities on endocrine system.

**References:**

*Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*

*Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*

*Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*

*Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*

*Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*

*Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam*

*Publications.*

*Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*

*Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*

*Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*

*Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications*

**P.G.D.Y 202 - Anatomy and Physiology for Yogic Practices**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY202.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY202.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY202.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY202.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PAPER-(203): Hathyog**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY203.1** develop the concept of Hatha Yog, alongwith Asanas, Classification of Asanas, Principles and benefits of Asanas.

**PGDY203.2** apply and demonstrate different techniques of Pranayama, principles and benefits of pranayamas along with Bandh and its different types.

**PGDY203.3** develop the concept of Sapat Sadhan, Naddis , Bandh and Mudra along with their types according to Gharand Samhita.

**PGDY203.4** apply and demonstrate different techniques of Shatkarma, principles of Shatkarma, Kundalani and their effects.

**UNIT -1 Introduction of Hatha Yog**

(i) Hatha Yog : Meaning, Definition and Objectives of Hatha Yog.

(ii) Asana: Meaning and classification according to Hatha Yog.

(iii) Principles of Asanas according to Hatha Yog.

(iv) Benefits of Asana according to Hatha Yog.

**UNIT –II Pranayama, Bandha and Nadanusandhan**

(i) Pranayama: Meaning and types according to Hatha Yog Pradipika.

(ii) Principles and benefits of Pranayama.

(iii) Bandha: Meaning, types and benefits of bandha.

(iv) Nadanusandhan: Meaning and technique.

**UNIT –III Introduction of Gharand Samhita**

(i) Sapat Sadan: Meaning,and its components.

(ii) Nadies: Meaning and classification.

(iii) Bandha: meaning and types according to Gharand Samhita.

(iv) Mudra: Meaning and types according to Gharand Samhita.

**UNIT –IV Shatkaramas**

(i) Shatkaram: Meaning and types.

(ii) Principles of Shatkarams.

(iii) Techniques of Shatkarams.

(iv) Kundalani: Meaning and techniques of awaking .

**References:**

*Swami Satyananda (1998) hathyog pradipika, munger publications Bihar*

*Pancham Singh, the hathyog pradipika, Dev Publisher*

*Hathyog Pradipika, by swami swatma ram, Kaivalya Dham, Lonavla Pune.*

**P.G.D.Y 203 - Hathyog**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY203.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY203.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY203.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PAPER-(204): YOGA AND HEALTH**

**Time: 3 Hour Maximum Marks: 100 (External: 80 + Internal: 20)**

**Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

**PGDY204.1** enhance the knowledge of Health, elements of health, daily routine for good health along with guidance instruction in personal hygiene.

**PGDY204.2** apply and demonstrate different Asanas, Pranayama, Shatkarama & their effects on health.

**PGDY204.3** apply and demonstrate different yogic practices in treating Psychological conditions, mental health, anxiety, stress, conflict and its effect through yogic practices.

**PGDY204.4** enhance and apply nutritional knowledge in various health problems, obesity, diabetes, arthritits and its treatment through yogic practices.

**UNIT -1 Health**

(i) Health: Meaning and Definition of Health.

(ii) Elements of Health.

(iii) Health Services and guidance instruction in personal hygiene.

(iv) Daily routine for good health.

**UNIT –II Yogic Activities and Health**

(i) Asana: Effects of Asanas on Health.

(ii) Pranayama: Effects of Pranayam on Health.

(iii) Shatkarma: Effects of Shatkaramas on Health.

(iv) Bandha and Mudras: Effects of Bandha and Mudras on Health.

**UNIT –III Mental Health and Yoga**

1. Mental Health : Meaning and common mental disorders.
2. Anxiety: meaning, causes, and treatment through Yogic practices.
3. Stress: meaning, causes, and treatment through Yogic practices
4. Conflict: meaning, causes, its effects and treatment through Yogic practices.

**UNIT –IV Diet and Health**

(i) Diet: Meaning of balance diet and Yogic diet.

(ii) Obesity: meaning, causes and treatment through yogic practices.

(iii) Diabetes: Meaning, causes and treatment through yogic practices.

(iv) Arthritis: Meaning, causes and treatment through yogic practices

**References:**

*Gore C.S (2011) Yoga & health sports publication New Delhi*

*Srivastava A.K. (2010) health and yoga sports publication New Delhi*

*Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi*

*Verma K.K. Swastya Shiksha Parkash Borthers Ludiana*

*Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi*

**P.G.D.Y 204 - Yoga and Health**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY204.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY204.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY204.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PRACTICAL –(205) : Demonstration of Asanas, Pranayamas and Shudhikriyas**

**Credits=2.5**

**Maximum Marks: 100**

**Course Outcomes:**

**After completing the course contents, students will be able to:**

**PGDY205.1** apply and demonstrate different techniques of various asanas.

**PGDY205.2** apply and demonstrate different techniques of various Pranayams.

**PGDY205.3** apply and demonstrate different techniques of various Shudhikriyas.

**PGDY205.4** apply and demonstrate various techniques of Asanas, Pranayams and Shudhikriyas and their effects on human body.

**SYLLABUS**

**1. LIST OF YOGIC PRACTICES**

**ASANAS PRANAYAMA SHUDHIKRIYA**

1. Sarvang Asana 1. Nadi Shodhan 1. Tratak

2. Shirshasan 2. Surya Bhedan 2. Dhand Dhauti

3. Halasan 3. Ujjai 3. Vastra Dhauti

4. Pawanmuktasan 4. Bhramari 4. Nauli

5. Matsyasana

6. Karanpeedasana

7. Vihangasan

8. Dhanurasan

9. Sarpasana

10. Mayur Asana

11. Bakasana

12. Ardhmatsyandrasan

13. Trikon Asana

14. Vrikshasana

15. Pad-hast Asana

16. Surya Namaskar

17. Paschimottan Asana

18. Akarndhanur Asana

**2. Prepare practical notebook of yogic activities.**

**P.G.D.Y (205) : Demonstration of Asanas, Pranayamas and Shudhikriyas**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY205.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY205.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY205.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**PRACTICAL –(206) : Teaching Practices of Asanas, Pranayamas and Shatkarmas.**

**Credits=2.5**

**Maximum Marks: 100**

**Course Outcomes:-**

**After completing the course contents, the students will able to:**

**PGDY206.1** apply and demonstrate lesson plan of Asanas with appropriate teaching methodology.

**PGDY206.2** apply and demonstrate lesson plan of Pranayamas with appropriate teaching methodology.

**PGDY206.3** apply and demonstrate lesson plan of Shatkarmas with appropriate teaching methodology.

**PGDY206.4** apply various pedagogical techniques in presenting different yogic activities.

**Teaching practice of any five yogic activities (Three Asanas, One Pranayama and One Kriya).**

**P.G.D.Y (206) : Demonstration of Asanas, Pranayamas and Sudhikriyas**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY206.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY206.1 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.2 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY206.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Table 4: CO-PO-PSO mapping matrix for all the courses of P.G. Diploma in Yoga.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| PGDY101 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY102 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY103 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY104 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY105 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY106 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY201 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.25 | 3 | 3 | 3 | 3 |
| PGDY202 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY203 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY204 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY205 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PGDY206 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Attainment of COs:**

The attainment of COs can be measured on the basis of the results of internal assessment and semesters examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 50% marks:

**Table 5 : CO Attainment Levels for internal assessment.**

|  |  |
| --- | --- |
| **Attainment Level** |  |
| **1**  **(Low level of attainment)** | **50% of students score more than 50% of marks in class tests of a course.** |
| **2**  **(Medium level of attainment)** | **60% of students score more than 50% of marks in class tests of a course.** |
| **3**  **(High Level of attainment)** | **70% of students score more than 50% of marks in class tests of a course.** |

*Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.*

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. PGDY 101.1 and PGDY 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e PGDY 101.3 and PGDY 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

1. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. PGDY 101.1
2. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. PGDY 101.2
3. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. PGDY 101.3
4. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. PGDY 101.4
5. Take average of the percentages obtained above.
6. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

*Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four Cos for a course. The set target may also be different for different COs. These issues may resolved by the Staff Councils of the departments/institutes.*

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for semester examination are given in Table 6.

**Table 6 : CO Attainment Levels for End Semester Examination (ESE)**

|  |  |
| --- | --- |
| **Attainment Level** |  |
| **1**  **(Low level of attainment)** | **60% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.** |
| **2**  **(Medium level of attainment)** | **70% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.** |
| **3**  **(High Level of attainment)** | **80% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.** |

*Note: In the above table, the set target is assumed as grade A for CBCS***/***CBSS courses and 60% for non-CBCS/CBSS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.*

**Overall CO Attainment level of a Course:**

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of CO Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

**Attainment of POs:**

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

**Table 7: PO Attainment Values using Direct Method**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| PGDY 101 |  |  |  |  |  |  |  |  |  |
| PGDY 102 |  |  |  |  |  |  |  |  |  |
| PGDY 103 |  |  |  |  |  |  |  |  |  |
| - |  |  |  |  |  |  |  |  |  |
| PGDY 206 |  |  |  |  |  |  |  |  |  |
| Direct PO attainment | Average of above values | Average of above values | Average of above values | -- | -- | -- | -- | -- | Average of above values |

The PO attainment values to be filled in above table can be obtained as follows:

For PGDY 101-PO1 Cell:

PO1 attainment value = (Mapping factor PGDY 101-PO1 from Table 4 x Overall CO attainment value for the course PGDY 101)/3

For PGDY 104-PO1 Cell:

PO1 attainment value = (Mapping factor of PGDY 104-PO1 from Table 4 x Overall CO attainment value for the course PGDY 104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of Pos is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of Pos may be conducted at end of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] **+** [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

**Table 8: PO Questionnaire for indirect measurement of PO attainment**

**(For Outgoing students)**

At the end of my degree program I am able to do:

|  |  |  |  |
| --- | --- | --- | --- |
| Statements of POs | Please Tick any one | | |
| 1. Learners will be able to comprehend the acquire knowledge during the Program of study. | 3 | 2 | 1 |
| 2. Learners will be able to reflect on the issues relating to the discipline- ‘Education’. | 3 | 2 | 1 |
| 3. Learners will be able to exhibit the professional skills and competencies acquired during the Program of study. | 3 | 2 | 1 |
| 4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits. | 3 | 2 | 1 |
| 5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes. | 3 | 2 | 1 |
| 6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings. | 3 | 2 | 1 |
| 7. Learners will be able to discuss and solve the problems relating to the discipline and life. | 3 | 2 | 1 |
| 8. Learners will be able to state and follow the ethical issues relating to the discipline and society. | 3 | 2 | 1 |
| 9. Learners will be able to apply different tools and techniques of communication and related skills. | 3 | 2 | 1 |

Overall PO attainment values can be written as shown in Table 9:

**Table 9: Overall PO attainment Values.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| Direct PO attainment |  |  |  |  |  |  |  |  |  |
| Indirect PO attainment |  |  |  |  |  |  |  |  |  |
| Overall PO attainment. |  |  |  |  |  |  |  |  |  |
| Target |  |  |  |  |  |  |  |  |  |

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

**The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner.**