Programme Name/s	**: Architecture Assistantship/ Automobile Engineering./ Artificial Intelligence/ Agricultural Engineering/ Artificial Intelligence and Machine Learning/ Automation and Robotics/ Architecture/ Cloud Computing and Big Data/ Civil Engineering/ Chemical Engineering/ Computer Technology/ Computer Engineering/ Civil & Rural Engineering/ Construction Technology/ Computer Software Technology/ Computer Science & Engineering/ Fashion & Clothing Technology/ Dress Designing & Garment Manufacturing/ Digital Electronics/ Data Sciences/ Electrical Engineering/ Electronics & Tele-communication Engg./ Electrical and Electronics Engineering/ Electrical Power System/ Electronics & Communication Engg./ Electronics Engineering/ Food Technology/ Computer Hardware & Maintenance/ Hotel Management & Catering Technology/ Instrumentation & Control/ Industrial Electronics/ Information Technology/ Computer Science & Information Technology/ Instrumentation/ Interior Design & Decoration/ Interior Design/ Civil & Environmental Engineering/ Mechanical Engineering/ Mechatronics/ Medical Laboratory Technology/ Manufacturing Technology/ Medical Electronics/ Metallurgical Engineering/ Production Engineering/ Printing Technology/ Polymer Technology/ Surface Coating Technology/ Computer Science/ Textile Technology/ Electronics & Computer Engg./ Travel and Tourism/ Textile Manufactures/**
Programme Code	**: AA/ AE/ AI/ AL/ AN/ AO/ AT/ BD/ CE/ CH/ CM/ CO/ CR/ CS/ CST/ CW/ DC/ DD/ DE/ DS/ EE/ EJ/ EK/ EP/ ET/ EX/ FC/ HA/ HM/ IC/ IE/ IF/ IH/ IS/ IX/ IZ/ LE/ ME/ MK/ ML/ MR/ MU/ MY/ PG/ PN/ PO/ SC/ SE/ TC/ TE/ TR/ TX**
Semester	**: First**
Course Title	**: YOGA AND MEDITATION**
Course Code	**: 311003**

I. RATIONALE

Diploma Graduate needs a sound body and mind to face the challenging situations in career as employee or as an entrepreneur. Yoga and Meditation brings about the holistic development of an individual and equips with necessary balance to handle the challenges. The age of polytechnic student is appropriate to get introduced to yoga practice as this will help them in studies as well as his professional life. Moreover, Yoga inculcates discipline in all walks of the life of student. Pranayama practice regulates breathing practices of the student to improve stamina, resilience. Meditation empowers a student to focus and keep calm to get peace of mind. World Health Organization (WHO) has also emphasized the role of yoga and meditation as stress prevention measure. National Education Policy -2020 highlights importance of yoga and meditation amongst students of all ages. Therefore, this course for Diploma students is designed for the overall wellbeing of the student and aims to empower students to adopt and practice "Yoga" in daily life .

II. INDUSTRY / EMPLOYER EXPECTED OUTCOME

YOGA AND MEDITATION **Course Code : 311003**

Practice basic Yoga and Pranayama in daily life

III. COURSE LEVEL LEARNING OUTCOMES (COS)

Students will be able to achieve & demonstrate the following COs on completion of course based learning

- CO1 - Practice basic Yoga and Pranayama in daily life to maintain physical and mental fitness.
- CO2 - Practice meditation regularly for improving concentration and better handling of stress and anxiety.
- CO3 - Follow healthy diet and hygienic practices for maintaining good health.

IV. TEACHING-LEARNING & ASSESSMENT SCHEME

Course Code	Course Title	Abbr	Course Category/s	Learning Scheme					Credits	Assessment Scheme												
				Actual Contact Hrs./Week			SLH	NLH		Paper Duration	Theory				Based on LL & TL				Based on SL		Total Marks
															Practical						
				CL	TL	LL					FA-TH	SA-TH	Total		FA-PR		SA-PR		SLA		
											Max	Max	Max	Min	Max	Min	Max	Min	Max	Min	
311003	YOGA AND MEDITATION	YAM	VEC	-	-	1	1	2	1	-	-	-	-	-	25	10	-	-	25	10	50

Total IKS Hrs for Sem. : 1 Hrs

Abbreviations: CL- ClassRoom Learning , TL- Tutorial Learning, LL-Laboratory Learning, SLH-Self Learning Hours, NLH-Notional Learning Hours, FA - Formative Assessment, SA -Summative assessment, IKS - Indian Knowledge System, SLA - Self Learning Assessment

Legends: @ Internal Assessment, # External Assessment, *# On Line Examination , @$ Internal Online Examination

Note :

1. FA-TH represents average of two class tests of 30 marks each conducted during the semester.
2. If candidate is not securing minimum passing marks in FA-PR of any course then the candidate shall be declared as "Detained" in that semester.
3. If candidate is not securing minimum passing marks in SLA of any course then the candidate shall be declared as fail and will have to repeat and resubmit SLA work.
4. Notional Learning hours for the semester are (CL+LL+TL+SL)hrs.* 15 Weeks
5. 1 credit is equivalent to 30 Notional hrs.
6. * Self learning hours shall not be reflected in the Time Table.
7. * Self learning includes micro project / assignment / other activities.

V. THEORY LEARNING OUTCOMES AND ALIGNED COURSE CONTENT

Sr.No	Theory Learning Outcomes (TLO's)aligned to CO's.	Learning content mapped with Theory Learning Outcomes (TLO's) and CO's.	Suggested Learning Pedagogies.

VI. LABORATORY LEARNING OUTCOME AND ALIGNED PRACTICAL / TUTORIAL EXPERIENCES.

Practical / Tutorial / Laboratory Learning Outcome (LLO)	Sr No	Laboratory Experiment / Practical Titles / Tutorial Titles	Number of hrs.	Relevant COs

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Practical / Tutorial / Laboratory Learning Outcome (LLO)	Sr No	Laboratory Experiment / Practical Titles / Tutorial Titles	Number of hrs.	Relevant COs
LLO 1.1 Practice warming up for Yoga.	1	Introduction :- Presentations on Introduction to Yoga and its History. Lab Exp: 1. Perform warming up exercises to prepare the body from head to toe for Yoga.	5	CO1
LLO 2.1 Practice Surya Namaskar	2	Lab Exp: 2. Perform all the postures of Surya Namaskar one by one in a very slow pace, after warm up. Lab Exp 3. Perform multiple Surya Namaskar (Starting with three and gradually increasing it to twelve) in one go. Experiment 2 to 4 must be followed by shavasana for self relaxation.	7	CO1 CO2
LLO 3.1 Practice basic Asanas	3	Lab Exp: 4 Perform Sarvangasna,Halasana,Kandharasana (setubandhasana) Lab Exp: 5 Perform Bhujangasana,Naukasana,Mandukasana Lab Exp: 6 Perform Paschimottasana,Baddhakonasana,Bharadwajasana. Lab Exp: 7 Perform Veera Bhadrasana,Vrukshasana,Trikonasana. Follow up experiment 5 to 7 with shavasana for self relaxation	8	CO2
LLO 4.1 Practice basic pranayama	4	Lab Exp: 8 Perform Bhastrika, Anulom Vilom Pranayam Kriya Lab Exp: 9 Practice Kapalbhati Pranayam Kriya Lab Exp:10 Practice Bhramary Pranayam.	5	CO3
LLO 5.1 Practice meditation	5	Lab Exp: 11 Perform sitting in Dhyan Mudra and meditating.Start with five minute and slowly increasing to higher durations. (Trainer will explain the benefits of Meditation before practice)	5	CO3

Note : Out of above suggestive LLOs -

- '*' Marked Practicals (LLOs) Are mandatory.
- Minimum 80% of above list of lab experiment are to be performed.
- Judicial mix of LLOs are to be performed to achieve desired outcomes.

VII. SUGGESTED MICRO PROJECT / ASSIGNMENT/ ACTIVITIES FOR SPECIFIC LEARNING / SKILLS DEVELOPMENT (SELF LEARNING)

Micro project

- Maintain a diary indicating date wise practice done by the student with a photograph of self in yogic posture.

Assignment

- Prepare Diet and nutrition chart for self

Self Learning

- • Practice at least thrice a week.

• Read books on different methods to maintain health, wellness and to enhance mood

• Watch videos on Yoga Practices.

Note :

- Above is just a suggestive list of microprojects and assignments; faculty must prepare their own bank of microprojects, assignments, and activities in a similar way.
- The faculty must allocate judicial mix of tasks, considering the weaknesses and / strengths of the student in acquiring the desired skills.
- If a microproject is assigned, it is expected to be completed as a group activity.
- SLA marks shall be awarded as per the continuous assessment record.
- For courses with no SLA component the list of suggestive microprojects / assignments/ activities are optional, faculty may encourage students to perform these tasks for enhanced learning experiences.
- If the course does not have associated SLA component, above suggestive listings is applicable to Tutorials and maybe considered for FA-PR evaluations.

VIII. LABORATORY EQUIPMENT / INSTRUMENTS / TOOLS / SOFTWARE REQUIRED

Sr.No	Equipment Name with Broad Specifications	Relevant LLO Number
1	Yoga and Meditation kits : Yoga Mats, Yoga Rollers, Yoga Blocks, Aero Yoga Clothing Blankets, Cloth Straps, Bolsters, Wheels	All

IX. SUGGESTED WEIGHTAGE TO LEARNING EFFORTS & ASSESSMENT PURPOSE (Specification Table) : NOT APPLICABLE

X. ASSESSMENT METHODOLOGIES/TOOLS

Formative assessment (Assessment for Learning)

- Lab performance, Self-learning and Terms work

Summative Assessment (Assessment of Learning)

- Actual Practical Performance

XI. SUGGESTED COS - POS MATRIX FORM

YOGA AND MEDITATION **Course Code : 311003**

Course Outcomes (COs)	Programme Outcomes (POs)							Programme Specific Outcomes* (PSOs)		
	PO-1 Basic and Discipline Specific Knowledge	PO-2 Problem Analysis	PO-3 Design/ Development of Solutions	PO-4 Engineering Tools	PO-5 Engineering Practices for Society, Sustainability and Environment	PO-6 Project Management	PO-7 Life Long Learning	PSO-1	PSO-2	PSO-3
CO1	-	-	-	-	3	-	-			
CO2	-	-	-	-	3	-	-			
CO3	-	-	-	-	3	-	-			

Legends :- High:03, Medium:02,Low:01, No Mapping: -
*PSOs are to be formulated at institute level

XII. SUGGESTED LEARNING MATERIALS / BOOKS

Sr.No	Author	Title	Publisher with ISBN Number
1	Swami Vivekananda	Patanjalis Yoga Sutras	Fingerprint Publishing (2023) Prakash Books India Pvt Ltd, New Delhi ISBN-13?: ? 978-9354407017
2	Luisa Ray, Angus Sutherland	Yoga for Every Body: A beginner's guide to the practice of yoga postures, breathing exercises and me	Vital Life Books (2022) ISBN-13?: ? 978-1739737009
3	Swami Saradananda	Mudras for Modern Living: 49 inspiring cards to boost your health, enhance your yoga and deepen your	Watkins Publishing (2019) ISBN-13?: ? 978-1786782786
4	Martha Davis, Elizabeth Robbins, Matthew McKay, Eshelman MSW	The Relaxation and Stress Reduction Workbook	A New Harbinger Self-Help Workbook (2019)
5	Ann Swanson	Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice	ISBN-13?: ? 978-1465479358

XIII . LEARNING WEBSITES & PORTALS

Sr.No	Link / Portal	Description
1	https://onlinecourses.swayam2.ac.in/aic19_ed28/preview-introduction to Yoga and Applications of Yog	Yoga and Applications of Yoga
2	https://onlinecourses.swayam2.ac.in/aic23_ge09/preview	Yoga for Creativity
3	https://onlinecourses.swayam2.ac.in/aic23_ge05/preview	Yoga for concentration
4	https://onlinecourses.swayam2.ac.in/aic23_ge06/preview	yoga for memory development
5	https://onlinecourses.nptel.ac.in/noc21_hs29/preview	Psychology of Stress, Health and Well-being

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Sr.No	Link / Portal	Description
6	https://onlinecourses.swayam2.ac.in/nce19_sc04/preview	Food Nutrition for Healthy Living - Course – Swayam
7	https://www.classcentral.com/course/swayam-fitness-managemen t-	Fitness Management from Swayam

Note :

- Teachers are requested to check the creative common license status/financial implications of the suggested online educational resources before use by the students