

**Artificial Intelligence and Machine Learning / Computer Engineering / Information**

**Programme Name :** Technology/Civil Engineering/ Mechanical Engineering/ Automobile Engineering/ Electronics & Telecommunication/ Electrical Engineering/ Dress Designing & Garment Mfg.

**Programme Code :** AN / CO / IT/AE/CE/E&TC/ME/EE/DDGM

Course Code	Course Title	Course Abbr.	Semester
7G301	Yoga & Meditation	YAM	FIRST

**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 among students of all ages. Therefore, this course for Diploma students is designed for the overall well-being of the student and aims to empower students to adopt and practice "Yoga" in daily life.

**II. INDUSTRY / EMPLOYER EXPECTED OUTCOME**

The aim of this course is to "Prepare the students for practice of 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 – Understand the importance of warm up before practicing asanas & identify it for every part of the body.

CO2 - Practice meditation regularly for improving concentration and better handling of stress and anxiety.

CO3 - Perform all the steps of Surya namaskar sequentially with proper postures each.

CO4 - Practice Basic Yoga and Pranayama in daily life to maintain physical and mental fitness.

CO5 - 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	Paper Duration	Assessment Scheme										
				Actual Contact Hrs. / Week			SLH	NLH		Theory			Based on LL & TSL							
				CL	TL	LL				FA-TH		SA-TH	Total	FA-PR		SA-PR		SLA		
				Max	Max	Max				Max	Min	Max	Min	Max	Min	Max	Min			
				-	-	1				-	-	-	-	25	10	-	-	25	10	
7G301	Yoga & Meditation	YAM	VEC	-	-	1	1	2	1	-	-	-	-	25	10	-	-	25	10	
<b>Total IKS Hrs. for Sem.: 1 Hr.</b>																				
Abbreviations: CL- Class Room 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 - SelfLearning Assessment																				
Legends: @ Internal Assessment, # External Assessment, *# On Line Examination, @@ Internal Online Examination																				
Note:																				
1. FA-TH represents average of two Progressive 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 course.																				
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**

NOT APPLICABLE

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

<b>Practical / Tutorial / Laboratory Learning Outcome (LLO)</b>	<b>Sr No</b>	<b>Laboratory Experiment / Practical Titles / Tutorial Titles</b>	<b>Number of hrs.</b>	<b>Relevant COs</b>
LLO 1.1 Practice warming up for Yoga.	1	<b>IKS:</b> 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.	2	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 3 must be followed by shavasana for self- relaxation.	4	CO1 CO2 CO3
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 Bhadrashana, Vrukshasana, Trikonasana. Follow up experiment 4 to 7 with shavasana for self-relaxation	4	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.	3	CO4
LLO 5.1 Practice meditation	5	Lab Exp:11 Perform sitting in Dhyani Mudra and meditating. Start with five minute and slowly increasing to higher durations. (Trainer will explain the benefits of Meditation before practice )	2	CO2 CO3
<b>Total laboratory hours</b>				<b>15</b>
<b>Note:</b>				
1. Start and end of each session can be with appropriate Yoga prayers and chanting of Omkar. 2. Trainers can add similar asanas in practical sessions. 3. Students are to be instructed to practice the experiment performed at least twice a week as part of self-learning practices. 4. Live demonstration by the trainer needs to be carried out during practical hours. Yogic videos can be used as well .				

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

### **Micro project**

The micro project has to be industry application based, internet-based, workshop-based, laboratory-based or field-based as suggested by Teacher

1. Make a daily mindfulness dairy for a week keep record your thoughts, feelings, and experiences before and after each meditation or yoga session. Reflect on any changes in your mood or awareness.
2. Create a series of illustrated or video guides for beginners on specific yoga poses. Include step-by-step instructions, benefits, and common mistakes to avoid.
3. Develop a meditation playlist with different tracks suited for various meditation practices.
4. Design infographics highlighting the benefits of specific yoga poses or meditation techniques.
5. Host a virtual workshop or webinar on various poses of yoga or meditation techniques.
6. Prepare a write up for exploring the scientific evidence supporting the mind-body connection in yoga and meditation.
7. Create a pamphlet that outlines a simple yoga routine specifically designed for stress relief. Include easy-to-follow instructions and illustrations.
8. Develop a 7-day mindfulness challenge for yourself or others. Each day, introduce a new mindfulness or meditation exercise and encourage participants to share their experiences.
9. Start a blog documenting your personal journey with yoga and meditation. Share insights, tips, and experiences.
10. Develop a series of yoga routines tailored for specific goals, such as flexibility, strength, or stress reduction.

Any new topic (other than mentioned list) related to the curriculum can be given for micro project.

### **Assignment**

1. Prepare a catalogue with a photograph of self / sample picture in various yogic posture.
2. Make a list of different asanas in Surya namaskar and write the importance of each asanas.
3. Enlist the 8 limbs of Ashtang yoga and elaborate the importance of each limb.
4. Make a list of asanas which are useful in healing the various diseases.

### **Activities for specific learning:**

Following are some suggestive self-learning topics:

1. Prepare a report on History of Yoga
2. Prepare a report on procedure & benefits of any two asanas in Standing pose
3. Prepare a report on procedure & benefits of any two asanas in Sitting pose.
4. Prepare a report on procedure & benefits of any two asanas in supine pose.
5. Prepare a report on procedure & benefits of any two asanas in prone pose.
6. Prepare a report on procedure & benefits of Surya namaskar.
7. Prepare a report on importance of Pranayama & Meditation.
8. Prepare a diet & nutrition chart for self
9. Practice at least thrice a week.
10. Read books on different methods to maintain health, and wellness.
11. Watch VDO's on Yoga practices.

## 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 Strap, Bolsters, Wheels etc.	LLO1.1 to LLO 5.1

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

Legends: R – Remember Level, U – Understand Level, A – Application Level

**I. ASSESSMENT METHODOLOGIES/TOOLS**

**Formative assessment (Assessment for Learning)**

Laboratory learning and Terms work: 25 marks.

Actual Practical Performance and Self-learning assignments: 25 marks

**X. SUGGESTED COS - POS MATRIX FORM**

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
CO1	-	-	-	-	1	-	2	-	-
CO2	-	-	-	-	1	-	2	-	-
CO3	-	-	-	-	1	-	2	-	-
CO4	-	-	-	-	1	-	2	-	-
CO5	-	-	-	-	1	-	2	-	-

Legends: - High:03, Medium:02, Low:01, No Mapping: -

**XI. SUGGESTED LEARNING MATERIALS / BOOKS**

Sr. No	Title	Author	Publisher
1	Swami Vivekananda	Patanjalis Yog Sutras	Prakash Books India Pvt Ltd, New Delhi Oct 2019 ISBN-13: 978-9389178784
2	Yoga for Every Body: A beginner's guide to the practice of yoga postures, breathing exercises and me	Luisa Ray, Angus, Sutherland	Vital life books, March 2022 ISBN-13: 978-1739737030
3	Mudras for Modern Living: 49 inspiring cards to boost your health, enhance your yoga and deepen your	Swami Saradananda	Watkins Publishing, November 2019 ISBN-13: 978-1786782786
4	The Relaxation and Stress Reduction Workbook	Martha Davis, Elizabeth Robbins, Matthew McKay, Eshelman MSW	New Harbinger Publications, May 2008 ISBN-13: 978-1572245495
5	Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice	Ann Swanson	Dorling Kindersley Limited, December 2014 ISBN-13: 978-0241652398

**XIII. LEARNING WEBSITES & PORTALS**

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

**XII. COURSE CURRICULUM DEVELOPMENT COMMITTEE**

Sr. No.	Name of the Faculty	Designation	Sign
1	N. R. Biyani (Lect. in DDGM)	Chairman	
2	M. P. Chavan (Lect. in DDGM)	Member	

**XIV. COURSE CURRICULUM REVIEW COMMITTEE**

Sr. No.	Name of the Faculty	Designation	Sign
1	R. N. Khadse (Lect. In M.E.)	Reviewer 1	
2	V. M. Bukka (Lect. in ME)	Reviewer 2	