

Programme Project Report (PPR)

For

Distance Learning Programme under School of Distance Education

Certificate in Yogic Science

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Academic support by

**Department of Lifelong Learning and Extension
Mahatma Gandhi University
Kottayam, Kerala**

Certificate in Yogic Science

(Distance Learning Programme - Certificate Programme)

Programme Project Report

Mahatma Gandhi University started the School of Distance Education in 1989 with the vision of providing the opportunity for quality education to all realms of society. Since the beginning, thousands of students have availed themselves of this opportunity for higher education to a great extent throughout Kerala. Many students outside the State have also benefited from this. But after the new directions of the UGC in 2014, the University had stopped all the Off-Campus Centres of the School of Distance Education both inside and outside the State.

Now it is the new endeavour of the School to revamp its functioning by offering different types of Diploma and Certificate programmes very relevant to contemporary society, in addition to the conventional Graduate and Post Graduate programmes. This is being done with the academic and infrastructural support of the eminent Schools and Interdisciplinary Interuniversity Centres of the University. All these Schools/ Centres have already conducted similar Programmes or Post Graduate Programmes in the same area. This Certificate Programme has been designed by the Department of Lifelong Learning and Extension and is to be conducted by the School of Distance Education with the academic support of the Department .

The Dept of Lifelong Learning and Extension (DLLE), formerly Dept. Adult Continuing Education, Extension and Field Outreach, was established at Mahatma Gandhi University in 1991 as a Statutory Academic Department.

As suggested by the former name of the department, ie, Dept of Adult Continuing Education, Extension and Field Outreach, the Department co-ordinated various activities pertaining to adult education and extension services and surveys from the very beginning itself. Recently the Department was renamed as Dept of Lifelong Learning and Extension vide U O No 403/P&D-1/2010/ Admn dated 13/08/2010, as per the UGC Guidelines.

The Department has paved a way for the extension activities and has joined hands with many organizations and is creating a positive impact among the general public. The recent project sanctioned by the government of Kerala for propagating organic farming among the 100 affiliated colleges is an example for the department's positive intervention among the society. Likewise the department is implementing many programmes and is well appreciated by the general public.

All the academic and extension programmes of the Department are carried out strictly in accordance with the University regulations and the UGC Guidelines for the Departments of Lifelong Learning and Extension.

a) Programme’s mission & objectives:

To make the candidate acquainted with the basic concepts involved in the Yogasutram.

b) Relevance of the programme with HEI’s Mission and Goals:

The programme imparts practical and theoretical knowledge to the candidate thereby empowering them to be healthy thus fulfilling the universities mission of being beneficial to the society at large and its development.

c) Nature of prospective target group of learners:

The prospective target group would include undergraduates, postgraduates, and the general public who have passed 10 +2.

d) Appropriateness of programme to be conducted in Open and Distance Learning mode to acquire specific skills and competence:

The course is designed in such a way as to give the students ample theoretical and practical sessions for the better understanding of the Yogasutram.

e) Instructional Design:

The programme is of six months duration comprising four courses with a total of 16 credits. There are adequate contact classes and the assessment involves both internal as well as external components. Each student also has to submit a case study or project report.

Course Summary of Certificate Course in Yogic Science(CYS)

Course Code	Course Type	Course Name	Contact Classes (Hrs)	Credits	Internal Marks	External Marks	Total Marks
DLLE-CYS-1	Core Course	Yoga Theory	12	4	20	80	100
DLLE-CYS-2	Core Course	Anatomy and Physiology	12	4	20	80	100
DLLE-CYS-3	Core Course	Yoga Practical	60	4	20	80	100
DLLE-CYS-4	Case study / Project work / Report	A case study/Project Work and Report	12	4	20	80	100
Total			96	16			400

(f) Procedure for admissions, curriculum transaction and evaluation:

Admission to the programme will be done by the University through a common procedure for all the programmes under the School of Distance Education. A pass in the Plus Two level is the minimum eligibility for the admission. Fee structure will be decided by the University. The Department will prepare an academic calendar/activity planner and will be circulated among all the learners at the time of admission itself. The academic calendar will include all the significant activities, important dates, schedule of submission of assignments, schedule of contact classes, schedule of examinations, etc.

Evaluation of the courses shall be done by the faculty themselves on the basis of internal assessment and end semester examinations. 20% of the marks will be decided by the internal evaluations and the remaining 80% by the end semester examinations which will be done by the University. The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade points.

Each student shall be required to do one Assignment/Book Review/Debate/Seminar/Presentation of case study for each course. Assignments/Book Review after valuation shall be returned to the students. The teacher shall define the expected quality of the above in terms of structure, content, presentation and the like, and inform the same to the students.

Grading System will be followed for the evaluation on a ten point scale. The details of the grading system are given in the following Table.

Percentage Equivalence of Grade:

Range of % of Marks	Grade Letter	Performance	Grade Point
95 - ≤ 100	O	Outstanding	10
85 - < 95	A plus	Excellent	9
75 - < 85	A only	Very Good	8
65 - < 75	B plus	Good	7
55 - < 65	B only	Above Average	6
45 - < 55	C	Average	5
40 - < 45	P	Pass	4
< 40	F	Fail	0
Absent	Ab	Absent	0

‘P’ grade is required for a minimum pass in a course. The minimum GPA required for a pass in the Certificate programme is 4.

Calculation of Grade Point Average (GPA) :

Credit Points for the Course = (No. of Credits assigned for the course x Grade Point secured for that course).

GPA indicates the performance of a student in the programme. GPA is based on the total **credit points** earned by a student in all the courses divided by the total number of credits assigned to the courses required in the programme.

Note: GPA is computed only if the candidate passes in all the required courses (gets a minimum required grade for a pass in all the required courses as per the curriculum).

GPA =

Total credit points earned by the student from all the required courses of the programme
Total credits of all courses required in the programme

This formula shall be printed on the Grade Card issued to the student with a note that it could be used to convert the grades into mark-percentages. (The details of the grading system as indicated above shall also be printed on the Grade Card).

Conversion of GPA to Grade

GPA	Grade
10	O
9.0 - < 10	A plus
8.0 - < 9	A only
7.0 - < 8	B plus
6.0 - < 7	B only
5.0 - < 6	C
4.0 - < 5	P
< 4	F
Absent	Ab

Conversion of GPA to percentage

Equivalent Percentage = (GPA obtained) X 10

(g) Requirement of the laboratory support and Library Resources:

All infrastructural support of the Centre will be extended to the learners as per the requirement. Mahatma Gandhi University Library and Information System consists of University Library, libraries of the Schools and 4 study centre Libraries. The University Library was established in 1989. The University Library which is situated in the main campus occupies purpose-built accommodation, and provides a variety of facilities and has a user-friendly environment. These include individual work spaces, room for group study and teaching, audio-visual access and online information retrieval system. The building of the University Library is 2000 sq.m in area consisting of the cellar, the ground floor and the first floor.

Academic as well as public users are given the facility to use the library. Special category membership is provided to journalists. The library is providing service from 8 am to 8 pm in three shift timings for its staff. The library functions on an average of 345 days in a year. The libraries of teaching departments are open during working hours of the Schools. Reading space is provided in all the three floors housing the various sections of the library. The library provides reading facility to the visually impaired users too. For this, an electronic lab custom made for visually and physically challenged users has been set up during 2016.

The University Library has a Library Advisory Committee. It is an 18 member committee with Vice-Chancellor as Chairman and University Librarian as Convener.

The library has a collection of 59,000 books, 232 journals, 2,135 Ph.D. theses and has access to 15000+ e-journals under E-Shodh Sindhu. The activities of the Library are comprehensively automated using open source library management software KOHA. OPAC, Journal Article Index, By monthly Bibliography compilation and Literature Search Service are also available

The library is a member of the INFLIBNET Centre, Ahmedabad as well as DELNET (Developing Library Network). As a member of these networks, the library provides access to the resources of other major libraries in the country. In addition to the access to UGC INFONET consortium, it has access to major online databases, such as EBSCO, ProQuest dissertations and theses, Oxford Scholarship Online, IEEE All Society Periodicals Package etc. Mahatma Gandhi University had won the State IT Award during the year 2009 in the e-learning category for its university online theses digital library. The various department libraries have a good collection of subject specific books and journals.

A. MAHATMA GANDHI UNIVERSITY LIBRARY	
Category	No.
Books	59000
Journals	232
Bound Journals	7500
Ph.D Theses	2135
E-Journals (in UGC-Infonet, renamed as E-ShodhSindhu)	15000
Online databases (in UGC Infonet)	11
Online Archives subscribed	185 Titles
Online databases subscribed	4
E-books	7338
DVDs: Educational Videos	293

B	Name of School/Centre	Total No. of books
	Department of Lifelong Learning and Extension	2000

(h) Cost estimate of the programme and the provisions:

The budget details for the course are given in the following Table.

Budget estimate (for 100 students)

S.No.	Item	Amount (Rs. in Lakhs)
1.	Manpower	2
2.	Study material	1.5
3.	Books and periodicals	0.5
4.	Internal assessment	0.5
5.	End semester examination	.5
	Total	5

Total Programme fee: Rs.5000/-

(i) Quality assurance mechanism and expected programme outcomes:

The quality of the programme will be ensured through strict monitoring by an executive committee including the Co-ordinator of the programme, the subject experts, Director, School of Distance Education and Head of the Department of Lifelong Learning and Extension. The Co-ordinator of the programme shall ensure the regular student feedback of courses, teachers and programme in the prescribed format towards the end of the semester and the same shall be analysed to draw conclusions for effecting improvement. Periodical review meetings on the programme efficacy will be held in which the remarks of teachers on curriculum, syllabi and methods of teaching and evaluation will be given due importance. Moreover, the progress and the quality of the programme will be monitored by the Internal Quality Assurance Cell of the University from the outcome and feedback of the learners as well as the proper documentation maintained in the Centre.

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DETAILED SYLLABUS OF THE PROGRAMME

Course I-Yoga Theory

Unit I Introduction to Yoga

- a. Introduction
- b. History & Basic Concepts
- c. Origin & Development
- d. Yoga : In Daily Life

Unit II Philosophy & Principles

- a. Basic Philosophy & Principles
- b. Introduction to Meditation
- c. Mind, Body and Yoga
- d. New Developments in Yoga

Unit III Patanjali Yoga Sutra

- a. Ashtanga Yoga
 - b. Raja Yoga & Hata Yoga
 - c. Loosening Exercises & Surya Namaskara
 - d. Pranayama

Unit IV Yoga Asana

- a. Introduction to Yogasanas
- b. Asana in Standing ,Sitting & Laying Positions
- c. Practical Methods and Benefits
- d. Yoga for Absolute Bliss

Unit V Food & Diet Control

- a. Classification of Food
- b. Food Combinations
- c. Essential Elements
- d. Importance of Diet

2. ANATOMY & PHYSIOLOGY

Unit I: Introduction

- a. Human Body: A complicated Machine
- b. Basic Anatomy
- c. Physiology
- d. Cell, Tissue & Organ

Unit II: Organ System

- a. Skeletal System
- b. Muscular System
- c. Nervous System
- d. Circulatory System
- e. Endocrine System

Unit III: Organ System

- a. Digestive System
- b. Respiratory System
- c. Excretory System
- d. Urinary System
- e. Reproductive System

Unit IV: Sense Organs

- a. Eye
- b. Nose
- c. Ear
- d. Tongue

Course III YOGA PRACTICAL

1. Sughasana
2. Padmasanam
3. Udhithapadmasanam
4. Ardhavajrasanam
5. Vajrasanam
6. Supthavajrasanam
7. Ushtrasanam
8. Shashangaasanam
9. Yoga mudra
10. Ardha malsendriyasanam

11. Gurunamaskaram
12. Baanasanam
13. Jaanusheershasanam
14. Akarnadhanurasanam
15. Badhakonaasanam
16. Gomukhasanam
17. Ardhashalabhasanam
18. Shalabhasanam
19. Bhujangasanam
20. Ardha Dhanurasanam
21. Dhanurasanam
22. Dholasanam
23. Ardhamerudandasanam
24. Poornamerudandaasanam
25. Naukasanam
26. Sethubandhasanam
27. Kandharasaanam
28. Oordhapadahasthasanam
29. Halaasnam
30. Ardhapavanamukthasanam
31. Pavanamukthasanam
32. Malsyasanam
33. Shavaasanam
34. Vipareethakaraneemudra
35. Sarvangasanam
36. Padma Sarvangasanam
37. Paadahasthasanam
38. Gajaasanam
39. Thrikonaasanam
40. Pashchimothasanam

Course IV-Practical Record/Field Visit Report