



The National Institute of Engineering

Mysuru – 570 008

Office of Dean (Academic Affairs)

No: NIE/Dean (AA)-102/2023-24/Odd/10

Date: 21.10.2023

CIRCULAR

Sub: Registration of Mandatory Courses for B.E. V semester (AY 2023-24)

A Mandatory Non Credit Course is offered to the students of B.E. at V semester level which is a choice among the following:

1. Yoga (21HS5Y01)
2. Physical Education (21HS5P01)
3. National Service Scheme (21HS5N01)

All students have to register for **any one course** before the commencement of the V semester. The activities shall be carried out during the V & VI semesters. Successful completion of the registered course is **mandatory for the award of the B.E. degree**. All academic events will be scheduled by the Institute and Teaching-Learning process will be at the discretion of the Course Instructor. A copy of the syllabus of all three courses has been attached. The registration link is as below:

<https://forms.gle/rKcX4hg8rTiFS83e7>

Deadline for entry is 26.10.2023 (01:00 PM)


Dean (AA)

Copy to:

1. The Principal/ Vice Principal – for information/ COE/ SDSC/ Head-IQAC
2. HoDs of CIV / MEC / EEE / ECE / IP/ CSE / ISE/ Time Table Committee Chairman
3. PED/ NSS/ YOGA/ HUMANITIES

Code: 21HSC5Y01**Course: Yoga**

Credits: -
SEE: -
SEE Hours: -

L:T:P 0:0:2
CIE: 50 Marks
Max. Marks: 50

Prerequisites if any	TBD
Learning objectives	TBD

Course Outcomes:

On the successful completion of the course, the student will be able to

COs	Course Outcomes
CO1	Understand the importance of fitness & yoga in day-to-day life
CO2	Understand Benefits of Yoga on fitness and health

Mapping with POs and PSOs:

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	3	-	-	-	2	2	-	-	-	1	To be identified for each branch by Course Instructor			
CO2	-	3	-	-	-	-	2	-	-	-	-	-				
CO3	-	-	-	-	-	2	3	-	-	-	-	-				

Mapping Strength: 2 Strong: 3 Medium –2 Low – 1

Course Structure

		No. of Lecture Hours	No. of Tutorial Hours	No. of Practical Hours
List of Events				
1	YOGA: Introduction of Yoga, Aim, and Objectives of Yoga, Prayer, Yoga, its origin, history, and development. 1) Yoga, its meaning, definitions. 2) Brief introduction of yogic practices for the common man- Yogic practices for the common man to promote positive health 3) Rules and regulations 4) Misconceptions of Yoga 5) Suryanamaskara 6) Different types of Asanas a. Sitting- 1. Padmasana, 2. Vajrasana b. Standing- 1. Vrikshana, 2. 2. Trikonasana c. Prone line-1. Bhujangasana 2. Shalabh asana d. Supine line- Utthita dvipadasana, 2. Ardha halasana			
Total No. of Lecture Hours		-	-	-
Total No. of Tutorial Hours			-	-
Total No. of Practical Hours				26

Suggested Learning Resource:

1. Swami Kuvulyananda : Asma (Kavalyadhama, Lonavala)
2. Tiwari, O P : Asana Why and How
3. Ajitkumar : Yoga Pravesha (Kannada)
4. Swami Satyananda Saraswati : Asana Pranayama, Mudra, Bandha (Bihar School of yoga, Munger)
5. Swami Satyananda Saraswati : Surya Namaskar,(Bihar School of Yoga, Munger)
6. Nagendra H R : The art and science of Pranayama

DRAFT

Code: 21HS5P01**Course: Physical Education****Credits: 0****CIE: 50 Marks****SEE: NA****Max. Marks: 50**

<u>ASSESSMENT AND EVALUATION PATTERN</u>		
<u>CIE-50 MARKS</u>		
1	Attendance	5 MARKS.
2	Assignment	10 MARKS.
3	Report on History, Court Measurement and Game Particular skills	15 MARKS.
4	Experiential Learning: Any Two Skill tests & Viva	20 MARKS
	Total	50 marks

Rubric for SEE Scheme		
Sl.No	Content	Marks
1	Performing Skills (Any Two)	30 MARKS
2	Viva	20 MARKS
	Total :	50 MARKS

Physical Education and Sports	
Introduction of Physical Education and Sports	1. General & Specific warm up exercises 2. Conditioning exercises 3. Any 2 Major Games 4. Intramural Competitions.

Course Structure

	Choose any two game according to serial no	No. of Lecture Hours	No. of Tutorial Hours	No. of Practical Hours
Module – 1				
1.1	Kho-Kho: History of the Game, Court Measurement, Giving Kho, Single chain, Pole dive, Pole turning, 3-6 Up	1	-	2
1.2	Kabaddi: History of the Game, Court Measurement, Hand touch, Chain hold, Ankle hold, Thigh hold, Getting bonus	1	-	2
1.3	Handball: History of the Game, Court Measurement, Step with ball, Shooting, Passing, Blocking, Dribbling	1		2
Module – 2				
2.1	Volleyball: History of the Game, Court Measurement, Attack, Block, Service, Upper hand pass, Lower hand pass	1	-	2
2.2	Football: History of the Game, Court Measurement, Dribbling, Chest Drop, Ball Control, Thigh Drop, Shooting	1	-	2
2.3	Throw ball: History of the Game, Court Measurement, Service, Receive, Spin pass, Simple pass, Jump throw	1	-	2

Module – 3				
3.1	Shuttle Badminton: History of the Game, Court Measurement, Racket Grip, Service, Fore hand receive, Back hand receive, Attacking and Smash	2	-	2
3.2	Table Tennis: History of the Game, Court Measurement, Service, Fore hand receive, Back hand receive, Smash, Rally	1	-	2
3.3	Ball badminton: History of the Game, Court Measurement, Service, Fore hand receive, Back hand receive, Spin smash, Rally	1	-	2
Total No. of Lecture Hours		9	-	-
Total No. of Tutorial Hours			-	-
Total No. of Practical Hours				18

Topics for Viva:

1. On rules and regulations pertaining to the games / sports
2. Dimensions of the court, size / weight of the ball and standards pertaining to that sports / game
3. Popular players and legends at state level / National level/ International level
4. Recent events happened and winner / runners in that particular sport / game
5. General awareness about sport / game, sports happenings in the college campus

Course Outcomes:

On the successful completion of the course, the student will be able to

COs	Course Outcomes	Bloom's level
CO1	Understand the basic principles and practices of Physical Education and Sports.	Understand
CO2	Instruct the Physical Activities and Sports practices for Healthy Living	Apply
CO3	To develop professionalism among students to conduct, organize & Officiate Physical Education and Sports events at schools and community level	Analyze

CO-PO MAPPING

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	1			-	-	-	-	3	-	-	-	2
CO2		2		-	1	-	-	-	-	3	-	-
CO3				-	-	1	-	-	3	-	2	-

Reference Books:

<i>Note: History of the Game & Skills of Sports and Games (Game Specific books) may be referred</i>	
1	<i>Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.</i>
2	<i>Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi</i>
3	<i>IAAF Manual</i>
4	<i>M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga</i>
5	<i>Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.</i>

Code: 21HS5N01/ 21HS6N01**Course: National Service Scheme (NSS)****Credits: 0****CIE: 50 Marks****SEE: NA****Max. Marks: 50**

Prerequisites if any	<ol style="list-style-type: none"> 1. Students should have a service oriented mind set and social concern. 2. Students should have dedication to work at any remote place, anytime with available resources and proper time management for the other works. 3. Students should be ready to sacrifice some of the time and wishes to achieve service oriented targets on time
Learning objectives	<ol style="list-style-type: none"> 1. Understand the community in which they work 2. Identify the needs and problems of the community and involve them in problem-solving 3. Develop among themselves a sense of social & civic responsibility & utilize their knowledge in finding practical solutions to individual and community problems 4. Develop competence required for group-living and sharing of responsibilities & gain skills in mobilizing community participation to acquire leadership qualities and democratic attitudes 5. Develop capacity to meet emergencies and natural disasters & practice national integration and social harmony

Course Outcomes:

On the successful completion of the course, the student will be able to

COs	Course Outcomes
CO1	Understand the importance of his / her responsibilities towards society.
CO2	Analyse the environmental and societal problems/issues and will be able to design solutions for the same
CO3	Evaluate the existing system and to propose practical solutions for the same for Sustainable development and Implement government or self-driven projects effectively in the field.

Mapping with POs and PSOs:

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	3	-	-	-	2	2	-	-	-	1	To be identified for each branch by Course Instructor			
CO2	-	3	-	-	-	-	2	-	-	-	-	-				
CO3	-	-	-	-	-	2	3	-	-	-	-	-				

Mapping Strength: 2 Strong: 3 Medium –2 Low – 1

Course Structure

		No. of Lecture Hours	No. of Tutorial Hours	No. of Practical Hours
List of Events				
1	Organic farming, Indian Agriculture (Past, Present and Future) Connectivity for marketing.			
2	Waste management– Public, Private and Govt organization, 5 R's.			
3	Setting of the information imparting club for women leading to contribution in social and economic issues.			
4	Water conservation techniques – Role of different stakeholders– Implementation.			
5	Preparing an actionable business proposal for enhancing the village income and approach for implementation.			
6	Helping local schools to achieve good results and enhance their enrolment in Higher/ technical/ vocational education.			
7	Developing Sustainable Water management system for rural areas and implementation approaches.			
8	Contribution to any national level initiative of Government of India. Digital India, Skill India, Swachh Bharat, Atmanirbhar Bharath, Make in India, Mudra scheme, Skill development programs etc.			
9	Spreading public awareness under rural outreach programs.(minimum5 programs)			
10	Social connect and responsibilities.			
11	Plantation and adoption of plants.			
12	Govt. school Rejuvenation and helping them to achieve good infrastructure			
13	Sustainable agriculture practices - Organic farming, Agroforestry and crop rotation.			
14	Rural finance – role of local bodies, need for agricultural finance and sources of agricultural finances.			
15	Strategies for the development of rural markets and emerging issues in rural marketing			
16	Rural energy system – conventional and non-conventional, Rural electrification-policies, achievements and targets.			
17	Livestock economies - fishery and poultry development, forestry and horticulture.			
18	Role of NGO's in rural development, the role of voluntary organization in India's development processes.			
19	Issues in rural industrialization and development of agro-based industries, rural non-farm sector			
Total No. of Lecture Hours		-	-	-
Total No. of Tutorial Hours		-	-	-
Total No. of Practical Hours				26

ONENSS – CAMP @ College /University /State or Central Govt Level /NGO's /General Social Camps

- Students have to take up anyone activity on the above said topics and have to prepare content for awareness and technical contents for implementation of the projects and have to present strategies for implementation of the same. Compulsorily students have to attend one camp.
- CIE will be evaluated based on their presentation, approach and implementation strategies.

Suggested Learning Resource:

1. NSS Course Manual, Published by NSS Cell, VTU Belagavi.