



The National Institute of Engineering

Mysuru – 570 008

Office of Dean (Academic Affairs)

No: NIE/Dean (AA)-102/2023-24/Odd/13

Date: 11.11.2023

CIRCULAR

Kind attention: Students of current II semester B.E. (2022 Scheme)

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


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

1. Yoga (BYOK359)
2. Physical Education (Sports and Athletics) (BPEK359)
3. National Service Scheme (BNSK359)

All students have to register for any one of the courses before the commencement of the III semester. The activities shall be carried out between III to VI semesters **without changing the chosen course. 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 Experience will be as per 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/JfS4m95rsT73std8A>

Deadline for google form entry is 15.11.2023 (4.00 P.M.), the chosen course will be reflected in the course registration portal.


Dr. C. Vidyaraj
Dean (AA)

Copy to:

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

Course Code: BYOK359	Course: Yoga
Credits: 0	L:T:P 1:0:1
SEE: --	CIE: 100
SEE Hours: --	Max. Marks: 100

Prerequisites if any	None
Learning objectives	<ol style="list-style-type: none"> 1. To enable the student to have good health and mental hygiene. 2. To possess emotional stability 3. To integrate moral values 4. To attain higher level of consciousness.

Course Outcomes:

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

Course Outcomes		Bloom's level
CO1	Understand the meaning of Yoga, its origin, history, development and importance.	Understand
CO2	Perform various Surya namaskar and able to Teach its benefits	Apply
CO3	Perform various asanas and able to Teach its benefits	Apply
CO4	Understand Benefits of Yoga on fitness and health	Apply

Course Content

	Module – 1	No. of Lecture and Practical Hours	No. of Tutorial Sessions
1.1	Yoga, its origin, history and development. Yoga, its meaning, definitions.	1	-
1.2	Different schools of yoga, Aim and Objectives of yoga, importance of prayer	1	-
1.3	Yogic practices for common man to promote positive health	1	-
1.4	Rules to be followed during yogic practices by practitioner	1	-
1.5	Yoga its misconceptions,	1	-
1.6	Difference between yogic and non yogic practices	1	-
Module – 2			
2.1	Surya namaskar prayer and its meaning, Need, importance and benefits	1	-
2.2	Surya namaskar 12 count, 2 rounds	1	-
2.3	Surya namaskar Practice	1	-
2.4	Warmup exercise	1	-
2.5	Warmup exercise	1	-
2.6	Super Brain exercise (Ganesha Namaskara)	1	-
Module – 3			
3.1	Asana, Need, importance of Asana. Different types of asanas.	1	-
3.2	Asana its meaning by name, technique, precautionary measures and benefits	1	-
3.3	Sitting Asanas: 1. Padmasana 2. Vajrasana benefits of each asana	1	-
3.4	Asana Practice	1	-
3.5	Standing Asanas: 1. Vrikshana 2. Trikonasana	1	-
3.6	Asana Practice	1	-
3.7	Prone line 1. Bhujangasana 2. Shalabhasana	1	-
3.8	Asana Practice	1	-
3.9	Supine line 1. Utthitadvipadasana 2. Ardhalasana	1	-
3.10	Asana Practice	1	-
3.11	Asana Practice	1	-
3.12	Asana Practice	1	-
Total No. of Lecture and practical Hours		24	-
No. of Tutorial Sessions			Nil

Detailed Lesson Plan

Sl. No. of Module	Number of related learning Objectives	Weeks/ Dates	Online Mode		ICT Tool / Platform/ LMS	Face-to-face Mode		Duration in Minutes
			Resource (OER/ URL/ IM/ CP)	Activity (Describe activity in detail)		Resource (OER/ URL/ IM/ CP)	Activity	
1.1	1 & 4	W 1			PPT, SMART BOARD, MOODLE		Explanation	60
1.2	1 & 4	W 1					Explanation	60
1.3	1 & 4	W 2					Explanation	60
1.4	1 & 4	W 2					Explanation	60
1.5	1 & 4	W 3					Explanation	60
1.6	1 & 4	W 3					Explanation	60
2.1	2 & 4	W 4					Practicing Surya namaskar	60
2.2	2 & 4	W 4					Practicing Surya namaskar	60
2.3	2 & 4	W 5					Practicing Surya namaskara	60
2.4	2 & 4	W 5					Practicing Surya namaskar	60
2.5	2 & 4	W 6					Practicing Surya namaskar	60
2.6	2 & 4	W 6					Practicing Asana	60
3.1	3 & 4	W 7					Practicing Asana	60
3.2	3 & 4	W 7					Practicing Asana	60
3.3	3 & 4	W 8					Practicing Asana	60
3.4	3 & 4	W 8					Practicing Asana	60
3.5	3 & 4	W 9					Practicing Asana	60
3.6	3 & 4	W 9					Practicing Asana	60
3.7	3 & 4	W10				Practicing Asana	60	
3.8	3 & 4	W10				Practicing Asana	60	

3.9	3 & 4	W 11					Practicing Asana	60
3.10	3 & 4	W11					Practicing Asana	60
3.11	3 & 4	W12					Practicing Asana	60
3.12	3 & 4	W 12					Practicing Asana	60

Assessment Pattern:

Bloom's level	Continuous Internal Examination			Semester End Examination
	Test 1	Test 2	Assignment	
Remember	-	-	-	-
Understand	✓	✓	✓	✓
Apply	✓	✓	✓	✓

Suggested Learning Resources:**Text Books:**

1. Yogapravesha in Kannada by Ajitkumar
2. Light on Yoga by BKS Iyengar
3. Teaching Methods for Yogic practices by Dr. M L Gharote & Dr. S K Ganguly
4. Yoga Instructor Course hand book published by SVYASA University, Bengaluru
5. Yoga for Children –step by step – by Yamini Muthanna

Web links and Video Lectures (e-Resources): Refer links

1. <https://youtu.be/KB-TYlgd1wE>
2. <https://youtu.be/aa-TG0Wg1Ls>

Physical Education (Sports and Athletics) – I						
Course Code	:	BPEK359		CIE	:	100 Marks
L:T:P	:	0:0:2				
Total Hours	:	30 P				
<p>Course Outcomes: At the end of the course, the student will be able to</p> <ol style="list-style-type: none"> 1. Understand the fundamental concepts and skills of Physical Education, Health, Nutrition and Fitness 2. Familiarization of health-related Exercises, Sports for overall growth and development 3. Create a foundation for the professionals in Physical Education and Sports 4. Participate in the competition at regional/state / national / international levels. 5. Create consciousness among the students on Health, Fitness and Wellness in developing and maintaining a healthy lifestyle. 						
Module I : Orientation				5 Hours		
<ol style="list-style-type: none"> A. Lifestyle B. Fitness C. Food & Nutrition D. Health & Wellness E. Pre-Fitness test. 						
Module II : General Fitness & Components of Fitness				15 Hours		
<ol style="list-style-type: none"> A. Warming up (Free Hand exercises) B. Strength – Push-up / Pull-ups C. Speed – 30 Mtr Dash D. Agility – Shuttle Run E. Flexibility – Sit and Reach F. Cardiovascular Endurance – Harvard step Test 						
Module III : Recreational Activities				10 Hours		
<ol style="list-style-type: none"> A. Postural deformities. B. Stress management. C. Aerobics. D. Traditional Games. 						

Scheme and Assessment for auditing the course and Grades:

Sl. No.	Activity	Marks
1.	Participation of student in all the modules	20
2.	Quizzes – 2, each of 15 marks	30
3.	Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students	50
Total		100

Code: BNSK359**Course: National Service Scheme (NSS)****Credits:** -**L:T:P 0:0:2****SEE:** -**CIE: 100 Marks****SEE Hours:** -**Max. Marks: 100**

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 any one 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.