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.

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
<table>
<thead>
<tr>
<th>Course Code:</th>
<th>BYOK359</th>
<th>Course: Yoga</th>
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</thead>
<tbody>
<tr>
<td>Credits:</td>
<td>0</td>
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</tr>
<tr>
<td>SEE:</td>
<td>--</td>
<td>CIE: 100</td>
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<tr>
<td>SEE Hours:</td>
<td>--</td>
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</table>

<table>
<thead>
<tr>
<th>Prerequisites if any</th>
<th>None</th>
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</thead>
</table>
| Learning objectives   | 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:*

<table>
<thead>
<tr>
<th>Course Outcomes</th>
<th>Bloom’s level</th>
</tr>
</thead>
<tbody>
<tr>
<td>CO1 Understand the meaning of Yoga, its origin, history, development and importance.</td>
<td>Understand</td>
</tr>
<tr>
<td>CO2 Perform various Surya namaskar and able to Teach its benefits</td>
<td>Apply</td>
</tr>
<tr>
<td>CO3 Perform various asanas and able to Teach its benefits</td>
<td>Apply</td>
</tr>
<tr>
<td>CO4 Understand Benefits of Yoga on fitness and health</td>
<td>Apply</td>
</tr>
</tbody>
</table>
# Course Content

<table>
<thead>
<tr>
<th>Module – 1</th>
<th>No. of Lecture and Practical Hours</th>
<th>No. of Tutorial Sessions</th>
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</thead>
<tbody>
<tr>
<td>1.1 Yoga, its origin, history and development. Yoga, its meaning, definitions.</td>
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<td>-</td>
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<tr>
<td>1.2 Different schools of yoga, Aim and Objectives of yoga, importance of prayer</td>
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<td>-</td>
</tr>
<tr>
<td>1.3 Yogic practices for common man to promote positive health</td>
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<tr>
<td>1.4 Rules to be followed during yogic practices by practitioner</td>
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<tr>
<td>1.5 Yoga its misconceptions,</td>
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<tr>
<td>1.6 Difference between yogic and non yogic practices</td>
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<tbody>
<tr>
<td>2.1 Surya namaskar prayer and its meaning, Need, importance and benefits</td>
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<td>2.2 Surya namaskar12 count, 2 rounds</td>
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<tr>
<td>2.3 Surya namaskar Practice</td>
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<tr>
<td>2.4 Warmup exercise</td>
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<td>2.5 Warmup exercise</td>
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<td>2.6 Super Brain exercise (Ganesha Namaskara)</td>
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<th>Module – 3</th>
<th>No. of Lecture and Practical Hours</th>
<th>No. of Tutorial Sessions</th>
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<tr>
<td>3.1 Asana, Need, importance of Asana. Different types of asanas.</td>
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<tr>
<td>3.2 Asana its meaning by name, technique, precautionary measures and benefits</td>
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<tr>
<td>3.3 Sitting Asanas: 1. Padmasana 2. Vajrasana benefits of each asana</td>
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<td>3.4 Asana Practice</td>
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<td>3.5 Standing Asanas: 1. Vrikshana 2. Trikonasana</td>
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<td>3.6 Asana Practice</td>
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<td>3.7 Prone line 1. Bhujangasana 2. Shalabhasana</td>
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<td>3.9 Supine line 1. Utthitadvipadasana 2. Ardhahalasana</td>
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Total No. of Lecture and practical Hours: 24
No. of Tutorial Sessions: Nil
### Detailed Lesson Plan

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<th>Sl. No. of Module</th>
<th>Number of related learning Objectives</th>
<th>Weeks/Dates</th>
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<th>Activity</th>
<th>Duration in Minutes</th>
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**Assessment Pattern:**

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<th>Continuous Internal Examination</th>
<th>Semester End Examination</th>
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<tr>
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<td>Test 1  Test 2  Assignment</td>
<td>Test 1  Test 2  Assignment</td>
</tr>
<tr>
<td>Remember</td>
<td>-      -      -</td>
<td>-</td>
</tr>
<tr>
<td>Understand</td>
<td>✓      ✓      ✓</td>
<td>✓</td>
</tr>
<tr>
<td>Apply</td>
<td>✓      ✓      ✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

**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**
2. https://youtu.be/aa-TG0WgLs
Physical Education (Sports and Athletics) – I

<table>
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<th>: BPEK359</th>
<th>CIE</th>
<th>: 100 Marks</th>
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</tr>
<tr>
<td>Total Hours</td>
<td>: 30 P</td>
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</table>

**Course Outcomes:** At the end of the course, the student will be able to

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

A. Lifestyle
B. Fitness
C. Food & Nutrition
D. Health & Wellness
E. Pre-Fitness test.

**Module II : General Fitness & Components of Fitness** 15 Hours

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

A. Postural deformities.
B. Stress management.
C. Aerobics.
D. Traditional Games.

**Scheme and Assessment for auditing the course and Grades:**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Activity</th>
<th>Marks</th>
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<tbody>
<tr>
<td>1.</td>
<td>Participation of student in all the modules</td>
<td>20</td>
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<tr>
<td>2.</td>
<td>Quizzes – 2, each of 15 marks</td>
<td>30</td>
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<tr>
<td>3.</td>
<td>Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students</td>
<td>50</td>
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<td></td>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
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</tbody>
</table>
Code: BNSK359

Course: National Service Scheme (NSS)

Credits: -
SEE: -
SEE Hours: -

L:T:P 0:0:2
CIE: 100 Marks
Max. Marks: 100

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.

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

Prerequisites if any

Learning objectives

Course Outcomes:

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

<table>
<thead>
<tr>
<th>COs</th>
<th>Course Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>CO1</td>
<td>Understand the importance of his / her responsibilities towards society.</td>
</tr>
<tr>
<td>CO2</td>
<td>Analyse the environmental and societal problems/issues and will be able to design solutions for the same</td>
</tr>
<tr>
<td>CO3</td>
<td>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.</td>
</tr>
</tbody>
</table>

Mapping with POs and PSOs:

<table>
<thead>
<tr>
<th>COs</th>
<th>PO1</th>
<th>PO2</th>
<th>PO3</th>
<th>PO4</th>
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<th>PO6</th>
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<th>PO9</th>
<th>PO10</th>
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Mapping Strength: 2 Strong: 3 Medium – 2 Low – 1

To be identified for each branch by Course Instructor
## Course Structure

<table>
<thead>
<tr>
<th>No. of Lecture Hours</th>
<th>No. of Tutorial Hours</th>
<th>No. of Practical Hours</th>
</tr>
</thead>
</table>

### 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 (minimum 5 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.