

**SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
DIRECTORATE OF DISTANCE EDUCATION
PROGRAMME PROJECT REPORT (PPR)
DIPLOMA IN YOGA FOR HUMAN EXCELLENCE**

INTRODUCTION

The **Diploma in Yoga for Human Excellence** in SRM Institute of Science and Technology under The Directorate of Distance Education aims to provide a value based education. Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed all over the world. **Yoga falls under the category of HEALTH CARE SYSTEMS** unlike the modern medical practices which are under HEALTH CURE SYSTEMS.

Yoga practices were not in a very formal educational practice but however were practiced and improved over a period of time through various gurus of yoga such as; Agathiar, Thirumoolar, Bogar, Korakkar, LahiriMahasayar, Swami Vivekananda etc., and present decade gurus of BKS Iyengar, Krishnamachari, SadguruVasudev, Shri ShriRavishankar, Baba Ramdev, YogirajVethathri Maharishi and others...

Further it aims to give training in numerous aspects. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for physical and mental ailments.

In the present busy life, people have forgotten or conveniently ignored the need to learn ‘how to live a balanced life’ and also to improve their social well-being.

Yoga is a ‘way of life’, and this education is needed for every individual. But there is a huge gap in the society where there are very few individuals who are formally and properly qualified in Yogic Science practices. Hence, the society needs qualified professionals in the fields of Yogic Science.

The Ministry of Human Resource and Development (MHRD) is pushing many Central universities to start ‘Departments in Yoga’ and its allied fields of knowledge.

RELEVANCE OF THE PROGRAMME WITH HEI’S MISSION AND GOALS

One of the fundamental aims of education is providing opportunities for learners at all level. The Diploma Yoga for Human Excellence Programme would help them to transform the individual into intellectually competent human resources which could help the upliftment of the nation. The distance mode of education is effective in imparting quality education through flexi-timings.

Program Educational Objectives

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- To enable social wellness
- To attain Occupational wellness

CAREER OPPORTUNITIES:

- Yoga trainer
 - Can pursue Higher educational institutions; Arts, Science, Engineering, Medical and Paramedical, Central Universities, State Universities, etc
 - Yoga Practicing centres, ie., Isha, Art of Living, SKY, Patanjali etc
- Yoga Counsellors
 - Wellness Centers/ IT/ ITES.
- Yoga Therapist
 - for Private Hospitals
 - Health Care Centers (ie., Primary Health Centers, Rehabilitation Centers etc.,
- Eligible for Obtaining QCI Certifications in Yoga Master, Yoga Acharya
- AYUSH Ministry QCI Certification – (This Certificate is Eligible for becoming **International Yoga Professional Trainer**)

Teaching Pedagogy

- Lectures
- Physical and Mental Practices
- Seminars, Guest Lectures and Workshops
- Experiential Training Programmes
- Case Studies and Presentations
- Group Discussions

ADMISSION

Minimum qualification for admission to Diploma Programme (Distance Education) shall be: A pass in the 12th or equivalent examination of any authority, recognized by this University Notwithstanding the above, the actual admissions will be based on the rules and regulations of the UGC/Competent authorities.

In the matter of admission to the Diploma programme the decision of the university is final.

If, at any time after admission, it is found that a student has not fulfilled all the requirements stipulated in the offer of admission, the authorities of the University may revoke the admission and report the matter to the Vice Chancellor.

The medium of instruction, examination and will be in Tamil and English.

ELIGIBILITY AND DURATION

Programmes	Eligibility	Credits	Duration	Maximum Duration
Diploma in Yoga for Human Excellence	HSC / 3 YEAR DIPLOMA	32	1 Year	3 Years

Credit system helps in mapping the academic achievement of a learner in a fairly accurate manner. Each credit is worth 30 hours of study comprising of all the learning activities. This helps the student to understand the academic effort one has to put in to successfully complete a course. A learner is expected to accumulate a specific number of credits to qualify for the award of a degree

EVALUATION SYSTEM

The Evaluation process has been developed based on objective and scientific guidelines with due importance to continuous Internal Assessments and End Semester Examinations. This is to ensure that the learners get a fair chance of proving their mettle in different platforms of evaluation.

There will be Single valuation for all Diploma programmes at the End Semester examinations.

The maximum marks for any course will be 100 comprising of 50 marks for Internal Assessment and 50 marks for the end semester examinations. Evaluation Ratio:

Courses	Internal Assessment	Annual Examination
Theory	50 Marks	50 Marks

The Internal Assessment is based on submission of assignments / case studies / Quiz/ multiple choice questions / Problem based solutions/ Practical Exercises

The Examination will be conducted at the end of each semester.

- a. A student should have appeared for the examination of the prescribed course of study to become eligible for the award of the grade in that course.
- b. A student who secures not less than 40 % of total marks prescribed for any course, with a minimum of 40% marks prescribed for the examination shall be declared to have passed in the examination for that course.
- c. If a student fails in a particular subject, he/she may appear for the university examination in that subject in subsequent semesters and obtain pass marks. However, the internal assessment marks obtained by the student in the first attempt shall be retained and considered valid for all subsequent attempts.
- d. Change of examination centre will not be permitted
- e. A student has to register compulsorily for all the subjects.

ELIGIBILITY FOR THE AWARD OF THE DIPLOMA

A Student shall be declared to be eligible for the award of the Diploma provided if,

- i. The student has successfully completed the course requirements and has passed all the prescribed examinations within the maximum duration
- ii. No disciplinary action is pending against him/her.

CLASSIFICATION OF THE DIPLOMA AWARD

A student who qualifies for the award of the diploma having passed the examination in all the courses in his/her first appearance securing a CGPA of not less than 8.00 shall be declared to have passed the examination in First Class with distinction.

A student who qualifies for the award of the diploma having passed the examination in all the courses within the minimum duration securing a CGPA of not less than 6.0 shall be declared to have passed the examination in First class.

All other students (not covered in clauses R.12.1 & R.12.2) who qualify for the award of the diploma having passed the examination in all the courses shall be declared to have passed the examination in Second class.

ACTIVITIES

In order to provides conceptual knowledge, logical reasoning ability and analytical skills in the domain of yoga. In addition, the students are provided with practical application of the concepts taught during the course to develop managerial and entrepreneurial skills necessary to venture into

the corporate sector. Further, it facilitates an all-round development of the student by sensitizing towards the ethical and social needs of the society. To improve their Managerial Communication as part of curriculum for students' professional and personal development.

LIBRARY RESOURCES:

SRM Institute of Science and Technology (formerly known as SRM University) has an excellent library for the benefit of students, faculties and researchers. As one of the best established libraries according to International Standards, the University Library has a large collection of books covering various branches of Engineering and Technology, Medical and Health Sciences and Science and Humanities and its related fields.

The library is located in the 15-Storey University Administrative Block, and is spread over Ground + 3 floors of 1.50 Lakh sqft area. The library building is:

- Fully air-conditioned and automated with RFID (Radio Frequency Identification) technology
- Well protected with fire alarms and CCTV security systems
- Equipped with reading halls in all the floors, with reference collection

COLLECTIONS

- **Books:** The resource center has 136859 volumes of books consisting of 59419 titles. The collection also includes 1550 handbooks & 200 encyclopedias.
- **Periodicals:** The resource centre subscribes 188 National and 32 International periodicals.
- **Back volumes:** There are about 4105 back volumes.
- **Project reports:** 8235 above project thesis
- **Standards:** 781 standards that include BIS, ISA & IEEE

QUALITY ASSURANCE MECHANISM (CIQA):

SRM Institute of Science has a well-established quality management system in the form Centre for Internal Quality Assurance (CIQA). There is a well-defined academic audit process. Its main functions are

Functions of CIQA

- Development and application of quality bench marks /parameters in various activities of the university.
- Creating awareness on quality aspects.
- Organization of discussions and promotion of quality circles.
- Recoding and monitoring of quality measures of the institution.
- Acting as a nodal agency of the institution for quality related activities Preparation of AQARs.

Program Structure

1. (a) Program Structure: Diploma in Yoga for Human Excellence

Medical Science courses (B)					Professional Core Courses (C)						
Course Code	Course Title	Hours / Week			C	Course Code	Course Title	Hours / Week			C
		L	T	P				L	T	P	
<i>19YGB D01T</i>	<i>Yoga for Physical Health</i>	6	0	0	6	<i>19YGC D01T</i>	<i>Yoga for Life Force and Mind</i>	6	0	0	6
Total Learning Credits					6	<i>19YGC D02T</i>	<i>Science of Divinity and Realization of Self</i>	6	0	0	6
Humanities and Social Sciences (H)						<i>19YGC D03L</i>	<i>Yoga Practices – I</i>	0	0	8	4
						<i>19YGC D04L</i>	<i>Yoga Practices - II</i>	0	0	8	4
						Total Learning Credits					20

1. (b) Implementation Plan: Diploma in Yoga for Human Excellence

Semester - I					
Code	Course Title	Hours / Week			C
		L	T	P	
<i>19YGB D01T</i>	<i>Yoga for Physical Health</i>	6	0	0	6
<i>19YGC D01T</i>	<i>Yoga for Life Force and Mind</i>	6	0	0	6
<i>19YGH D01T</i>	<i>Yoga for Sublimation and Social Welfare</i>	6	0	0	6
Total Learning Credits					18

Semester - II					
Code	Course Title	Hours / Week			C
		L	T	P	
19YGC D02T	Science of Divinity and Realization of Self	6	0	0	6
19YGC D03L	Yoga Practices – I	0	0	8	4
19YGC D04L	Yoga Practices - II	0	0	8	4
Total Learning Credits					14

1. (c) Program Articulation: Diploma in Yoga for Human Excellence

Course Code	Course Name	Program Learning Outcomes (PLO)														
		Graduate Attributes											PSO			
		Domain	Problem	Design &	Analysis,	Modern Tool	Society &	Environment	Ethics	Individual &	Communicati	Project	Life Long	PSO - 1	PSO - 2	PSO - 3
19YGBD 01T	Yoga for Physical Health	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M
19YGHD 01T	Yoga for Sublimation and Social Welfare	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD 01T	Yoga for Life Force and Mind	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD 02T	Science of Divinity and Realization of Self	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD 03L	Yoga Practices – I	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD 04L	Yoga Practices - II	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
	Program Average	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M