

SRM INSTITUTE OF SCIENCE & TECHNOLOGY
DIRECTORATE OF DISTANCE EDUCATION
PROGRAMME PROJECT REPORT (PPR)
MASTERS OF SCIENCE (M.SC.) YOGA FOR HUMAN EXCELLENCE

INTRODUCTION

The **Masters of Science 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** and the modern medical practices which are under HEALTH CURE SYSTEMS should be inclusive of Yoga practices.

Yoga practices were not part of formal educational practice , 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, Krishnammachari, 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 day 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 have

formally and properly learnt 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 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 higher education is providing opportunities to learners at all levels to develop as strong individuals. The M.Sc. Yoga for Human Excellence Programme would help them to transform the individual into intellectually competent human beings which could help them to contribute to the upliftment of the nation. The distance mode of education is effective in imparting quality education through flexi-timings, especially for employed or otherwise engaged individuals.

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 Master
 - 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 and Naturopathy Research Centers ie., National Inst. of Naturopathy, Central Council for Research in Yoga and Naturopathy, Morarji Desai National Inst. of Yoga etc.,
- Yoga Counsellors
 - Wellness Centers/ IT/ ITES.
- Yoga Therapist
 - for Private Hospitals
 - State and Central Govt. Hospitals.
 - Health Care Centers (ie., Primary Health Centers, Rehabilitation Centers etc.,
- Eligible for Obtaining QCI Certifications in Yoga Master, Yoga Acharya
- NET Certification (UGC Affiliated Institutions for Asst. Professor, Research Scholars, Junior Scientist positions.,
- 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 Post Graduate Programme (Distance Education) shall be:

A pass in any Undergraduate programmes 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 Post Graduate programme the decision of the Directorate 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 Director (Distance Education) may revoke the admission and report the matter to the Vice Chancellor.

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

ELIGIBILITY AND DURATION

Programmes	Eligibility	Credits	Duration	Maximum Duration
M.Sc Yoga for Human Excellence	Any Degree with any specialization	70	2 Years	4 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

- Registration for University Examinations is mandatory for all courses including arrear papers.
- The end semester examinations will ordinarily be conducted for academic year students during October to December in the odd semester and even semester for calendar year students whereas during March to May in the even semester for the academic year students and odd semester for calendar year students.
- The End Semester Examination will be conducted at the end of each semester.
- A student should have appeared for the end-semester examination of the prescribed course of study to become eligible for the award of the grade in that course.

PASSING REQUIREMENTS

A student who secures not less than 50 % of total marks prescribed for any course is declared to be pass in that course.

A student who secures minimum of 50 % marks for the prescribed end semester and internal assessment examination separately for each course shall be declared to have passed in the examination for that course.

PROCEDURE IN THE EVENT OF FAILURE / ABSENT

- a. If a student fail / absent in a particular course, he/she may appear for the university examination in that course 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.
 - b. If a course has theory and practical components combined, then the student shall appear in the end-semester examination for both theory and practical components duly.
 - c. If a student has not registered or fails to register for any end semester examinations he will be permitted to register and appear for the same in the subsequent end semesters with prescribed fees.
- A student has to register compulsorily for all the courses including arrear papers for any semester examination.

EVALUATION SYSTEM

- The Evaluation process has been developed based on objective and scientific guidelines with due importance to continuous Internal Assessments and Term End Examinations. This is to ensure that the learners get a fair chance of proving their mettle in different platforms of evaluation.
- The complete academic performance of a student is evaluated by Internal / External Examinations

- In the case of practical / project work where an external Examiner shall be appointed by the University Evaluation / viva voce.
 - The student performance in each course, in general, is evaluated based on in-semester assessment and end semester examination
 - The maximum marks for any course will be 100 comprising of 30 marks for Internal Assessment and 70 marks for the end semester examinations.
- Evaluation Ratio:

Courses	Internal Assessment	End Semester Examination	
		Theory	Practical
Theory	30 Marks	70 Marks	--
Theory cum Practical	30 Marks	40 Marks	30 Marks
Practical Courses	30 Marks	---	70 Marks

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

The in-semester assessment method is further detailed below:

Course Details	Assessment Tools	Marks
Course with Theory component only	assignments / case studies / Quiz / multiple choice questions / Problem based solutions - I	15 Marks
	assignments / case studies / Quiz / multiple choice questions / Problem based solutions - II	15 Marks
Course with Theory cum practical	Practical exercises -1(Theory – 10 Marks & Practical 5 Marks)	15 Marks
	Practical exercises -2(Theory 10 Marks & Practical 5 Marks)	15 Marks
Courses with Practical	Practical exercises -1	10 Marks
	Practical exercises -2	10 Marks
	Practical exercises -3	10 Marks

Evaluation of the Project work is based on the Project Review Report submission (30 Marks) and Viva-Voce Examination (70 Marks) conducted by University.

Evaluation Ratio:

Review of Report		Dissertation and viva voce	
Component	Marks	Component	Marks
Review 1	15	Presentation	10
Review 2	15	Analysis	20
		Finding & Conclusion	20
		Viva Voce	20
Total	30	Total	70

COURSE WISE GRADING OF STUDENTS

Letter Grades and Grade Points (GP)

Based on the semester performance, each student is awarded a final letter grade at the end of the semester in each Course. The letter grades and the corresponding grade points are as follows:

O	10	grade points
A+	9	grade points
A	8	grade points
B+	7	grade points
B	6	grade points
C	5	grade points
F	0	grade point (Fail grade)
Ab	0	grade point (incomplete due to absence in the end semester examination; subsequently to be changed into pass (C to O) or F grade after appearing in the end semester examination.

A student is considered to have completed a Course successfully or achieved a pass grade and earned the credits if he / she secure a letter grade other than “F” or “Ab” in that Course. A letter grade “F” or “Ab” in any Course implies a failure in that Course.

A Course successfully completed cannot be repeated.

AWARD OF LETTER GRADE

All assessment of course will be done on absolute marks basis. However for the purpose of the reporting the performance of a student, letter grades, each carrying certain points, will be awarded as per the range of total marks (out of 100) obtained by the student as detailed below.

Letter Grade	Grade Points	Range of Total Marks
O (Outstanding)	10	91 – 100
A+ (Excellent)	9	81 – 90
A (Very Good)	8	71 – 80
B+ (Good)	7	61 – 70
B (Above Average)	6	56 – 60
C (Average)	5	50 – 55
F (Fail)	0	<50 Failure due to Insufficient marks in the course
Ab (Absent)	0	Failure due to non-appearance in the examination

GRADE SHEET

The Grade card / sheet issued by the controller of Examinations to each student, after the announcement of the results will contain the following

- a. The credit of the each course
- b. Letter grade obtained in each course
- c. Total number of credits earned by the student upto end of that semester in each of the course categories
- d. The CGPA of all the courses taken from the First semester onwards

Computation of Semester Grade Point Average (SGPA) and cumulative Grade Point Average (CGPA)

- (i) The SGPA will be calculated according to the formula

$$SGPA = \frac{\sum_1^n C_i \times (GP)_i}{\sum_1^n C_i}$$

Where C_i = credit for the i^{th} course, $(GP)_i$ = the grade point obtained for the i^{th} course, n = total number of courses and the sum is over all the courses taken in that semester, including those in which the student has secured and Ab grades.

- (ii) For the cumulative grade point average (CGPA) following formula is used:

$$CGPA = \frac{\sum_1^r S_i \times (SGPA)_i}{\sum_1^r S_i}$$

Where S_i = Sum of credits in i^{th} semester, (SGPA) = Semester Grade Point Average earned in i^{th} semester and r = number of semesters and the sum is over all the semesters under consideration.

- (iii) The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts

ELIGIBILITY FOR THE AWARD OF THE DEGREE

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

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

CLASSIFICATION OF THE DEGREE AWARD

Class / Distinction will be awarded to the students after they successfully complete the Programme as per the norms stipulated in the following table:

Category	CGPA	Class / Distinction
Students who successfully completed the Post Graduate Programme within the time duration of 4 Semesters	≥ 8.0 (without "F" (or) "Ab" in any semester)	First Class with Distinction
	≥ 8.0 (with F (or) Ab in any semester but obtained pass grade "O" to "C" subsequently)	First Class
	$\geq 6.0 \& < 8.0$	First Class
	$\geq 5.5 \& < 6.0$	Second Class
	$\geq 5.0 \& < 5.5$	Third Class
Students who cannot complete the Post Graduate Programme in 4 Semesters but complete it successfully within the time duration of 5 Semesters	≥ 6.0	First Class
	$\geq 5.5 \& < 6.0$	Second Class
	$\geq 5.0 \& < 5.5$	Third Class
Students who cannot complete the Post Graduate Programme in 5 Semesters but complete it successfully within the time duration of 8 Semesters	≥ 5.5	Second Class
	$\geq 5.0 \& < 5.5$	Third Class

RE-VIEW OF ANSWER SCRIPTS / SINGLE VALUATION

In case any student feels aggrieved on the final outcome of the assessment in any course, the student shall apply to the Controller of Examinations, along with the prescribed fee, for the review of end semester examination answer script, within the stipulated time after the announcement of the results of the examinations. The Controller of Examinations shall facilitate the review of the answer script jointly to be carried out by the student and the faculty detailed for this purpose. If any discrepancy is noticed during review the same shall be rectified and the originally awarded grade accordingly amended.

ACTIVITIES

In order to provide conceptual knowledge, logical reasoning ability and analytical skills in the domain of commerce. 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 business analytics skills regular sessions on SPSS, Quantitative Techniques and Logical Reasoning, Case study analysis, Analysis of Current Business and Economics, 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

This Course offers core, allied, skilled and practical Papers. Equal weightage is given to Theory and Practical. The students have to complete one Project for the core subject at the end of the programme. At the end of each year, the student has to undergo an internship in a company to gain real time industry exposure.

Programme Structure & Courses Offered: Master of Science in Yoga for Human Excellence

Medical Science Courses (B)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGB403	<i>Elements of Human Biology</i>	3	0	0	3
19YGB502	<i>Indian traditional system of Medicine & Therapies</i>	4	0	0	4
19YGB503	<i>Elements of Food and Nutrition</i>	4	0	0	4
Total Learning Credits					11
Professional Core Courses (C)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGC401	<i>Classical Yoga texts</i>	3	0	0	3
19YGC402	<i>Yoga for Modern Age</i>	4	0	0	4
19YGC404	<i>Vethathiriyana SKY Yoga Practices - I</i>	0	0	6	3
19YGC405	<i>Yoga for Sublimation and Social Welfare</i>	4	0	0	4
19YGC406	<i>Yogic Science of Energy and Consciousness</i>	4	0	0	4
19YGC408	<i>Traditional Yoga Practices - I</i>	3	0	0	3
19YGC501	<i>World Community Life</i>	4	0	0	4
19YGC504	<i>Yoga Practices – II</i>	0	0	6	3
Total Learning Credits					28

Humanities & Social Sciences (H)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGH407	<i>Elements of Psychology and Personality Development</i>	4	0	0	4
19YGH505	<i>Environmental studies</i>	4	0	0	4
19YGH506	<i>Research Processes and Statistics in Yoga</i>	4	0	0	4
19YGH507	<i>Guidance, Counselling and Psychotherapy</i>	4	0	0	4
Total Learning Credits					16
Project Work(P)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGP508	<i>Project report (Dissertation)</i>	0	0	30	15
Total Learning Credits					15