# Government College of Engineering, Karad

SCHEME OF INSTRUCTION & SYLLABI

Programme: All Under Graduate (UG) Programme

Proposed Scheme of Instructions: Bridge Course

Semester – III (w.e.f. 2024-25)

| Sr. No. | Course Category | Course Code | Course Title | L | T | P | Contact Hrs/Wk | Course Credits | EXAM SCHEME | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | MSE | ISE | ESE | TOTAL |
| 1 | BC | BC3301 | Yoga | -- | -- | 4 | 4 | 2 | - | 50 | - | 50 |
| | | | **Total** | **--** | **--** | **4** | **4** | **2** | **-** | **50** | **-** | **50** |

Semester – IV (w.e.f. 2024-25)

| Sr. No. | Course Category | Course Code | Course Title | L | T | P | Contact Hrs/Wk | Course Credits | EXAM SCHEME | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | MSE | ISE | ESE | TOTAL |
| 1 | BC | BC3401 | Indian Knowledge Systems (MOOC/Spoken Tutorials) | -- | -- | -- | -- | 5 | -- | 100 | -- | 100 |
| | | | **Total** | **--** | **--** | **-** | **-** | **5** | **--** | **100** | **--** | **100** |

L- Lecture          T-Tutorial          P-Practical

MSE- Mid Semester Examination          ISE- In Semester Evaluation

ESE- End Semester Examination (For Laboratory End Semester performance)

**PROGRESSIVE TOTAL CREDITS: 07**

| Government College of Engineering, Karad | | | | | |
|---|---|---|---|---|---|
| **Second Year (Sem – III) B. Tech.** | | | | | |
| **BC3301: Yoga** | | | | | |
| **Laboratory Scheme:** | | | **Examination Scheme:** | | |
| Practical | 04 Hrs/Week | | ISE | 50 | |
| Total Credits | 02 | | ESE | - | |

**Prerequisite:** Basics of Yoga

**Course Outcomes (CO):** Students will be able to

| CO1 | Outline basic skills associated with yoga which builds up physical, mental strength, flexibility, balance and coordination. |
|---|---|
| CO2 | Learn breathing exercises and healthy fitness activities. |
| CO3 | Learn techniques for increasing concentration and decreasing anxiety which leads to stronger academic performance. |
| CO4 | Develop understanding of psychological problems associated with the age and lifestyle. Also apply injury prevention principles related to yoga. |

| Course Contents | CO |
|---|---|
| Following list of topics and practical's are only the guidelines to the instructor:<br><br>• योगाचा इतिहास: योगसूत्र ग्रंथ, पतंजली मुनी.<br>• अष्टांग योग:<br>  १. यम: अहिंसा,सत्य,अस्तेय,ब्रम्हचर्य,अपरिग्रह<br>  २. नियम:शौच,संतोष,तपास,स्वाध्याय,ईश्वरप्रणीधान<br>  ३. आसन: विविध स्थितीतील आसने<br>  ४. प्राणायाम : विविध प्रकार<br>  ५. प्रार्थना<br>  ६. धारणा: एकाग्र चित्त<br>  ७. ध्यान<br>  ८. समाधी<br>वरील अष्टांग योगाचे थोडक्यात महत्व<br><br>• सूर्यनमस्कार: महत्व व फायदे<br><br>प्रात्यक्षिक : प्रार्थना,सूर्यनमस्कार,आसने,प्राणायाम व ध्यान याचा सराव | CO1<br>CO2<br>CO3<br>CO4 |

| **Reference Books** | |
|---|---|
| **1.** | Nagendra, H. R. & Nagarathna, R. "Samagra Yoga Chikitse", Bengaluru Swami Vivekananda Yoga Prakasana,2002. |
| **2.** | Kumar, Ajith, "Yoga Pravesha" Bengaluru: Rashtrothanna Prakashana,1984. |
| **3.** | D.M Jyoti, " Yoga and Physical Activities", lulu.com3101, Hillsborough, NC27609, United States, 2015. |
| **4.** | Uppal, A.K., "Physical Fitness. New Delhi : Friends Publication, 1992. |

**Mapping of COs and POs**

| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PO10 | PO11 | PO12 | PSO 1 | PSO 2 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CO1 | - | - | - | - | - | 2 | 2 | 2 | 3 | 2 | - | 2 | - | - |
| CO2 | - | - | - | - | - | 2 | 2 | 2 | 3 | 2 | - | 2 | - | - |
| CO3 | - | - | - | - | - | 2 | 2 | 2 | 3 | 2 | - | 2 | - | - |
| CO4 | - | - | - | - | - | 2 | 1 | 2 | 1 | 1 | - | 2 | - | - |

1: Slight(Low)        2: Moderate(Medium)        3: Substantial(High)

## Assessment Pattern:

The evaluation will be done on the basis of participation and performance of students in practical hours. The consistency and accuracy in yoga, intrinsic goodness, right attitude, happiness and joyous way of doing things will be observed by yoga teacher. At the end of semester report of the activities should be submitted..

| Government College of Engineering, Karad | | | | |
|---|---|---|---|---|
| **Second Year (Sem – IV) B. Tech.** | | | | |
| **BC3401: Indian Knowledge Systems(MOOC or Spoken Tutorials)** | | | | |
| **Teaching Scheme** | | | **Examination Scheme** | |
| Lectures | - | | ISE | 100 |
| Tutorials | - | | ESE | - |
| Total Credits | 05 | | | |

**Course Outcomes (CO):** Students will be able to

| CO1 | Illustrate and appreciate the rich heritage that resides in our traditions |
|---|---|
| CO2 | Inculcate an understanding of the mind/voice dynamic and its function in Indian knowledge systems |
| CO3 | Learn to appreciate the need and importance of Sanskrit in getting to the roots of the philosophical concepts |
| CO4 | Being primed for practices that will prepare one for the inner-journey to discover the Self |

**Course Contents**

Students should complete MOOC course certification of Indian Knowledge System or Spoken Tutorials and submit a copy of the certificate to Head of Department prior to ESE.

**Guidelines:**

- Duration for completion of MOOC course certification is minimum 4 Weeks.

- Platform: NPTEL or SWYAM or Spoken Tutorials only.

**Assessment Guideline:-**

o The evaluation of the course will be done based on completion Certificate (50% weightage) and internal evaluation (50 % weightage).

o The rubrics for internal evaluation are given below.

**Government College of Engineering, Karad**

**Department of _____**

| A. Y. 2024-25 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Course Code** : | | | | **Assessment Sheet** | | | **Class:** | | |
| **Course Title :-** | | | | | | | | | |
| | | | | | | | | | |
| **Sr No.** | **Reg. No** | **Name of Student** | **Course Title** | **Knowledge of Course (10Marks)** | **Communication Skill (10Marks)** | **Presentation Skill (10Marks)** | **Content (10 Marks)** | **Q & A (10 Marks)** | **Total Marks (out of 50)** |
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |

     **Guide Name and Sign.**                                    **Head of the Department**