

Branch Name:	Electrical Engineering, Civil Engineering, Computer Engineering, IT Engineering, Mechanical Engineering, Automobile Engineering Artificial Intelligence & Machine Learning (AI/ML)
Program Code	ET403, ET401, ET404, ET407, ET408, ET409
Course Name:	Yoga, Meditation and Critical Thinking
Course Code:	2ET4000204
Pre-requisite Course:	

COURSE OBJECTIVE:

Students will be able to achieve & demonstrate the following COs on completion of course based learning

CO1 - Practice basic Yoga and Pranayama in daily life to maintain physical and mental fitness.

CO2 - Practice meditation regularly for improving concentration and better handling of stress and anxiety.

CO3 - Follow healthy diet and hygienic practices for maintaining good health.

TEACHING AND EVALUATION SCHEME:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)			
Lecture	Tutorial	Practical	Credit	Theory		Practical	
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment
00	00	02	01	00	00	00	50

DETAILS OF COURSE CONTENTS:

SR. NO.	TOPIC	TOTAL HOURS	WEIGHTAGE
UNIT-1	1.1 Introduction :- Presentations on Introduction to Yoga and its History. 1.2 Perform warming up exercises to prepare the body from head to toe for Yoga.	04	12
UNIT-2	2.1 Perform all the postures of Surya Namaskar one by one in a very slow pace, after warm up. 2.2 Perform multiple Surya Namaskar (Starting with three and gradually increasing it to twelve) in one go. 2.3 shavasana for self relaxation.	06	18
UNIT-3	3.1 Perform Sarvangasana, Halasana, Kandharasana (setubandhasana) 3.2 Perform Bhujangasana, Naukasana, Mandukasana 3.3 Perform paschimottasana, Baddhakonasana, Bharadwajasana. 3.4 Perform Veera Bhadrasana, Vrukshasana, Trikonasana. Follow up with shavasana for self relaxation	06	32

UNIT-4	4.1 Perform Bhastrika, Anulom Vilom Pranayam Kriya 4.2 Practice Kapalbhathi Pranayam Kriya 4.3 Practice Bhramary Pranayam.	08	22
UNIT-5	5.1 Perform sitting in Dhyan Mudra and meditating. Start with five minute and slowly increasing to higher durations. (Trainer will explain the benefits of Meditation before practice)	04	16

LIST OF REFERENCES:

1. Patanjalis Yoga Sutras by Swami Vivekananda (Fingerprint Publishing Prakash Books India Pvt Ltd, New Delhi)
2. Yoga for Every Body: A beginner's guide to the practice of yoga postures, breathing exercises and me by Luisa Ray, Angus Sutherland (Vital Life Books)
3. The Relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Robbins, Matthew McKay, Eshelman MSW
4. Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice by Ann Swanson

LIST OF OPEN SOURCE SOFTWARE/LEARNING WEBSITE:

1. https://onlinecourses.swayam2.ac.in/aic19_ed28/previewYog Yoga and Applications of Yoga
2. https://onlinecourses.swayam2.ac.in/aic23_ge09/preview Yoga for Creativity
3. https://onlinecourses.swayam2.ac.in/aic23_ge05/preview Yoga for concentration
4. https://onlinecourses.swayam2.ac.in/aic23_ge06/preview yoga for memory development
5. https://onlinecourses.nptel.ac.in/noc21_hs29/preview Psychology of Stress, Health and Well-being
6. https://onlinecourses.swayam2.ac.in/nce19_sc04/preview Food Nutrition for Healthy Living - Course – Swayam
7. <https://www.classcentral.com/course/swayam-fitness-management-> Fitness Management from Swayam

LIST OF PRACTICALS:

1. Shatkarma: To perform the following Practices: Neti (Jal and sutra), Trataka, Kapalbhathi
2. Yogic Sukshma Vyayam To perform the following Practices: Neck Movements, Shoulder Movements, Trunk Movements, Ankle Movements
3. To perform suryanamaskar
4. Standing Asana: Tadasana, Trikonasana, Vrikshasana, Ardhchakrasana, Padhastanasana
5. Sitting Asana: Padmasana, Marjariasana, Vakrasana, Janusirsasana, Vajrasana, Suptavajrasana, Ushtrasana, Gomukhasana, Mandukasana, Bhadrasana.
6. Prone Lying Asana: Bhujangasana, Dhanurasana, Makarasana
7. Supine Lying Asana: Pawanmuktasana and its variation, setubandhasana, Viparitkarniasana,

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Practice basic Yoga and Pranayama in daily life to maintain physical and mental fitness	L-1 Remember L-2 Understand L-3 Apply
CLO2	Practice meditation regularly for improving concentration and better handling of stress and anxiety.	L-1 Remember L-3 Apply L-5 Evaluate
CLO3	Follow healthy diet and hygienic practices for maintaining good health.	L-3 Apply L-4 Analyze

Mapping of CLOs with Pos & PSOs

Course Learning Outcomes	Program Outcomes(POs)												Program Specific Outcomes (PSOs)		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CLO1					H										
CLO2					M										
CLO3					H										
CLO4															
CLO5															
CLO6															

H:High, M:Medium, L:Low