

<b>PHYSICAL EDUCATION</b>	
<b>Course Code: PE83</b>	<b>Credits: NCMC</b>
<b>Pre – requisites: Nil</b>	
<b>Course Coordinator: Dr. Kiran Kumar H K</b>	

### Course Content

#### Course Learning Objectives:

1. To introduce students to the importance of physical fitness for success in any career.
2. To instill in them concepts of team spirit and team building
3. To develop positive thinking, goal setting and decision-making abilities under duress.
4. To harness values and skills like leadership, communication and sacrifice.
5. To inculcate in students, the ability to handle success and failures with equanimity.

**Selection Process:** A Student shall select any one of the following Sports based on his/her interest and the facility available. The details of **Sports Facilities available (both indoor and outdoor) at institute campus** are as below:

<b>Outdoor Games</b>		<b>Indoor Games</b>		<b>Athletics</b>	
<b>Games</b>	<b>No. of Students</b>	<b>Games</b>	<b>No. of Students</b>	<b>Events</b>	<b>No. of Students</b>
<b>Volleyball</b>	12 x 4 = 48	<b>Badminton</b>	30	<b>Sprint - 100mt, 200mt, 400mt</b>	60
<b>Basketball</b>	12 x 4 = 48	<b>Table Tennis</b>	30	<b>Middle distance running – 800mt, 1,500mt</b>	
<b>Kabaddi</b>	12 x 4 = 48	<b>Chess</b>	30	<b>Long distance running – 5,000mt, 10,000mt</b>	
<b>Kho Kho</b>	12 x 4 = 48	<b>Weight Training [Gym]</b>	35	<b>Jumping Events – Long Jump, Triple Jump, High Jump</b>	30
<b>Throw ball</b>	12 x 4 = 48			<b>Throwing Events</b> Shot Put Discuss Javelin	30
<b>Football</b>	16 x 4 = 64	<b>Note: Students should bring their own sports attires</b>			
<b>Hockey</b>	16 x 4 = 64				
<b>Cricket</b>	16 x 4 = 64				

**Contact Sessions:** A student shall abide by the following during the sessions scheduled in the semester.

### **Session 1**

Fundamentals of Physical Education, value addition to personality through fitness education, discipline and team building activities, Orientation towards particular sports and skill training

### **Session 2**

Formation of teams based on student's orientation and preference. Team practice and skill enhancement.

### **Session 3**

Conduction of matches in all sporting events registered by Students. Evaluation of each student shall be based on their performance either in team or individual. The student representing the Institute at University/State/National/International Level will be awarded additional marks during evaluation.

### **Course Outcomes (COs):**

1. Develop interest and skill in playing particular sports.
2. Understand the process of organizing sporting events.
3. Appreciate the role of fitness for a better lifestyle.
4. Derive lessons from sports activities for effective planning and discipline in Life.
5. Analyze situations and optimize end results.

### **Course Assessment & Evaluation:**

1. A committee consisting of Sports Director and Coaches of respective Sports will be formed to observe and evaluate the students for CIE in each semester.
2. Students shall follow the schedules, rules and regulations as prescribed by the Committee.
3. Students shall mandatorily have 85% attendance to be eligible for evaluation.
4. All the Sessions and evaluation process will be common for all semesters of the academic year.
5. The final result will be reflected on the grade card of 8<sup>th</sup> Semester.
6. The final marks shall be calculated after scaling down CIE to 50 marks & combining with 50 marks for SEE.

<b>YOGA</b>	
<b>Course Code: YO83</b>	<b>Credits: NCMC</b>
<b>Pre – requisites: Nil</b>	
<b>Course Coordinator: Dr. Hari Chandra B P &amp; Dr. Parimala P</b>	

### **Course Content**

#### **Course Learning Objectives:**

1. To introduce to the students, the fundamental theoretical aspects of yoga.
2. To inculcate in students a habit of practicing yoga.
3. To be able to demonstrate basic yoga asanas.
4. To be able to practice fundamental breathing practices and mudras.
5. To understand the relevance of yoga and research in modern times.

**Introduction:** Definition of yoga, benefits, astangas of yoga, Relevance of yoga and yoga-research in modern times. **Asanas:** Kriyathmakachalanas, Suryanamaskar, Superbrain yoga, Vrikshasana, Trikonasana, Veerabhadrasana, Paschimotasana, Purvothanasana, Bharadwajasana, Amruthasana, Parivruttha Trikonasana, Parsvakonasana, Ustrasana, Padmasana, Jaaanushirshasana, Navasana, Ardachakrasana, Ardhakatichakrasana, Jataraparivarthanasana, Sethubandasana, Sarvangasana, Mathyasana, Dhanurasana, Shirshasana. **Pranayamas:** Anuloma-Viloma, Suryanuloma, Chandranuloma, Brahmari, Suryanbedhana, Chandrabedhana, Sheetali, Seethkari, Sadantha, batrika. **Mudras:** Chinmudra-Jnanamudra, Praana mudra, panchaprana mudras, panchabhoota mudras, Pruthvi mudra, Shoonya mudra, Surya mudra, Jalodharanashaka mudra, Kundalini mudra, shoonyavaayu mudra, shakti mudra, sandhi mudra, vajra mudra and garuda mudra.

#### **Course Outcomes (COs):**

At the end of the course, a student will

1. Understand the fundamental and theoretical aspects of yoga.
2. Develop a habit of practicing yoga.
3. Demonstrate basic yoga asanas.
4. Demonstrate fundamental breathing practices.
5. Understand the relevance of yoga and its research in modern times.

#### **Reference books:**

1. Light on yoga, B K S Iyengar, Publisher -Thorsons, UK, 2006
2. Light on pranayama, B K S Iyengar, Publisher - Element; First Edition
3. The Essential Yoga Mudras for Healing, Dr. Aasoori K. Rangaraja Iyengar, Saranga Publishing; First Edition 2021

**Pedagogy:**

- Chalk and talk, demonstration, videos, ppt.

**Contact Sessions:**

There would be one introduction class, and five contact classes in each semester. The candidates shall practice yoga on a daily basis, or in the worst case on alternate days at their place of residence and maintain a short diary in the format provided by yoga teacher. The same shall be brought to the classes.

**Online reference sources:**

- Yoga for beginners part 1: <https://www.youtube.com/watch?v=VwPeThpwfWI>
- Yoga for beginners part 2: [https://www.youtube.com/watch?v=s\\_pnJTcOp8A](https://www.youtube.com/watch?v=s_pnJTcOp8A)
- Suryanamaskar: <https://www.youtube.com/watch?v=nUdlucNd6go&t=133s>
- Yoga for anxiety and stress: [https://www.youtube.com/watch?v=hJbRpHZr\\_d0](https://www.youtube.com/watch?v=hJbRpHZr_d0)
- Common yoga protocol: [https://www.youtube.com/watch?v=Av5ib\\_XRKT4](https://www.youtube.com/watch?v=Av5ib_XRKT4)
- Relevance of yoga in modern times: [www.youtube.com/watch?v=HUzBCts7BT0](https://www.youtube.com/watch?v=HUzBCts7BT0)

**Course Assessment & Evaluation:**

1. A committee consisting of Yoga Instructors will be formed to observe and evaluate the students for CIE in each semester.
2. Students shall follow the schedules, rules, and regulations as prescribed by the Committee.
3. Students shall mandatorily have 85% attendance to be eligible for evaluation.
4. All the Sessions and evaluation processes will be common for all semesters of the academic year.
5. The final result will be reflected on the grade card of 8<sup>th</sup> Semester.
6. The final marks shall be calculated after scaling down CIE to 50 marks & combining it with 50 marks for SEE.

**Scheme of SEE:**

Practical Demonstration	30 marks
Write-up	10 marks
Viva	10 marks
<b>Total</b>	<b>50 marks</b>

<b>NATIONAL SERVICE SCHEME</b>	
<b>Course Code: NS83</b>	<b>Credits: NCMC</b>
<b>Pre – requisites: Nil</b>	
<b>Course Coordinator: Dr. Puttabore Gowda &amp; Dr. Siddaraju C</b>	

### **Course Content**

#### **Course Learning Objectives:**

1. To introduce students to the importance of national service
2. To harness values and skills like leadership, teamwork and sacrifice.
3. To serve society through educational services and health
4. To work towards rural and local development through technological services
5. To inculcate in students, the ability to handle socially relevant projects.

#### **Students shall involve in activities related to national and regional technical and non-technical services, as listed below.**

- Serving society by bringing awareness on education and cleanliness.
- Blood donation camps
- Developing technologies for rural masses.
- Conduction and participation in camps for a social cause.
- Educating towards health and well-being of individuals/society.
- Cultural and educational programs for society.
- Contributing towards the improvement of civil services and bringing certain shortcomings to the notice of higher authorities for suitable remedial actions.
- Contribution towards traffic management and other public services.
- Clean up and development of water sources around public places.
- Services during a disaster or other needy situations.
- Camps for the rejuvenation of lakes and water bodies.
- Serving nature and agriculture.
- Awareness programs on health and food adulteration.
- Presenting papers/talks in various fora on the above topics.
- Developing technologies for rural masses beyond academic requirements.
- Plantation programs.

- Conducting programs for self-sustainability, and human and national development.
- Contribution towards orphans and challenged individuals through well-recognized organizations.
- Carrying out designated activities in villages.
- Development and implementation of strategies for solid waste, E-waste etc.
- Education towards pollution control and traffic management.
- Production of documentaries and short films/videos for motivating people on any of the above causes.

### **Course Outcomes (COs):**

At the end of the course, a student will be able to

1. Understand the importance of national service.
2. Gain skills like leadership and teamwork.
3. Volunteer towards educational services and health.
4. Contribute to rural and local development through technical services.
5. Comprehend socially relevant projects

### **Contact Sessions:**

The students shall attend the review and contact sessions as scheduled by the course coordinator.

### **Course Assessment & Evaluation:**

1. The candidates shall maintain a record of activities in a Diary, and get them endorsed during the contact sessions at least 3 times in a semester.
2. A detailed project report should be submitted during the last fortnight of the semester
3. Evaluation will be done during each semester based on the nature of the contribution.
4. The final marks shall be calculated after scaling down CIE to 50 marks & combining with 50 marks for SEE