

Program Project Report (PPR)

M.Sc. YOGA FOR HUMAN EXCELLENCE



**DIRECTORATE OF DISTANCE EDUCATION
SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
KATTANKULATHUR
KANCHEEPURAM DISTRICT – 603203.**

Index

| S. No | Content |
|-------|---|
| 1 | INTRODUCTION |
| 1.1 | The scope of Specializations: |
| 1.2 | Career opportunities |
| 1.3 | Teaching Pedagogy |
| 1.4 | Academic Counselling |
| 1.5 | Student Support Services |
| 2 | PROGRAMME EDUCATION OBJECTIVES |
| 3 | RELEVANCE OF THE PROGRAMME WITH HEI'S MISSION AND GOALS |
| 4 | NATURE OF PROSPECTIVE TARGET GROUP OF LEARNERS |
| 5 | APPROPRIATENESS OF PROGRAMME TO ACQUIRE SPECIFIC SKILLS AND COMPETENCE |
| 6 | Instructional Design: |
| 6.1 | Delivery Methodology: |
| 6.2 | Printed and Digital Material: |
| 6.3 | Audio and visual Lessons: |
| 6.4 | Personal Contact Programme (PCP): |
| 6.5 | E- Learning Portal: |
| 7 | STRUCTURE OF M.Sc YOGA PROGRAMME |
| 7.1 | Medium of Instruction: |
| 7.2 | Commencement of academic activities |
| 7.3 | Registration and Enrolment for Courses |
| 7.4 | Curriculum |
| 7.5 | Learning Assessment Procedure |
| 8 | LIBRARY RESOURCES: |
| 9 | COST ESTIMATE OF THE PROGRAM |
| 10 | QUALITY ASSURANCE MECHANISM |
| 10.1 | Program outcomes |

PROGRAMME PROJECT REPORT (PPR)
Masters of Science (M.Sc.) Yoga for Human Excellence
Distance Mode Programme

1. 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, 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-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.

1.1 The scope of Specializations:

There is no specialization mentioned in this course

1.2 Career Opportunities

M.Sc Yoga students have career Opportunities in various wide array of fields such as:

- Therapist
- Teaching as trainer
- Counselor

1.3 Teaching Pedagogy

- Lectures
- Seminars, Guest Lectures
- Web based Learning
- Experiential Training Programmes
- Presentations
- Group Discussions

1.4 Academic Counseling

In order to provide academic assistance to students, different levels of Counseling /attention will be provided by three types of coordinators viz.,

1. Academic coordinator
2. Programme coordinator
3. Course coordinator as per the UGC stipulations.

1.5 Student Support Services

- Counseling sessions will be provided to students to choose the courses of their interest and plan their courses of study for career advancement.
- Personal Contact Programme (PCP) / Face-to-Face Counseling will be held in each semester as part of student support services. This would help the students to interact with experts in the course and clarify doubts. However, attendance is not mandatory.
- E-learning portal for distance education students will be a medium for the dissemination of knowledge, skill enrichment, assist in examination preparation, exchange of experience and collaborative participation.

2. PROGRAMME EDUCATION OBJECTIVES

This programme is designed for students who aspire to become a holistic yoga professional, concentrating on functional expertise. To be a yoga leader in the future, the curriculum should concentrate on latest disciplines. The programme aims to impart necessary knowledge, skills and self-confidence to assist in effective and successful management, within constantly changing and highly competitive national and international environments.

The specific objectives of the programme are as follows:

- Graduates will be masters with yoga skills for global environment.
- Graduates will have innovation skills and self-driven with multifaceted skills.
- Graduates will provide advancement of conceptual and practical knowledge in the field of Yoga to contribute to nation building while upholding ethical practices.

3.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.

4.NATURE OF PROSPECTIVE TARGET GROUP OF LEARNERS

Graduates and Working Professionals who are passionate in leadership roles. We also target the learners from special target group for Directorate of Distance Education. The special target group includes (PWD, Transgender, Defence paramilitary forces and prison inmates etc.,

5. APPROPRIATENESS OF PROGRAMME TO ACQUIRE SPECIFIC SKILLS AND COMPETENCE:

Both theoretical and practical aspects of yoga are covered in order to provide

- conceptual knowledge,
- skills in therapy
- analytical skills
- communication skills

in the domain of yoga. In addition, the students are provided with practical application of the concepts taught during the course to develop the 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 healing skills, regular sessions on numerical analysis tools using computer software like Microsoft Excel, IBM SPSS, R, Analysis of Current media situation, effective communication etc. as part of curriculum for students' professional and personal development.

6. Instructional Design:

The institution adopts an outcome-based approach which ensures effective learning experiences of students through mapping modularized course outcomes and assessment. The program is designed with a flexible micro learning methodology to ease the learner engagement. The course content are designed with learner-centric approach, creative study pattern and experimental examples to provide experiential learning Both internal and industrial experts are involved in preparation of curriculum and course content. The curriculum is reviewed by a set of experts, quality assurance team and Board of Studies (BoS) and approved by Academic Council.

6.1 Delivery Methodology:

Delivery methodology in SRM IST Distance learning programs is unique in many aspects. The distinct mode of imparting education at SRM IST relies on technology to take its academic programs to the doorsteps of learners far and wide. The system is more learner-oriented and the learner has to be an active participant in the learning process. It combines the features of conventional wisdom and the benefits of technology – driven techniques. A multi-channel approach is followed in knowledge acquisition.

It comprises of the following support services:

- Self-learning material
- Assignments, Projects with real time exposure
- Digital library resources
- Study material provided online
- Webinars of some periodicity
- Access to recorded lectures online and teachers who guide and support learners
- Study groups and online discussion forums
- Week-end or online orientation sessions
- Social Media groups for exchange of information and peer group interaction.

6.2 Printed and Digital Material:

The Self-Learning Materials in printed form shall be provided. The Self Learning Material (SLM) shall be sent by registered post. The university shall not be responsible for loss or delay

by the postal department. Soft copies of Self Learning Material (**E-SLM**) are also being provided to the learners through University's website at web link;

6.3 Audio and visual Lessons:

The audio and video lessons are supplementary material for the enhancement of understanding of the subject. They will be used during counseling sessions at respective Learner Support Centers. A large repository of audio-visual educational programmes has already been prepared by the Media Centre and new lessons are regularly produced and uploaded. The Classes are recorded and have been uploaded in the HEI website. Further students can also access the video lessons available on YouTube Channel.

6.4 Personal Contact Programme (PCP):

Personal Contact Programme (PCP) will be conducted either through Online (LMS) / Face-to-Face Counseling will be held in each semester as part of student support services. This would help the students to interact with experts in the course and clarify doubts. However, attendance is not mandatory.

6.5 E- Learning Portal:

E-Learning portal for distance education students will be a medium for the dissemination of knowledge, skill enrichment, assist in examination preparation, exchange of experience and collaborative participation.

7. STRUCTURE OF M.Sc YOGA PROGRAMME

7.1 Medium of Instruction:

The medium of instruction, examination and Project report will be English.

7.2 Commencement of academic activities

The academic year in the month of July and for the calendar year in the month of February

7.3 Registration and Enrolment for Courses

- The process of signing up for courses is called registering. Students are enrolled after they pay the prescribed fees. For a student to undergo a course she/she has to complete both registration and enrolment.
- Students can enroll after paying the prescribed fees for the semester. Registration and enrollment will be controlled by the office of the Directorate of Distance Education. For

a student to pursue courses he/she has to complete both registration and enrollment for the course semester.

- If a student fails to register in any particular year within the stipulated time, his / her registration will be canceled for that semester. The candidate will be permitted to continue the study in a subsequent semester with proper prescribed fees governed by the Directorate of Distance Education.
- Registration for any course will be done under the supervision of Director(Distance Education)
- For the first semester, the registration process shall be completed within a week after the confirmation of Admission.
- The student has to re-register at the beginning of each semester, from the second semester onwards, by paying the prescribed fees.
- Late registration will be permitted with a fine, decided from time to time by the directorate of Distance Education.
- Students shall be permitted to proceed from the first semester up to final semester irrespective of their failures in any of the courses in the examinations conducted in previous semesters.
- The registration form contains the course number, course name and number of credits.

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 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

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 sq ft 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 center 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:

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.
- Recording 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 CURRICULUM SEMESTER I

| SEMESTER I | | | | | | | |
|--------------|--------------|---------------------------|-----------|----------|-----------|-----------|-----------|
| | SUBJECT CODE | SUBJECT TITLE | L | T | P | Total LTP | C |
| | 22YGC401T | Classical Yoga Texts | 5 | 0 | 0 | 5 | 5 |
| | 22YGC402T | Yoga for Modern Age | 5 | 0 | 0 | 5 | 5 |
| | 22YGB403T | Elements of Human Biology | 5 | 0 | 0 | 5 | 5 |
| | 22YGC404L | SKY Yoga Practices | 0 | 0 | 10 | 5 | 5 |
| TOTAL | | | 15 | 0 | 10 | 20 | 20 |

SEMESTER II

| SEMESTER II | | | | | | | |
|-------------|--------------|-----------------------------|---|---|---|-----------|---|
| | SUBJECT CODE | SUBJECT TITLE | L | T | P | Total LTP | C |
| | 19YGC405T | Yogic Science of Energy and | 4 | 0 | 0 | 4 | 4 |

| | | | | | | | |
|--------------|-----------|--|----------|----------|-----------|-----------|-----------|
| | | Consciousness | | | | | |
| | 19YGH406T | Elements of Psychology and Personality Development | 4 | 0 | 0 | 4 | 4 |
| | 19YGC407L | Traditional Yoga Practices-I | 0 | 0 | 6 | 3 | 3 |
| | 19YGC408L | Vethathiri SKY Yoga Practices-I | 0 | 0 | 6 | 3 | 3 |
| TOTAL | | | 8 | 0 | 12 | 14 | 14 |

SEMESTER III

| SEMESTER III | | | | | | | |
|--------------|--------------|---|-----------|----------|----------|--------------|-----------|
| | SUBJECT CODE | SUBJECT TITLE | L | T | P | Total of LTP | C |
| | 19YGC501T | World Community Life | 4 | 0 | 0 | 4 | 4 |
| | 19YGB502T | Indian traditional system of Medicine & Therapies | 4 | 0 | 0 | 4 | 4 |
| | 19YGB503T | Elements of Food and Nutrition | 4 | 0 | 0 | 4 | 4 |
| | 19YGH504T | Environmental studies | 4 | 0 | 0 | 4 | 4 |
| TOTAL | | | 16 | 0 | 0 | 16 | 16 |

SEMESTER IV

| SEMESTER IV | | | | | | | | |
|-------------------------------------|--------------|---|----------|----------|-----------|--------------|-----------|-----------|
| | SUBJECT CODE | SUBJECT TITLE | L | T | P | Total of LTP | C | |
| | 19YGH505T | Research Processes and Statistics in Yoga | 4 | 0 | 0 | 4 | 4 | |
| | 19YGH506T | Guidance, Counseling and Psychotherapy | 4 | 0 | 0 | 4 | 4 | |
| | 19YGC507L | Yoga Practices-II | 0 | 0 | 6 | 3 | 3 | |
| | 19YGP508P | Project report (Dissertation) | 0 | 0 | 30 | 15 | 15 | |
| TOTAL | | | 4 | 0 | 36 | 26 | 26 | |
| TOTAL CREDITS FOR THE COURSE | | | | | | | | 70 |

TOTAL OVERALL CREDIT 70

Learning Assessment Procedure

Academic counselor except in the case of project work where an external examiner may be nominated. The student's performance in each course, in general, is evaluated based on in semester continuous assessment (internal assessment) and end-semester examination.

An in-semester continuous assessment (also known as internal assessment) is spread through the duration of course and is done by the concerned Programme coordinator of the course.

The various assessment components are as follows:

- Assignments
- MCQ based quizzes
- Presentations
- Projects
- Seminars
- Group discussions/activities, etc

The end-semester examination shall have assessment from the following perspective with respect to all courses:

1. Evaluation with respect to knowledge
2. Evaluation with respect to Understanding
3. Evaluation with respect to skill
4. Evaluation with respect to Applications
5. Higher Order Thinking Skills

The assessment method of theory and practical courses is further detailed below:

(a). Theory courses-Course without any practical component

| Assessment tool | Marks | Remarks |
|-----------------|-------|--|
| Assignment-1 | 15 | It will be in the form of Descriptive Question and Answers, presentation of a topic, presentation of field visit reports, Mini projects, MCQ based quizzes, in house seminars as directed by the concerned Programme coordinator of the course. Further, Mini projects comprises Individual project to be submitted by the student and |
| Assignment-2 | 15 | |

| | | |
|-------------------------------------|------------|---|
| Total in-semester assessment | 30 | presentation/Viva-voce supervised by the concerned Academic Coordinator of the course |
| End semester Examination | 70 | Duration–3 hours |
| Total | 100 | |

(b).Theory courses-Course with practical component

| Assessment tool | Marks | Remarks |
|---|--------------|---|
| Assignment-1 | 15 | It will be in the form of Descriptive Question and Answers, presentation of a topic, presentation of field visit reports, Mini projects, MCQ based quizzes, in house seminars as directed by the concerned Programme coordinator of the course. Further, Mini projects comprises Individual project to be submitted by the student and presentation/Viva-voce supervised by the concerned Academic Coordinator of the course |
| Assignment-2 | 15 | |
| Total in-Semester assessment | 30 | |
| End semester Examination-Theory | 40 | Descriptive type theory questions to be answered as per program courses |
| Carrying out laboratory work and submission of record | 20 | Assessment components: Every experiment will carry marks for Observation, Collection of Data ,Analysis, Interpretation, Inference and prompt Submission of Record of Work done. |
| | 10 | Marks for Viva |
| Total End semester Examination | 70 | Duration–3 hours |
| Total | 100 | |

(C) Courses with only practical component Laboratory courses

| Assessment tool | Marks | Remarks |
|---|-----------|---|
| Carrying out laboratory work and submission of record | 20 | Assessment components: Every experiment will carry marks for Observation, Collection of Data, Analysis, Interpretation, Inference and prompt submission of Record of Work done. |
| | 10 | Marks for Viva |
| Total in-semester assessment | 30 | |
| End semester examination | 70 | The nature of the end semester examination shall be informed to the students at the commencement of the course. The end semester examination will be conducted only after the last working day of the semester. The student has to appear for the end semester examination and "Ab" grade will be awarded for non-appearance. |

FINAL PROJECT EVALUATION:

Final semester Major Project (19YGP5089) should be socially relevant and industry focused ones. Students are expected to incorporate the compliance regarding insurance, legal and other statutory issues pertaining to the particular industry / organization. Project has to be done by every individual student in the final semester. On the completion of Project work the student will submit a project report which will be evaluated by duly appointed internal examiner and external examiner.

The evaluation of the Project is done in two phases aggregating top marks 100 on the basis of criteria stipulated by the DDE. In Phase I, 30 marks were awarded by internal faculty members. In Phase II, the balance 70 mark is awarded by way of Project Viva, evaluated by an External Expert along with an internal faculty member.

| Review of Report | | Dissertation Viva voce | |
|------------------|-------|------------------------|-------|
| Component | Marks | Component | Marks |
| First Review | 15 | Presentation | 10 |
| Second | 15 | Analysis | 20 |
| | | Finding and Conclusion | 20 |

| | | | |
|--------------|-----------|-----------|-----------|
| Review | | Viva voce | 20 |
| Total | 30 | | 70 |

Whenever there is a deviation from procedures stated under R.10.3, as warranted by the unique nature of the course, the same will be specified by the concerned Academic Coordinator and approved by the Director of Distance Education.

END SEMESTER EXAMINATION

- Change of Examination Centre Will Not Be Permitted
- 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 where as 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.

EVALUATION

- 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
- 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 30 marks for Internal Assessment and 70 marks for the end semester examinations.
-

EVALUATION RATIO:

| Courses | Internal Assessment | End Semester Examination | |
|--------------------------|---------------------|--------------------------|-----------|
| | | Theory | Practical |
| Theory Without Practical | 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 /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 / Quiz / multiple choice questions/Problem Based Solutions-I | 15 Marks |
| | assignments / Quiz / multiple choice questions/Problem Based Solutions-II | 15 Marks |
| Course with Theory cum practical | Theory with Practical Exercises-1 (Theory –10 Marks Practical 5 Marks) | 15 Marks |
| | Theory with 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 |
| | | VivaVoce | 20 |
| Total | 30 | Total | 70 |

Passing Requirements

A student who secures not less than 50 % of total marks prescribed for any course with a minimum of 50 % marks prescribed for the end semester examination shall be declared to have passed in the examination for that course.

COURSE WISE GRADING OF STUDENTS

Letter Grades and Grade Points (GP) Based on the aggregate of marks obtained through internal assessment and external assessment, each student awarded a final letter grade at the end of the semester, in each Course. The letter grades and the corresponding grade points, as recommended by UGC, are as follows:

| Letter Grade | Grade Points | Normalized Mark Range |
|---------------------|--------------|---|
| 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 on the course |
| Ab(Absent) | 0 | Failure Due To non-appearance examination |

A student is considered to have successfully completed a course and earned the credits if he / she secured a letter grade other than “F” or “Ab” in that course. A letter grade For Ab in a course implies failure in that course.

A Course Successfully Completed Cannot Be Repeated

Procedure in The Event Of Failure/absent

- a. If a student fails / 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 semester with prescribed fees.

REVIEW 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.

RE-APPEARING FOR EXAMINATION

- Students who have secured 'F'(Fail) / 'Ab' (Absent) grade in a particular course can reappear when the end semester examination for that course is again conducted provided they satisfy eligibility conditions on or before the maximum duration of the course
- If a student obtains "F" grade or "Ab" grade in a course for which only internal assessment is applicable as per the regulations at the time of admission of the student.(Ref.R.12.7)
- If a course has both theory and practical components, then the student shall appear in the end semester examination of both the theory and practical components.
- For project work, if a student gets an 'F' or 'Ab' grade he/she should register again for course, earn marks for reviews and project report as applicable and then appear for the final viva. Under these circumstances the student shall choose a new project topic (other than the one he/she had been associated with earlier) under the guidance of the allotted faculty member. Internal assessment is applicable as per R.12.7.1
- All applicable fees charged for the purpose of examination will apply for re-appearance courses as well.

AWARD OF LETTER GRADE

All assessment of course will be done on an 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 (Ref:R.14.1)

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 up to end of that semester 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 forthwith course, $(GP)_i$ = the grade point obtained for the i^{th} course, n = total number of courses and the sum is overall the course taken in that semester, including those in which the student has secured and Abgrades.

- (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 overall the semester under consideration.

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

ACADEMIC DISHONESTY

When a student is found responsible for a violation of the DDE SRMIST code of conduct pertaining to academic dishonesty (Malpractice Examinations), the Office of Controller of Examinations will initiate action based on the pre-approved procedures. Appropriate penalty or punishment will be awarded to the student and communication sent to Director of Distance Education.

ELIGIBILITY FOR THE AWARD OF THE DEGREE

A Student shall be declared to be eligible for the award 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 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 the following table:

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

REVALUATION

There is no revaluation for M.Sc Yoga, programme

REVISION OF REGULATION AND CURRICULUM

The University may from time to time revise, amend or change the regulations, scheme of

examinations and syllabus found necessary.

PATTERN OF QUESTION PAPER

a) Pattern of Question Paper (Theory)

The question paper for all theory courses consists of two parts namely PART - A and PART-B.

PART-A consists of F8 Questions. Any five questions to be answered, each question carries 5 marks.

Part-B consists of 15 marks questions of either pattern for each unit (5 Units). Answer Should not exceed 150 words for each question

8. 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 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 Sq Ft Area. The library buildings:

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

- i. **Books:** Their source center has 136859 volumes of books consisting of 59419 titles. The collection also includes 1550 handbooks and 200 encyclopedias.
- ii. **Periodicals:** Their source center subscribes to 188 National and 32 International periodicals.
- iii. **Back Volumes:** There Are About 4105 Back Volumes.
- iv. **Project reports:** 8235 above project thesis
- v. **Standards:** 781 standards that include BIS, ISA IEEE

9. Cost estimate of the program:

Minimum Duration: 2 Years

Maximum Duration: 4 Years

(Depends on the program chosen by the candidate).

Per Semester: Rs. 4,000/-

Whole Year: Rs.8,000/-

2 Years: Rs.16,000/-

10 . Quality Assurance Mechanism:

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

OBJECTIVES:

The Centre for Internal Quality Assurance has been created as a part of quality control measures enshrined in ODL Regulations, 2017. There are several exercises in the field of distance education which require a separate set of quality parameters which may vary from the on campus programmes for which the IQAC is the nodal agency. The activities in ODL include highly flexible delivery systems and needs primarily to be learner-centric. Hence this calls for a separate monitoring body overseeing the vital quality parameters. The formation of CIQA will ensure the adoption of qualitative distance education right through all the processes. The ODOR programmes envisaged in SRM IST would be a dynamic model aimed at creating abroad-based, technology- assisted and a learner-oriented model. Some of the features are:

- a) To render quality service the OD learners
- b) To constantly revisit the system based on experience and keep the OLD activities dynamic
- c) To maintain quality in all the key area of ODL operations
- d) All the Quality Assurance efforts will be made public and shared among all the stakeholders
- e) To keep in place an effective feed-back system
- f) CIQA will be the nodal body to coordinate the inter functionality among all the departments DDE
- g) To provide interactive platforms among all players in ODL to exchange views, ideas and innovative practices
- h) To ensure quality in the delivery tools form the preparation of Programme Project Report For Each Programme to evaluation of examination scripts
- i) Maintaining accurate records of all the activities in ODL and generate reports of all kinds.

ACTIVITIES:

To achieve the objectives listed above, the following activities of CIQA will be in place:

- a) The CIQA at SRM IST would meet periodically to review the ongoing activities of the Directorate Distance Education
- b) To monitor the preparation of Programme Project Report and ensure that the guidelines of the UGC or strictly adhered to
- c) To oversee the preparation of SLM and suggest effective corrective measures wherever required
- d) To follow up the effectiveness of Personal Contact Programme In Terms of its reach, coverage and participation by the students
- e) To engage constantly with the UGC and MHRD and understand implication of their guidelines
- f) To be in touch with the other institutions offering ODL and familiarize with the best practices followed elsewhere
- g) To encourage research on distance education and encourage the Faculty of SRMIST to go for publication and participate in seminars and conferences.
- h) To prepare reports on the progress of DDE periodically and maintain key data on ODL activities SRMIST
- i) To ensure that the learning is maximized through learner-centric approaches

FUNCTIONS

The functions of CIQA will include the following:

- a) The CIQA will collect the Programme Project Report (PPR) for each programme and vet it for quality
- b) It will get the PPRs approved by all the all the statutory bodies of SRMIST
- c) The CIQA will ensure the implementation of all the policies pertaining to distance education of SRMIST
- d) It will generate reports on various activities of DDE and make them available to the authorities of the University
- e) It will ensure production of quality SLM for each programme and look for the guidelines of the UGC in preparation SLM
- f) The CIQA will ensure the implementation of the UGC guidelines in every aspect of the functioning of DDE in SRMIST.

10.1 The expected Program outcomes:

- Understanding and operating with ethical and professional responsibility
- Ability to communicate effectively and function efficiently on multidisciplinary teams.

- Ability to use modern journalism principles and tools needed in contemporary business within the bounds of practical constraints such as environmental, social, political, ethical and sustainability.
- Develop skills to be a life-long learner for globalized for future.