

**Program Project Report (PPR)**

**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE**  
(One Year Program)



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

## Index

S. No	Content
1	<b>INTRODUCTION</b>
1.1	Scope of the program
1.2	Career opportunities
1.3	Teaching Pedagogy
1.4	Academic Counselling
1.5	Student Support Services
2	<b>PROGRAMME EDUCATION OBJECTIVES</b>
3	<b>RELEVANCE OF THE PROGRAMME WITH HEI'S MISSION AND GOALS</b>
4	<b>NATURE OF PROSPECTIVE TARGET GROUP OF LEARNERS</b>
5	<b>APPROPRIATENESS OF PROGRAMME TO ACQUIRE SPECIFIC SKILLS AND COMPETENCE</b>
6	<b>Instructional Design:</b>
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	<b>STRUCTURE OF DIPLOMA IN YOGA PROGRAMME</b>
7.1	Admission
7.2	Eligibility and Duration
7.3	Evaluation System
7.4	Eligibility for the award of the Diploma
7.5	Classification of the Diploma award
8	<b>LIBRARY RESOURCES:</b>
9	<b>COST ESTIMATE OF THE PROGRAM</b>
10	<b>QUALITY ASSURANCE MECHANISM</b>
10.1	Program outcomes

## 1. INTRODUCTION

The **Diploma 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** unlike the modern medical practices which are under HEALTH CURE SYSTEMS.

Yoga practices were not in a very formal educational practice but 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 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 are formally and properly qualified in 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 Central universities to start ‘Departments in Yoga’ and its allied fields of knowledge.

### 1.1 Scope of the program

career opportunities in this field are increasing in India as well as in abroad also. After pursuing yoga courses, one can work in health clubs, yoga, special needs centre, private gym and in individual clients homes.

Yoga also opens various jobs in the given field such as research, management, hospital, academic, administrative, consultation, etc. The government has made it compulsory to have a Yoga teacher in every school.

## 1.2 Career Opportunities

### 1. Yoga trainer

- Can pursue 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

### 2. Yoga Counsellors

- Wellness Centers/ IT/ ITES.

### 3. Yoga Therapist

- for Private Hospitals
- Health Care Centers (ie., Primary Health Centers, Rehabilitation Centers etc.,

### 4. Eligible for Obtaining QCI Certifications in Yoga Master, Yoga Acharya

AYUSH Ministry QCI Certification – (This Certificate is Eligible for becoming

**International Yoga Professional Trainer**)

## 1.3 Teaching Pedagogy

- Lectures
- Physical and Mental Practices
- Seminars, Guest Lectures and Workshops
- Experiential Training Programmes
- Case Studies and Presentations
- Group Discussions

## 1.4 Academic Counselling

In order to provide academic assistance to students, different levels of Counselling /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.

- WhatsApp groups has been created for students to post their issues.

## **2 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
- 

## **3 RELEVANCE OF THE PROGRAMME WITH HEI'S MISSION AND GOALS**

One of the fundamental aims of education is providing opportunities for learners at all level. The Diploma Yoga for Human Excellence Programme would help them to transform the individual into intellectually competent human resources which could help the upliftment of the nation. The distance mode of education is effective in imparting quality education through flexi-timings.

## **4 TARGET GROUP OF LEARNERS**

A pass in HSC or Graduates and Working Professionals who are passionate in becoming a professional yoga trainer. We also target the learners form 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.

## **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 DIPLOMA IN YOGA PROGRAMME**

### **MEDIUM OF INSTRUCTION: English**

### **ADMISSION**

Minimum qualification for admission to Diploma Programme (Distance Education) shall be:

A pass in the 12<sup>th</sup> 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 Diploma programme the decision of the university 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 authorities of the University may revoke the admission and report the matter to the Vice Chancellor.

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

## ELIGIBILITY AND DURATION

Programmes	Eligibility	Credits	Duration	Maximum Duration
Diploma in yoga for Human Excellence	10, +2 ( HSC) -Any Group or equivalent (or) 10+3 year Diploma	40	1Year	3 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

The Evaluation process has been developed based on objective and scientific guidelines with due importance to continuous Internal Assessments and End Semester Examinations. This is to ensure that the learners get a fair chance of proving their mettle in different platforms of evaluation.

There will be Single valuation for all Diploma programmes at the End Semester examinations.

The maximum marks for any course will be 100 comprising of 50 marks for Internal Assessment and 50 marks for the end semester examinations. Evaluation Ratio:

Courses	Internal Assessment	Annual Examination
Theory	50 Marks	50 Marks

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

The Examination will be conducted at the end of each semester.

- a. A student should have appeared for the examination of the prescribed course of study to become eligible for the award of the grade in that course.



- b. A student who secures not less than 40 % of total marks prescribed for any course, with a minimum of 40% marks prescribed for the examination shall be declared to have passed in the examination for that course.
- c. If a student fails in a particular subject, he/she may appear for the university examination in that subject 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.
- d. Change of examination centre will not be permitted
- e. A student has to register compulsorily for all the subjects.

### **ELIGIBILITY FOR THE AWARD OF THE DIPLOMA**

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

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

### **CLASSIFICATION OF THE DIPLOMA AWARD**

A student who qualifies for the award of the diploma having passed the examination in all the courses in his/her first appearance securing a CGPA of not less than 8.00 shall be declared to have passed the examination in First Class with distinction.

A student who qualifies for the award of the diploma having passed the examination in all the courses within the minimum duration securing a CGPA of not less than 6.0 shall be declared to have passed the examination in First class.

All other students (not covered in clauses R.12.1 & R.12.2) who qualify for the award of the diploma having passed the examination in all the courses shall be declared to have passed the examination in Second class.

### **ACTIVITIES**

In order to provides conceptual knowledge, logical reasoning ability and analytical skills in the domain of yoga. 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 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

### **9. COST ESTIMATE OF THE PROGRAM:**

Minimum Duration: 1 Years

1st Semester: Rs.4,000/-

2nd Semester: Rs.3,500/-

1 Year: Rs.7,500

### **10. 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 STRUCTURES

### DIPLOMA IN YOGA CURRICULUM AND SYLLABUS 2022

#### SEMESTER I

CAREERSTREAM	SUBJECTCODE	SUBJECTTITLE	L	T	P	TotLTP	C
Theory1	22DYD101T	Essentials of Yoga	5	0	0	5	5
Theory2	22DYD102T	Yoga and Human Biology	5	0	0	5	5
Theory3	22DYD103J	Yoga and Naturopathy	4	0	2	5	5
LAB 1	22DYD104P	Yoga Practices-I	0	0	10	5	5
<b>TotalCredits</b>			<b>14</b>	<b>0</b>	<b>12</b>	<b>20</b>	<b>20</b>

#### SEMESTER II

CAREERSTREAM	SUBJECTCODE	SUBJECTTITLE	L	T	P	TotLTP	C
Theory4	22DYD201T	Yoga for Value Education	5	0	0	5	5
Theory5	22DYD202T	Yoga and Community Welfare	5	0	0	5	5
Theory6	22DYD203J	Yoga and Mental Health	4	0	2	5	5
LAB 2	22DYD204P	Yoga Practice - II	0	0	10	5	5
<b>Total Credits</b>			<b>14</b>	<b>0</b>	<b>12</b>	<b>20</b>	<b>20</b>

**TOTAL CREDIT : 40**

## **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:**

The programme produce the quality resources such as evaluators, teachers, counsellors, facilitators, trainers and educators to enhance their capacities at their work place through new knowledge, to improve their life style and also to avoid the ailments.