



MOOGAMBIGAI CHARITABLE AND EDUCATIONAL TRUST

Rajarajeswari College of Engineering

(An Autonomous Institution under Visvesvaraya Technological University, Belagavi)
#14, Ramohalli Cross, Kumbalagodu, Mysore Road, Bengaluru-560074



Common Courses

**III & IV Semester
UG – B.E (2024 Scheme)**

INDEX

Sl. No.	Course Code	Course Title	Page No.
1.	B25SCK307	Social Connect and Responsibility	1
2.	B25NCK391/491	National Service Scheme (NSS)	3
3.	B25NCK392/492	National Cadet Corps (NCC)	5
4.	B25NCK393/493	Physical Education (PE)	6
5.	B25NCK394/494	Yoga	14
6.	B25NCK395/495	Music	23
7.	B25UHK407	Universal Human Values	24



SEMESTER-III			
SOCIAL CONNECT & RESPONSIBILITY			
Category: UHV			
Course Code	: B24SCK307	CIE	: 50 Marks
Teaching Hours L : T : P	: 0:0:2	SEE	: 50 Marks
Total Hours	: 15(T)	Total	: 100 Marks
Credits	: 1	SEE Duration	: 3 Hrs

Course Objectives	
1.	Provide a formal platform for students to communicate and connect to the surrounding.
2.	Create a responsible connection with the society.
3.	Understand the community in general in which they work.
4.	Identify the needs and problems of the community and involve them in problem-solving.
5.	Develop among themselves a sense of social & civic responsibility & utilize their knowledge in finding practical solutions to individual and community problems.
6.	Develop competence required for group-living and sharing of responsibilities & gain skills in mobilizing community participation to acquire leadership qualities and democratic attitudes

Module-1: Plantation and adoption of a tree	No. of Hours
Plantation of a tree that will be adopted for four years by a group of BE / B. Tech students. (ONE STUDENT ONE TREE) They will also make an excerpt either as a documentary or a photo blog describing the plant's origin, its usage in daily life, its appearance in folklore and literature - - Objectives, Visit, case study, report, outcomes	3
Module-2: Heritage walk and crafts corner	No. of Hours
Heritage tour, knowing the history and culture of the city, connecting to people around through their history, knowing the city and its craftsman, photo blog and documentary on evolution and practice of various craft forms - - Objectives, Visit, case study, report, outcomes.	3
Module-3: Organic farming and waste management	No. of Hours
Usefulness of organic farming, wet waste management in neighboring villages, and implementation in the campus- Objectives, Visit, case study, report, outcomes.	3
Module-4 : Water conservation	No. of Hours
Knowing the present practices in the surrounding villages and implementation in the campus, documentary or photo blog presenting the current practices - Objectives, Visit, case study, report, outcomes.	3
Module-5 : Food walk	No. of Hours
City's culinary practices, food lore, and indigenous materials of the region used in cooking- Objectives, Visit, case study, report, outcomes.	3

Course Outcomes: At the end of the course, the students will be able to	
CO1	Communicate and connect to the surrounding.
CO2	Create a responsible connection with the society.
CO3	Involve in the community in general in which they work.
CO4	Notice the needs and problems of the community and involve the min problem-solving.
CO5	Develop among themselves a sense of social & civic responsibility & utilize their knowledge in finding practical solutions to individual and community problems.
CO6	Develop competence required for group-living and sharing of responsibilities & gain skills in mobilizing community participation to acquire leadership qualities and democratic attitudes.

ASSESSMENT DETAILS (BOTH CIE AND SEE)

The weightage of Continuous Internal Evaluation (CIE) is 50% and for Semester End Exam (SEE) is 50%. The minimum passing mark for the CIE is 40% of the maximum marks (20 marks out of 50) and for the SEE minimum passing mark is 35% of the maximum marks (18 out of 50 marks). A student shall be deemed to have satisfied the academic requirements and earned the credits allotted to each subject/ course if the student secures a minimum of 40% (40 marks out of 100) in the sum total of the CIE (Continuous Internal Evaluation) and SEE (Semester End Examination) taken together.



CONTINUOUS INTERNAL EVALUATION (CIE)

CIE FOR THE THEORY:

1. Three tests each of 50 marks, after the completion of the syllabus 40%, 70% and 100% respectively.
2. Average of best two internal assessment tests each of 50 marks, scale down to 30 marks.
3. The students have to complete the five activities (one activity per module) and each activity is evaluated for 5 marks. The obtained activity marks is scale down to 5 marks. The activities report is evaluated for 15 marks.
4. Total marks scored (30+20 = 50 marks).
5. The minimum passing mark for the CIE is 40% of maximum marks (20 marks out of 50).

SEMESTER END EXAMINATION (SEE)

Semester End Examination will be conducted by the two examiners (Internal Faculty members) appointed by the BOE Chairman of the respective department and get approval from Principal / COE. The SEE marks awarded shall be based on the evaluation of write-up, project presentation skill, question and answer session in the ratio 25:50:25.

CO-PO Mapping

PO \ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO8	PO11
CO1	1	1	-	-	-	-	-	-	-	-	1
CO2	1	1	-	-	-	-	-	-	-	-	1
CO3	1	1	-	-	-	-	-	-	-	-	1
CO4	1	1	-	-	-	-	-	-	-	-	1
CO5	1	1	-	-	-	-	-	-	-	-	1
CO6	1	1	-	-	-	-	-	-	-	-	1

Level 3 - High, Level 2 - Moderate, Level 1 - Low



SEMESTER-III & IV					
NATIONAL SERVICE SCHEME (NSS)					
Category: NCMC					
Course Code	:	B24NCK391/491	CIE	:	50 Marks
Teaching Hours L : T : P	:	1:0:0	SEE	:	---
Total Hours	:	50	Total	:	50 Marks
Credits	:	--	SEE Duration	:	--

Course Objectives	
1.	Understand the community in which they work
2.	Identify the needs and problems of the community and involve the min problem-solving
3.	Develop among themselves a sense of social & civic responsibility & utilize their knowledge in finding practical solutions to individual and community problems
4.	Develop competence required for group-living and sharing of responsibilities & gain skills in mobilizing community participation to acquire leadership qualities and democratic attitudes
5.	Develop capacity to meet emergencies and natural disasters & practice national integration and social harmony

CONTENT	No. of Hours
<ol style="list-style-type: none"> 1. Organic farming, Indian Agriculture (Past, Present and Future) Connectivity for marketing. 2. Waste management–Public, Private and Govt. organization. 3. Setting of the information imparting club for women leading to contribution in social and economic issues. 4. Water conservation techniques–Role of different take holders–Implementation. 5. Preparing an actionable business proposal for enhancing the village income and approach for implementation. 6. Helping local schools to achieve good results and enhance their enrolment in Higher/ technical/ vocational education. 7. Developing Sustainable Water management system for rural areas and implementation approaches. 8. Contribution to any national level initiative of Government of India.Digital India, Skill India, Swachh Bharat, Atmanirbhar Bharath, Make in India, Mudra scheme, Skill development programs etc. 9. Spreading public awareness under rural outreach programs.(minimum 5 programs). 10. Social connect and responsibilities. 11. Plantation and adoption of plants. Know your plants. 12. Organize National integration and social harmony events/ workshops / seminars. (Minimum 02 programs). 13. Govt. school Rejuvenation and helping them to achieve good infrastructure. <p>NOTE:</p> <p>Students have to take up any one activity on the above said topics and have to prepare content for awareness and technical contents for implementation of the projects and have to present strategies for implementation of the same. Compulsorily students have to attend one camp.</p> <p>CIE will be evaluated based on their presentation, approach and implementation strategies.</p>	50



Course Outcomes: After completing the course, the students will be able to	
CO1	Understand the importance of his/her responsibilities towards society.
CO2	Analyze the environmental and societal problems/issues and will be able to design solutions for the same.
CO3	Evaluate the existing system and to propose practical solutions for the same for sustainable development.
CO4	Implement government or self-driven projects effectively in the field.

CO-PO Mapping

PO \ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO12
CO1	3	2	-	-	3	-	-	-	-	-	-
CO2	3	2	-	-	3	-	-	-	-	-	-
CO3	3	2	-	-	3	-	-	-	-	-	-
CO4	3	2	-	-	3	-	-	-	-	-	-

Level 3- Highly Mapped, Level 2-Moderately Mapped, Level 1-Low Mapped, Level 0- Not Mapped



SEMESTER-III & IV			
NATIONAL CADET CORPS (NCC)			
Category: NCMC			
Course Code	: B24NCK392/492	CIE	: 50 Marks
Teaching Hours L : T : P	: 1:0:0	SEE	: --
Total Hours	: 50	Total	: 50 Marks
Credits	: --	SEE Duration	: --

Course Objectives	
1.	To develop character, camaraderie, discipline, secular outlook, the spirit of adventure, sportsman spirit, and ideals of selfless service amongst cadets by working in teams, honing qualities such as self-discipline, self-confidence, self-reliance, and dignity of labour in the cadets.
2.	To create a pool of organized, trained, and motivated youth with leadership qualities from all walks of life, who will serve the Nation regardless of which career they choose
3.	To provide a conducive environment to motivate young Indians to choose the Armed Forces as a career

Content	No. of Hours
Unit 1. Personality Development: Group Discussions - Change your Mindset, Public Speaking. Unit 2. Leadership Development: Case Studies– APJ Abdul Kalam, DeepaMalik, Maharana Pratap, N Narayan Murthy etc. Unit 3. Disaster management: Disaster Management Capsule, Organization, Types of Disasters, Essential Services, Assistance, Civil Defense Organization. Unit 4. Adventure: Adventure Activities Unit 5. Border & Coastal Areas: History, Geography & Topography of Border/ Coastal Areas. Unit 6. Drill: Arm Drill, Rifle ke saath Savdhan, Vishram aur Aram se, Rifle ke saath Parade Paraur Saj, Riflekesaath Visarjan, LineTod, Bhumi Shastra aur Uthao Shastra, BagalShastra aur Baju Shastra. Unit 7. Weapon Training: Short Range firing. Unit 8. Map Reading: Setting of Map, Findings North and Own Position Unit 9. Field Craft & Battle Craft: Observation, Camouflage, Concealment. Unit 10. Obstacle Training: Obstacle training - Introduction, Safety-measures, Benefits. Obstacle Course- Straight balance, Clear Jump, Gate Vault, Zig- Zag Balance, High Wall	50



SEMESTER-III & IV					
PHYSICAL EDUCATION(PE)					
Category: NCMC					
Course Code	:	B24NCK393/493	CIE	:	50 Marks
Teaching Hours L : T : P	:	1:0:0	SEE	:	--
Total Hours	:	--	Total	:	50 Marks
Credits	:	--	SEE Duration	:	--

Semester	Course
III	Fitness Components Kabaddi / KhoKho
IV	Athletics Volleyball Throw ball
V	Athletics Football / Hockey
VI	Athletics Cricket / Base ball
VII	Athletics Netball / Basketball
VIII	Individual Games Handball / Badminton

Notes:

- One Hour of Lecture is equal to 1 Credit
- One Hour of Tutorial is equal to 1 Credit (Except Languages)
- Two Hours of Practical is equal to 1 Credit
- SEE: Semester End Examination
- CIE: Continuous Internal Examination
- L+T+P: Lecture + Tutorial + Practical



Guideline for Athletic and Sports

Semester & Course Code	Course Title	Content	No. of Hours
3 rd Semester B24NCK393	Fitness Components	Meaning and Importance, Fit India Movement, Definition of fitness, Components of fitness, Benefits of fitness, Types of fitness and Fitness tips. Practical Components: Speed, Strength, Endurance, Flexibility, and Agility KABADDI A. Fundamental skills <ul style="list-style-type: none"> ➤ Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. ➤ Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. ➤ Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	Total-32 hours 2 hours / week
	Speed Strength Endurance Agility Flexibility	A. Fundamental skills <ul style="list-style-type: none"> ➤ Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul. ➤ Skills in running: Chain Play, Ring play and Chain & Ring mixed play. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	
	Kho kho	A. Fundamental skills <ol style="list-style-type: none"> 1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials	
	Kabaddi	A. Fundamental skills <ol style="list-style-type: none"> 1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials	



4 th Semester B24NCK493	<p>Athletics Track-Sprints Jumps-Long Jump Throws-Shot Put</p>	<p>Track Events</p> <ul style="list-style-type: none"> ➤ Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. ➤ Acceleration with proper running techniques. ➤ Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. <p>Long Jump: Approach Run, Take-off, Flight in the air (Hang Style / Hitch Kick) and Landing</p> <p>Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique)</p>	Total-32 hours 2 hours / week
	Volleyball	<p>A. Fundamental skills</p> <p>Service: Under arm service, Side arm service, Tennis service, Floating service.</p> <p>Pass: Under arm pass, Over head pass.</p> <p>Spiking and Blocking.</p> <p>Game practice with application of Rules and Regulations</p> <p>B. Rules and their interpretation and duties of officials.</p>	
	Throw ball	<p>A. Fundamental skills</p> <p>Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return.</p> <p>B. Rules and their interpretations and duties of officials</p>	



5th Semester B24NCK593	Athletics Track-110&400 Meters Hurdles Jumps-High Jump Throws-Discuss Throw	110 Meters and 400 Meters: Hurdling Technique: Lead leg Technique, Trail leg Technique, Side Hurdling, Over the Hurdles Crouch start (its variations) use of Starting Block. Approach to First Hurdles, In Between Hurdles, Last Hurdles to Finishing. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing. Discus Throw: Holding the Discus, Initial Stance Primary Swing, Turn, Release and Recovery (Rotation in the circle).	Total-32 hours 2 hours / week
	Football	A. Fundamental Skills <ul style="list-style-type: none"> ➤ Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. ➤ Trapping: Trapping-the Rolling ball, and the Bouncing ball with sole of the foot. ➤ Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. ➤ Heading: In standing, running and jumping condition. ➤ Throw-in: Standing throw-in and Running throw-in. ➤ Feinting: With the lower limb and upper part of the body. ➤ Tackling: Simple Tackling, Slide Tackling. ➤ Goal Keeping: Collection of Ball, Ballclearance-kicking, throwing and deflecting. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	
	Hockey	A. Fundamental Skills <ul style="list-style-type: none"> ➤ Passing: Short pass, Long pass, push pass, hit ➤ Trapping. ➤ Dribbling and Dozing. ➤ Penalty stroke practice. ➤ Penalty corner practice. ➤ Tackling: Simple Tackling, Slide Tackling. ➤ Goal Keeping, Ball clearance-kicking, and deflecting. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	



<p>6th Semester B24NCK693</p>	<p>Athletics Track-Relays Jumps-Triple Jump Throws-Javelin Throw</p>	<p>Relay Race: Starting, Baton Holding / Carrying, Baton Exchange in between zone, and Finishing. Triple Jump: Approach Run, Take-off, Flight in the Hop, Step, Jump and Landing. Javelin Throw: Grip, Carry, and Recovery (3/5 Impulse stride). Release.</p>	<p>Total-32 hours 2 hours / week</p>
	<p>CRICKET</p>	<p>A. Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Batting-Forward Defense Stroke, Backward Defense Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. ➤ Bowling-Out-swing, In-swing, Off Break, Leg Break and Googly. ➤ Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn. ➤ Wicket Keeping <p>B. Rules and their interpretation and duties of officials.</p>	
	<p>BASEBALL</p>	<p>A. Fundamental Skills Player Stances–walking, extending walking, L stance, cat stance. Grip – standard grip, choke grip. Batting – swing and bunt. Pitching. Baseball: Slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball.</p> <p>B. Rules and their interpretation and duties of officials.</p>	



7th Semester B24NCK793	Athletics Combined Events- Heptathlon & Decathlon Jumps- Pole Vault Throws-Hammer Throw	Combined Events: Heptathlon all the 7 events Decathlon: All 10 Events Pole Vault: Approach Run, Planting the Pole, Take-off, Bar Clearance and Landing. Hammer Throw: Holding the Hammer, Initial Stance Primary Swing, Turn, Release and Recovery (Rotation in the circle).	Total-32 hours 2 hours / week
	Basketball	A. Fundamental Skills <ul style="list-style-type: none"> ➤ Passing: Two hands Chest Pass, Two hands Bounce Pass, One hand Base ball Pass, Side arm Pass, Overhead Pass, Hook Pass. ➤ Receiving: Two hand receiving, one hand receiving, Receiving in stationary position, receiving while jumping and Receiving while Running. ➤ Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. ➤ Shooting: Lay-up shot and its variations, one hand set shot, two hands jump shot, Hook shot, Free Throw. ➤ Rebounding: Defensive rebound and Offensive rebound. ➤ Individual Defence: Guarding the player with the ball and without the ball, pivoting. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	
	Netball	A. Fundamental skills <ul style="list-style-type: none"> ➤ Catching: one handed, two handed, with feet grounded and in flight. ➤ Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce). ➤ Footwork: Landing on one foot, landing on two feet, Pivot, Running pass. ➤ Shooting: One hand, forward step shot, and back ward step shot. ➤ Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed. ➤ Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing. ➤ Intercepting: Pass and shot. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	



8th Semester B24NCK893	Individual games Shuttle Badminton	A. Fundamental skills <ul style="list-style-type: none"> ➤ Basic Knowledge: Various parts of the Racket and Grip. ➤ Service: Short service, Long service, Long-high service. ➤ Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	Total-32 hours 2 hours / week
	Table Tennis	A. Fundamental skills <ul style="list-style-type: none"> ➤ Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip). ➤ Stance: Alternate & Parallel. ➤ Push and Service: Backhand & Forehand. ➤ Chop: Backhand & Forehand. ➤ Receive: Push and Chop with both Backhand & Forehand. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	
	Hand ball	A. Fundamental skills <ul style="list-style-type: none"> ➤ Catching, Throwing and Ball control, ➤ Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot. ➤ Dribbling: High and low. ➤ Attack and counter attack, simple counter attack, counter attack from two wings and center. ➤ Blocking, Goal Keeping and Defensive skills. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	
	Ball Badminton	A. Fundamental skills <ul style="list-style-type: none"> ➤ Basic Knowledge: Various parts of the Racket and Grip. ➤ Service: Short service, Long service, Long-high service. ➤ Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. ➤ Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	



REFERENCES

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6. Vivek Thani, Coaching Cricket, Khel Sahitya Kendra, New Delhi.
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9. Naveen Jain, Play and Learn Basketball, Khel Sahitya Kendra, New Delhi.
10. Dubey, H. C. Basketball, Discovery Publishing House, New Delhi.
11. Rachana Jain, Teach Yourself Basketball, Sports Publication.
12. Jack Nagle, Power Pattern Of fences for winning basketball, Parker Publishing Co., New York. 13 Renu Jain, Play and Learn Basketball, Khel Sahitya Kendra, New Delhi.
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SEMESTER-III -& IV					
YOGA					
Category: NCMC					
Course Code	:	B24NCK394/494	CIE	:	50 Marks
Teaching Hours L : T : P	:	1:0:0	SEE	:	--
Total Hours	:	--	Total	:	50 Marks
Credits	:	--	SEE Duration	:	--

Semester	Course
III Semester	<ol style="list-style-type: none">1) Introduction of Yoga, Aim and Objectives of yoga, Prayer2) Brief introduction of yogic practices for common man3) Rules and regulations4) Misconceptions of yoga5) Suryanamaskara6) Different types of Asanas<ol style="list-style-type: none">a. Sittingb. Standingc. Prone lined. Supine line
IV Semester	<ol style="list-style-type: none">1) Patanjali's Ashtanga Yoga2) Suryanamaskara3) Different types of Asanas<ol style="list-style-type: none">a. Sittingb. Standingc. Prone lined. Supine line4) Kapalbhathi5) Pranayama
V Semester	<ol style="list-style-type: none">1) Patanjali's Ashtanga Yoga2) Surya namaskara3) Different types of Asanas<ol style="list-style-type: none">a. Sittingb. Standingc. Pronelined. Supineline4) Kapalbhathi5) Pranayama



VI Semester	<ol style="list-style-type: none">1) Patanjali's Ashtanga Yoga2) Suryanamaskara3) Different types of Asanas<ol style="list-style-type: none">a. Sittingb. Standingc. Prone lined. Supine line4) Kapalbhathi5) Pranayama
VII Semester	<ol style="list-style-type: none">1) Patanjali's Ashtanga Yoga2) Suryanamaskara3) Different types of Asanas<ol style="list-style-type: none">a. Sittingb. Standingc. Prone lined. Supine line4) Kapalbhathi5) Pranayama
VIII Semester	<ol style="list-style-type: none">1) Patanjali's Ashtanga Yoga2) Suryanamaskara3) Different types of Asanas<ol style="list-style-type: none">a. Sittingb. Standingc. Prone lined. Supine line4) Kapalbhathi5) Pranayama6) Shat Kriyas

Notes:

- One Hour of Lecture is equal to 1 Credit
- One Hour of Tutorial is equal to 1 Credit (Except Languages)
- Two Hours of Practical is equal to 1 Credit
- SEE: Semester End Examination
- CIE: Continuous Internal Examination
- L+T+P: Lecture + Tutorial + Practical



Guidelines for Yoga Syllabus

Semester & Course Code	Course Title	Content	No. of Hours
3rd Semester B24NCK394	Introduction of Yoga, Aim and Objectives of yoga, Prayer	Yoga, its origin, history and development. Yoga, its meaning, definitions. Different schools of yoga, importance of prayer	Total-32 hours 2 hours / week
	Brief introduction of yogic practices for common man	Yogic practices for common man to promote positive health	
	Rules and regulations	Rules to be followed during yogic practices by practitioner	
	Misconceptions of yoga	Yoga its misconceptions, Difference between yogic and non yogic practices.	
	Suryanamaskara	Suryanamaskar prayer and its meaning, Need, importance and benefits of Suryanamaskar 12 count, 2 rounds	
	Different types of Asanas Sitting <ul style="list-style-type: none"> ➤ Padmasana ➤ Vajrasana Standing <ul style="list-style-type: none"> ➤ Vrikshana ➤ Trikonasana Prone line <ul style="list-style-type: none"> ➤ Bhujangasana ➤ Shalabhasana Supine line <ul style="list-style-type: none"> ➤ Utthitadvipadasana ➤ Ardhalasana 	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana.	



4th Semester B24NCK494	Patanjali's Ashtanga Yoga ➤ Yama ➤ Niyama	Patanjali's Ashtanga Yoga its need and importance. <u>Yama:</u> Ahimsa, satya, asteya, brahmacarya, aparigraha. <u>Niyama:</u> shoucha, santosh, tapa, svaadhyaya, Eshvara pranidhan	Total-32 hours 2 hours / week
	Suryanamaskara	Suryanamaskar 12 count, 4 rounds	
	Different types of Asanas Sitting ➤ Sukhasana ➤ Paschimottanasana Standing ➤ Ardhakati Chakrasana ➤ Parshva Chakrasana Prone line ➤ Dhanurasana Supine line ➤ Halasana ➤ Karna Peedasana	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana.	
	Kapalabhati	Meaning, importance and benefits of Kapalabhati. 40 strokes/min, 3 rounds	
	Pranayama ➤ Suryanuloma-Viloma ➤ Chandranuloma-Viloma ➤ Suryabhedana ➤ ChandraBhedana ➤ Nadishodhana	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	



5th Semester B24NCK594	Ashtanga Yoga ➤ Asana ➤ Pranayama	Patanjali's Ashtanga Yoga its need and importance.	Total-32 hours 2 hours / week
	Suryanamaskara	Suryanamaskar 12 count, 6 rounds	
	Different types of Asanas Sitting ➤ Ardha Ushtrasana ➤ Vakrasana Standing ➤ Urdhva Hastothanasana ➤ Hastapadasana Prone line ➤ Padangushtha Dhanurasana Supine line ➤ Sarvangasana ➤ Chakraasana	Asana, Need, importance of Asana. Different types. Asana its meaning by name, technique, precautionary measures and benefits of each asana.	
	Kapalabhati	Revision of practice 50 strokes/min, 3 rounds	
	Pranayama ➤ Surya Bhedana ➤ Ujjayi	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, Precautionary measures and benefits of each Pranayama.	



6th Semester B24NCK494	Ashtanga Yoga ➤ Pratyahara ➤ Dharana	Patanjali's Ashtanga Yoga its need and importance.	Total-32 hours 2 hours / week
	Suryanamaskara	Revision of practice 12 count, 8 rounds	
	Different types of Asanas Sitting ➤ AakarnaDhanurasana ➤ YogamudrainPadmasana Standing ➤ ParivrittaTrikonasana ➤ Utkatasana Prone line ➤ PoornaBhujangasana/ Rajakapotasana Supine line ➤ Navasana/Noukasana ➤ Pavanamuktasana	Asana, Need, importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana.	
	Kapalabhati	Revision of practice 60 strokes/min, 3 rounds	
	Pranayama ➤ Sheetali ➤ Sheektari	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	



7th Semester B24NCK494	Ashtanga Yoga <ul style="list-style-type: none"> ➤ Dhyana (Meditation) ➤ Samadhi 	Patanjali's Ashtanga Yoga its need and importance.	Total-32 hours 2 hours / week
	Suryanamaskara	Revision of practice 12count, 10rounds.	
	Different types of Asanas Sitting <ul style="list-style-type: none"> ➤ Vibhakta Paschimottanasana ➤ Yogamudra inVajrasana Standing <ul style="list-style-type: none"> ➤ Parshvakonasana ➤ Ekapadbaddhpadmottanasana Prone line balancing <ul style="list-style-type: none"> ➤ Mayurasana Supine line <ul style="list-style-type: none"> ➤ Sarvangasana ➤ Setubandhasana ➤ Shavasanaa (Relaxation poisture) 	Asana, Need, Importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana.	
	Kapalabhati	Revision of practice 80 strokes/min, 3 rounds	
	Pranayama <ul style="list-style-type: none"> ➤ Bhastrika ➤ Bhramari 	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, Precautionary measures and benefits of each Pranayama.	



8th Semester B24NCK494	Suryanamaskara	Revision of practice 12count, 12 rounds.	Total-32 hours 2 hours / week
	Different types of Asanas Sitting ➤ Bakasana ➤ Hanumanasana ➤ Ekapada Rajakapotasana Standing ➤ Vatayanasana ➤ Garudasana ➤ Natarajasana Balancing ➤ Sheershasana Supine line ➤ 1.Setubandha Sarvangasana ➤ Shavasanaa (Relaxation poisture)	Asana, Need, importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana.	
	Kapalabhati	Revision of practice 100 strokes/min, 3 rounds.	
	Pranayama ➤ Nadishodhana ➤ Ujjai ➤ Bhramari	Revision of practices	
	ShatKriyas ➤ Jalaneti & sutraneti ➤ Nouli (only for men) ➤ Sheetkarma Kapalabhati	Meaning, Need, importance of Shatkriya. Different types. Meaning by name, technique, precautionary measures and benefits of each Kriya	

Book for Reference:

- Swami Kuvulyananda: Asma (Kavalayadhama, Lonavala)
- Tiwari, O P: Asana Why and How
- Ajitkumar: Yoga Pravesha (Kannada)
- Swami Satyananda Saraswati: Asana Pranayama, Mudra, Bandha (Bihar School of yoga, Munger)



- Swami Satyananda Saraswati: Surya Namaskar (BiharSchoolofyoga,Munger)
- Nagendra H R: The art and science of Pranayama
- Tiruka: Shatkriyegalu (Kannada)
- Iyengar B K S: Yoga Pradipika (Kannada)
- Iyengar B K S: Light on Yoga (English)



SEMESTER-III & IV			
MUSIC			
Category: NCMC			
Course Code	: B24NCK395/495	CIE	: 50 Marks
Teaching Hours L : T : P	: 1:0:0	SEE	: --
Total Hours	: --	Total	: 50 Marks
Credits	: --	SEE Duration	: --

Course Objectives	
1.	Identify the major traditions of Indian music, both through notations and aurally.
2.	Analyze the compositions with respect to musical and lyrical content
3.	Demonstrate an ability to use music technology appropriately in a variety of setting.

Module – 1	No. of Hours
Preamble: Contents of the curriculum intend to promote music as language to develop an analytical, Creative, and intuitive Understanding. For this the student must experience music through study and direct participation in improvisation and composition. Origin of the Indian Music: Evolution of the Indian music system, Understanding of Shruthi, Nada, Swara, Laya, Raga Tala, Mela.	3
Module – 2	No. of Hours
Compositions: Introduction to the types of composition in Carnatic Music- Geethe, Jath i, Swara, Swarajathi, Varna, Krithi, and Thillana, Notation System.	3
Module – 3	No. of Hours
Composers: Biography and contributions of Purandaradasa, Thyagaraja, Mysoro Vasudevacharya.	3
Module – 4	No. of Hours
Music Instruments: Classification and construction of string instruments, wind instruments, percussion instruments, Idiophones (Ghana Vaadya), Examples of each class of Instrum ents	3
Module – 5	No. of Hours
Abhyasa Gana: Singing the swara exercises (Sarale Varase Only), Botation writing for Sarale Varase and Suladi Saptha Tala (Only in Mayamalavagowla Raga), Singing 4 Geethe in M alahari, and one jathi Swara, One Krithi in a Mela raga	14

Course Outcomes: At the end of the course, the students will be able to	
CO1	Discuss the Indian system of music and relate it to other genres (Cognitive D0main)
CO2	Experience the emotions of composer and develop empathy (Affective Domain)
CO3	Respond to queries on various patterns in a composition (Psycho Motor Domain)

Text Books	
1.	Vidushi Vasantha Madhavi, "Theory of Music", Prism Publication, 2007.
2.	T Sachidevi and T Sharadha (Thirumalai Sisters), Karnataka Sangeetha Dharpana- Vol. 1 (English), Shreenivaas Prakaashana, 2018.

Reference Text Books	
1.	Lakshminarayana Subramaniam, Viji Subramanaim, "Classical Music of India: A Practical Guige", Tranqueber 2018.
2.	R. Rangaramanuja Ayyangar, "History of South Indian (Carnatic) Music", Vipanci Charitable Trust; Third edition, 2019.
3.	Ethel Rosenthal, "The Story of Indian Music and Its Istruments: A Study of the Present and a Record of the Past", Pilgrims Publishing, 2007.
4.	Carnatic Music, National Institute of Open Schooling, 2019.



SEMESTER-IV			
UNIVERSAL HUMAN VALUES			
Category: UHV			
Course Code	: B24UHK407	CIE	: 50 Marks
Teaching Hours L : T : P	: 1:0:0	SEE	: 50 Marks
Total Hours	: 15(T)	Total	: 100 Marks
Credits	: 1	SEE Duration	: 1 Hr

Course Objectives	
1.	To help the students appreciate the essential complementarity between "VALUES" and SKILLS" to ensure sustained happiness and prosperity which are the core aspirations of all human beings.
2.	To facilitate the development of a Holistic perspective among students towards life and profession as well as towards happiness and prosperity based on a correct understanding of the Human reality and the rest of existence. Such a holistic perspective forms the basis of Universal Human Value-based living in a natural way.
3.	To highlight plausible implications of such a Holistic understanding in terms of ethical human conduct, trustful and mutually fulfilling human behavior and mutually enriching interaction with Nature.
4.	This course is intended to provide a much-needed orientation input in value education to the young enquiring minds.

Module – 1: Introduction to Value Education	No. of Hours
Right Understanding, Relationship and Physical Facility (Holistic Development and the Role of Education) Understanding Value Education, Self-exploration as the Process for Value Education, Continuous Happiness and Prosperity – the Basic Human Aspirations, Happiness and Prosperity – Current Scenario, Method to Fulfil the Basic Human Aspirations	3
Module – 2: Harmony in the Human Being	No. of Hours
Understanding Human being as the Co-existence of the Self and the Body, Distinguishing between the Needs of the Self and the Body, The Body as an Instrument of the Self, Understanding Harmony in the Self, Harmony of the Self with the Body, Programme to ensure self-regulation and Health.	3
Module – 3: Harmony in the Family and Society	No. of Hours
Harmony in the Family – the Basic Unit of Human Interaction, 'Trust' – the Foundational Value in Relationship, 'Respect' – as the Right Evaluation, Other Feelings, Justice in Human-toHuman Relationship, Understanding Harmony in the Society, Vision for the Universal Human Order	3
Module – 4: Harmony in the Nature/Existence	No. of Hours
Understanding Harmony in the Nature, Interconnectedness, self-regulation and Mutual Fulfilment among the Four Orders of Nature, Realizing Existence as Co-existence at All Levels, The Holistic Perception of Harmony in Existence.	3
Module – 5: Implications of the Holistic Understanding – a Look at Professional Ethics	No. of Hours
Natural Acceptance of Human Values, Definitiveness of (Ethical) Human Conduct, A Basis for Humanistic Education, Humanistic Constitution and Universal Human Order, Competence in Professional Ethics Holistic Technologies, Production Systems and Management Models-Typical Case Studies, Strategies for Transition towards Value-based Life and Profession	3

Course Outcomes: At the end of the course, the students will be able to	
CO1	They would become more responsible in life, and in handling problems with sustainable solutions, while keeping human relationships and human nature in mind.
CO2	They would have better critical ability.
CO3	They would also become sensitive to their commitment towards what they have understood (human values, human relationship and human society).
CO4	It is hoped that they would be able to apply what they have learnt to their own self in different day-to-day settings in real life, at least a beginning would be made in this direction



Text Books

1.	R R Gaur, R Asthana, G P Bagaria –“The Textbook A Foundation Course in Human Values and Professional Ethics, R R Gaur, R Asthana, G P Bagaria, 2nd Revised Edition, Excel Books, New Delhi, 2019. ISBN 978- 93-87034- 47-1 “
2.	R R Gaur, R Asthana, G- “ The Teacher“s Manual for A Foundation Course in Human Values and Professional Ethics”.

Reference Text Books

1.	A Nagaraj, Jeevan Vidya Prakashan, Amar kantik – “Jeevan Vidya:1999”.
2.	A.N. Tripathi – “Human Values, New Age Intl. Publishers, New Delhi, 2004”.
3.	Mohandas Karamchand Gandhi – “The Story of Stuff (Book), The Story of My Experiments with Truth - by Mohandas Karamchand Gandhi”.

Web links and Video lectures (e-Resources)

Value Education websites,
<https://www.uhv.org.in/uhv-ii>,
<http://uhv.ac.in>,
<http://www.uptu.ac.in>
Story of Stuff,
<http://www.storyofstuff.com>

ASSESSMENT DETAILS (BOTH CIE AND SEE)

The weightage of Continuous Internal Evaluation (CIE) is 50% and for Semester End Exam (SEE) is 50%. The minimum passing mark for the CIE is 40% of the maximum marks (20 marks out of 50) and for the SEE minimum passing mark is 35% of the maximum marks (18 out of 50 marks). A student shall be deemed to have satisfied the academic requirements and earned the credits allotted to each subject/ course if the student secures a minimum of 40% (40 marks out of 100) in the sum total of the CIE (Continuous Internal Evaluation) and SEE (Semester End Examination) taken together.

CONTINUOUS INTERNAL EVALUATION (CIE)

CIE FOR THE THEORY:

1. Three tests each of 50 marks, after the completion of the syllabus 40%, 70% and 80% respectively.
2. Average of best two internal assessment tests each of 50 marks, scale down to 30 marks.
3. Any two assessment methods as per regulations i.e. Two assignments / Two Quizzes/ Weekly test / project work for 40 marks, scaled down to 20 marks.
4. Total marks scored (30+20 = 50 marks).
5. The minimum passing mark for the CIE is 40% of maximum marks (20 marks out of 50).

SEMESTER END EXAMINATION (SEE)

SEE paper shall be set for 50 questions, each of the 02 marks. The pattern of the question paper is MCQ (multiple choice questions). The time allotted for SEE is 01 hour. The student has to secure a minimum of 35% of the maximum marks meant for SEE.

CO-PO Mapping

PO \ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	1	-	-	-	-	-	1	-	1	1	-	1
CO2	1	-	-	-	-	-	-	1	-	1	-	1
CO3	1	-	-	-	-	-	-	1	-	1	-	1
CO4	1	-	-	-	-	-	2	-	2	1	-	1
CO5	1	-	-	-	-	-	2	2	1	2	-	1

Level 3 - High, Level 2 - Moderate, Level 1 - Low