



FACULTY OF ENGINEERING & TECHNOLOGY

First Year Master of Engineering

Semester I / II

Course Code: 102301208

Course Title: Stress Management by Yoga

Type of Course: Audit Course

Course Objectives: 1. To achieve overall health of body and mind. 2. To overcome stress.

Teaching & Examination Scheme:

Contact hours per week			Course Credits	Examination Marks (Maximum / Passing)				
Lecture	Tutorial	Practical		Internal		External		Total
				Theory	J/V/P*	Theory	J/V/P*	
2	0	0	0	NA	NA	50 / 25	NA	50 / 25

* J: Jury; V: Viva; P: Practical

Detailed Syllabus:

Sr.	Contents	Hours
1	Definitions of Eight parts of yoga. (Ashtanga)	8
2	Yam and Niyam. Do`s and Don`t`s in life. i) Ahinsa, satya, astheya, bramhacharya and aparigraha ii) Shaucha, santosh, tapa, swadhyay, ishwarpranidhan.	8
3	Asan and Pranayam i) Various yoga poses and their benefits for mind & body ii)Regularization of breathing techniques and its effects-Types of pranayam.	8

Suggested Specification table with Marks (Theory) (Revised Bloom's Taxonomy):

Distribution of Theory Marks						R: Remembering; U: Understanding; A: Application, N: Analyze; E: Evaluate; C: Create
R	U	A	N	E	C	
25	25	50	NA	NA	NA	

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Reference Books:

1	'Yogic Asanas for Group Tarining-Part-I' :Janardan Swami Yogabhyasi Mandal, Nagpur.
2	"Rajayoga or conquering the Internal Nature" by Swami Vivekananda, AdvaitaAshrama (Publication Department), Kolkata.



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(Established under Gujarat Private Universities
(Second Amendment) Act : 2019 Gujarat Act No. 20 of 2019)

Course Outcomes (CO):

Sr.	Course Outcome Statements	%weightage
CO-1	Develop healthy mind in a healthy body thus improving social health also.	50
CO-2	Improve efficiency.	50

Curriculum Revision:

Version:	1
Drafted on (Month-Year):	Apr-20
Last Reviewed on (Month-Year):	Jul-20
Next Review on (Month-Year):	Apr-22