

**PANDIT SUNDARLA SHARMA (OPEN) UNIVERSITY CHHATTISGARH**  
**PROGRAMME PROJECT REPORT (PPR)**

**Diploma in Yog Science**

- a) **Programme Mission and Objective:** Diploma in Yog Science (DYS) is designed with following objectives:
- i. To prepare the learners physically and mentally for the increment of their physical, mental and spiritual health.
  - ii. To attain mental hygiene, emotional stability, higher moral practices, higher level of consciousness so as to integrate their life practices.
  - iii. To groom and develop career in the field of Yoga.
- b) **Relevance of the Program with HEL's Mission and Goals:** Pundit Sundarlal Sharma (Open) University Chhattisgarh is committed to endow with quality education to the mass where regular form of education is beyond reach. In the line of the mission or the University, this programme will provide opportunities to rural and tribal masses that are deprived of education.
- c) **Nature of Prospective Target Group of Learners:** Yoga has occupied a prominent place for well-being of a person and thus have triggered the utility in the society. The target learner for the programme can be a potential graduate who wishes to build career in the field of yoga.
- d) **Appropriateness of programme to be conducted in Open and Distance Learning mode to acquire specific skills and competence:** Diploma in Yog Science course is a suitable course of being offered through Open and Distance Learning mode. The conceptual knowledge can be thoroughly captured by the learners to acquire the capability which will make them understand and practice yoga.
- e) **Instructional Design:**
- i. **Duration and Credit:** This programme has duration of one year / two semesters although learner may complete the programme gradually within a maximum period of three years. The programme has weightage of 32 credits. In this programme the learner has to study 05 Courses of 32 credits. Contact sessions for each course are arranged at the study centre where the learners can solve their difficulties.
  - ii. **Medium:** The course material for Diploma in Yog Science (DYS) Programme will be in Hindi language. However, learners can opt Hindi or English language for answering the questions in the examination.

*S. P. Sharma*  
10/10/23

*Prof*  
10.3.23

iii. **Course Structure:**

**COURSE SYLLABUS**

YEAR	COURSE CODE	COURSE TITLE	CREDIT
One Year/ Two Semesters	DYS -01	योग विज्ञान का परिचयात्मक रूप।	6
	DYS -02	योग दर्शन भारतीय दर्शन के संदर्भ में	6
	DYS -03	हठ योग विज्ञान	6
	DYS -04	मानव शरीर रचना एवं शरीर क्रिया विज्ञान।	6
	DYS -05	प्रायोगिक	8

iv. **Learning Method:** The learning method developed by University will comprise of independent form of delivery and will constitute the following components:

- Self-Instructional text books (Self Learning Materials).
- Counselling and contact sessions at the study centre by the subject experts.
- Preparing the learners for writing practical report.

v. **Means of Delivery:** The learners are given the syllabus of the courses and also the Self learning material. It helps the learners to study a specific topic. If the learner has any difficulty, he or she can make a note of it. They can discuss these noted difficulties with the counsellor during the contact session at the study centre.

vi. **Requirement of Faculty and Support Staff:** Department of Yog Science is headed by a permanent faculty member; other supporting staffs have been deputed. At the study centres qualified teachers and other staff are already working. They will be assigned the contact classes and counselling sessions.

f) **Procedure for admissions, curriculum transaction and evaluation.**

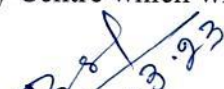
i. **Procedure of Admission:** The admission for this programme will be on yearly basis (or as decided by the University from time to time). All the admissions for the course will be done through online mode. The minimum eligibility for admission into this programme for the candidates is having passed graduation Examination of any recognized University.

ii. **Curriculum Transaction:** For successful completion of the proposed programme, a candidate has to pass each paper with passing grade 'P' (i.e. 33% in each paper).

iii. **Evaluation Pattern:** The pattern of evaluation for each course of Diploma in Yog Science (DYS) programme will have following components: (a) Continuous Assessment through TMA (b) Practical Work (c) Term End Examination (TEE).

a) **Continuous Assessment through Tutor Mark Assignment:** For each course in every year the learner's performance will be continuously evaluated. Continuous assessment schedule and evaluation will be done by the Study Centre which will be monitored by the department

  
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concern. The learners have to submit Tutor Mark Assignment (TMA) carrying 30 marks before the Term end examination (TEE) which will be the base of evaluation.

- b) **Practical Work :** Evaluation of this component will be based in practical work submitted by the learners with viva-voce. Viva-voce will be conducted in the presence of an external examiner.
- c) **Term End Examination (TEE):** Term End Examination (TEE) will be conducted at the end of the learning period through an examination as like other universities. Term End examination (TEE) of each paper will be of 70 marks. The questions in the examination will comprise of very short type answer, brief answers and long type answers. The structure of the examination is as under:

Section	Total No. Of Questions	Type of Questions	Marks
A	8 (All Compulsory Questions)	Objective Type	1x8= 8
B	6 (4 should be answered)	Very Short Type	2.5x4 =10
C	4 (3should be answered)	Short Type	5x3 =15
D	4 (2 should be answered)	Semi Long Type	10x2=20
E	2 (1 should be answered)	Long Type	17x1=17
TOTAL	24 (18 should be answered)		70 Marks

- d) **University Fee Structure:** The fee structure of the Diploma in Yog Science (DYS) programme is under:

**Details of University Fee (in Rupees)**


Particulars	Year I
Yearly Fees	8,200
Grand Total	8,200


- g) **Requirement of the laboratory support and Library Resources:** Laboratory is not required of part of this Curriculum Resources in the form of reference books and journals will be made available to the learners in the University Central library as well as in the University of Study Centers, which they can access for gaining knowledge.

*S. R. Das*  
10/3/23

*Dr. B. S. Das*  
10-3-23

- h) **Cost estimate of the programme and the provisions.** For the design, development delivery and maintenance of the programme the found will be as per the budget allocated by the University in its Annual Budget session.
- i) **Quality assurance mechanism and expected programme outcomes.** The monitoring of the programme will be done on continuous basis by the department concern. Timely updating of the curriculum and syllabus will be checked by the concerned board of studies and regular monitoring will be done by Centre for Internal Quality Assurance (CIQA) of the University. All the self-learning materials of this programme are duly approved by Board of Studies of Yoga Science. Learners will be asked to provide their feedback on continuous basis to develop suitable action plans for the programme and will be duty incorporated into the teaching and delivery system.

  
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