

PROGRAMME PROJECT REPORT

POST GRADUATE DIPLOMA IN YOGA AND NATUROPATHY

(PGDYN)

A) Programme's Mission & Objectives-

Mission statement-

Current trends in public healthcare are disturbing. Increased travel, hectic lifestyle and irregular diets are creating a menace. The faculty of science of Dr. C. V. Raman University's Institute of Open & Distance Education offers PGDYN program which focuses on providing quality education through distance learning, matching with the parameter of regular programme and producing capable Yoga and Naturopathy trainer who are prepared with the necessary knowledge & mastery in skills to serve high quality service in field of yogic practice and nature care treatment.

The PGDYN programme at our university has been designed for meeting the demand of the growing need of experts in the field of Yoga and Naturopathy, drugless, therapies, meditation, inner and self healing, non polluting human mind, holistic treatment, oriental medicine, integral therapies, beside mental health and psychoanalysis.

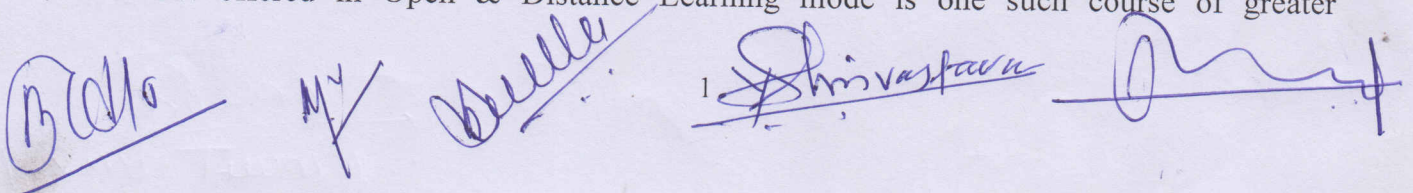
Objective -

- Promotion of positive attitude towards health, prevention of stress and rehabilitation through Yoga.
- Integral approach of Yoga Therapy to common ailments.
- Imparting Yoga skills for personality development of learners.
- Develop scientific attitude and team spirit to channelize their energies into creative and constructive endeavours.
- To enable them to establish Yoga Therapy centres for service of common man.
- To enhance the immune system by stimulating the brain and the body.
- To improve the biology of the body through changes in diet and stress reduction techniques.

B) Relevance of the programme with University's Mission and Goals-

Dr. C.V. Raman University aims to provide high standard of liberal education to its students, catering to their intellectual growth, personality development & nurtures them to be responsible adults committed to high ethical standards through various courses offered from different fields like Education & Physical Education, management, science, arts, etc in regular mode as well as Open & Distance Learning mode.

PGDYN offered in Open & Distance Learning mode is one such course of greater



significance which not only helps those individuals who cannot attend classes regularly, provides an opportunity to upgrade the knowledge, qualification & can attain growth in terms of intellectuality, professionally & personally in the field of Yoga and Naturopathy.

C) Nature of prospective target group of learners-

This program is specifically designed to cater the need of students who are not able to study through regular mode. Working Professional, Housewives, Students from rural area, Students who do not wish to prefer regular courses due to various reasons & Students who cannot afford costly regular programmes are our target group learners.

D) Appropriateness of programme to be conducted in Open and Distance Learning mode to acquire specific skills and competence-

- Diploma holders will understand effectiveness of yoga and naturopathy to daily life.
- Diploma holders will demonstrate competency in the yoga and naturopathy skill disciplines.
- Diploma holders will demonstrate an understanding of the importance and relevance of Yoga and nature cure regarding treatment of disorder.
- Diploma holders will be master in yoga and nature cure skills.

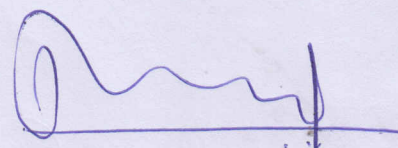
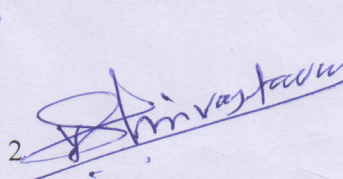
E) Instructional Design-

Curriculum Design, Detailed Syllabi & Duration of Program-

PGDYN Programme offered in Institute of Open & Distance Education runs for the period of 12 months (01 year) & open for students graduated in any discipline.

Credit Points-

All courses offered by us carry a certain value in terms of credit-points. A credit point is a way of expressing the learning hours required to study a certain unit, in a book or a course. Generally, one credit point is considered equivalent to about 30 learning hours. These learning hours could mean the time you spend in face to face counseling, self study, practical, assignment, project, participating in discussions on the topic, listening to audios, viewing especially prepared videos, etc. That means for 2 credit points student has to undertake 60 hours of learning per subject & for 3 credit points student has to undertake 90 hours of learning. Programme structure for PGDYN are clearly mention below.



POST GRADUATE DIPLOMA IN YOGA AND NATUROPATHY (PGDYN)

Duration-12 Months

Eligibility-Graduation in any discipline

SCHEME OF EXAMINATION

Course Code	Name of the Course	Credit	Total Marks	Theory		Practical Marks		Assignments	
				Max	Min	Max	Min	Max	Min
Semester-I									
PGDYN1	Basic of Yoga Therapy	4	100	70	25	-	-	30	11
PGDYN2	Yoga Therapy 1	4	100	70	25	-	-	30	11
PGDYN3	Sanskritam & English or Hitopadesa	4	100	70	25	-	-	30	11
PGDYN4	Yoga therapy techniques	4	100	-	-	100	36	-	-
PGDYN5	Spoken Sanskritam &English	4	100	-	-	100	36	-	-
Total aggregate required to pass		20	500	210	84	200	80	90	36
Semester-II									
PGDYN6	Yoga Treraphy-2	4	100	70	25	-	-	30	11
PGDYN7	Introduction To Psychology, Counseling & Patanjali Yoga Sutras	4	100	70	25	-	-	30	11
PGDYN8	Advance Techniques	4	100	70	25	-	-	30	11
PGDYN9	Yoga Practice	4	100	-	-	100	36	-	-
PGDYN10	Yoga Therapy Training	4	100	-	-	100	36	-	-
Total aggregate required to pass		20	500	210	84	200	80	90	36

Evaluation Scheme-

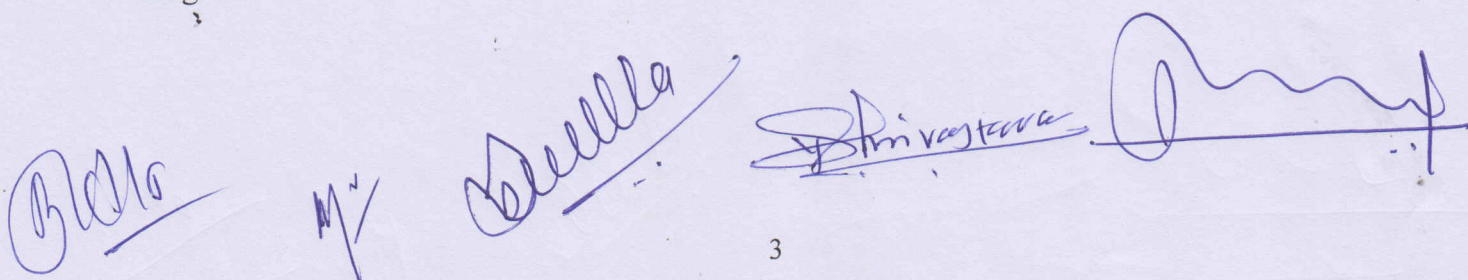
1. 36% in each theory, practical, project, dissertation & internal assessment
2. 40% Aggregate marks to pass

Duration-

This programme has duration of 12 months although student may complete programme gradually with a maximum periods of 03 years.

Medium-

English/Hindi shall be medium of instruction and the examination may be written in Hindi or English.



Requirement of faculty and support staff -

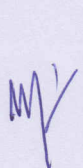
For PGDYN programme we have two faculty members (full time-dedicated for ODL courses) of Associate and Assistant Professor Level. Supporting staffs will be deputed at the learner support centre as per need of the course curriculum.

Instructional delivery Mechanism & Usage of media for distance learning-

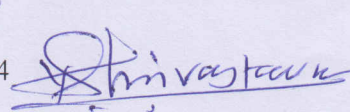
The methodology of instruction in the distance learning mode in the University is different from that of the conventional regular programs. The system adopted for this is more learner-oriented and the learner is an active participant in the pedagogical (teaching & learning) process. Most of the instructions are imparted through distance education methodology and face-to-face mode as per requirement.

The programme delivery methodology used in the distance learning mode follows a multimedia approach for instruction, which comprises-

- **Self-Instructional Written Material-** The printed study material (written in self instructional style) for both theory and practical components of the programs is supplied to the learners in batches for every course.
- **Audio-Visual Material Aids-** The learning package contains audio and video CDs which have been produced/adopted by the University for Better Clarification and enhancement for understanding of the course material given to the learners. A video programme is normally of 25-30 minutes duration. The video cassettes are screened at the learner support centre during specific sessions which are duly notified for the benefit of the learners.
- **Counseling Session-** Normally counseling sessions are held as per schedule drawn by the IODE DR. CV RAMAN UNIVERSITY. These are mostly held outside the regular working hours of the learner support centre.
- **Teleconferences-** Live teleconferencing sessions are conducted via Internet/ satellite through interactive Video Conferencing facility (available at some places) from the University studios, the schedule of which is made available at the learner support centre.
- **Industrial Training/ Practical's/ Project Work-** Some programmes have industrial training/practical/ project component also. Practical's are held at designated institutions for which schedule is provided by the learner support centre. Attendance at practical is compulsory. For Project Work, comprehensive project guide, in the form of booklet, is provided to the student along with the study material.
- The printed study materials will be dispatched periodically to the enrolled students for each paper of study. These materials will be as guide for the students for effective learning. The assignment for internal assessment shall also be dispatched along with the study material. Online modules are also available for some courses. These are in progress and as and when available, these will be available on the website of the



4



students for registered candidates.

- The counseling sessions will be of 30 days duration for a course in a year. The actual schedule and place of contact program shall be announced and communicated to students in-time.

Nature of Contact Classes-

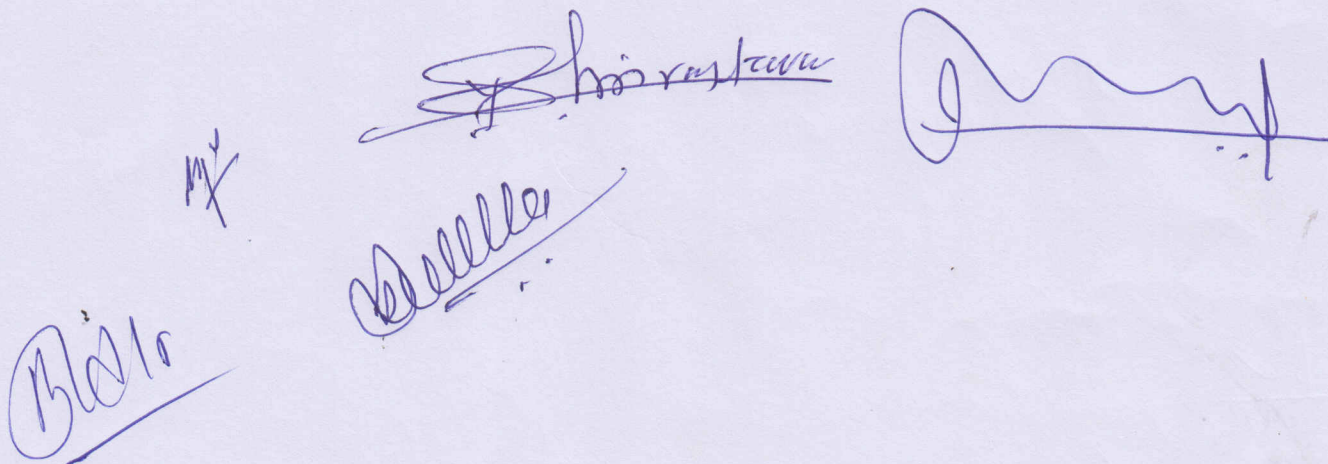
During the contact sessions, the counselors are supposed to guide/discuss with the students, based on the course material. The students can solve their difficulties by discussing with their colleagues as well as with the counselor during contact sessions. Apart from this contact sessions, students will have to attend practical as well as various training schedule conducted by the respective learner support centre.

Learner Support Services-

Dr. C V Raman University Institute of Open And Distance Education has a full fledged Learner Support Division (LSD) to provide guidance and help to its students. Necessary information is passed on to the registered student through modern means of communication as SMS, website and e-mail. For the convenience of learner, computer, photocopy machine, internet, WIFI facilities have also been provided. The learner support division has a web centre and SMS No. 56161 where learner can message their problems and seek answer. Bulk SMS are sent to learners regarding their registration detail, dispatch of study, material time table for contact class, submission of examination forms, examination schedule etc. from time to time. Important information and necessary material are also sent through e-mail and through regular post. university website www.cvru.ac.in also provides information about the various programme being offered by the institute of open and distance education, the syllabus, assignment, programme guide.

Counseling & Study Structure-

The counseling & study structure for PGDYN programme is as below

Four handwritten signatures in blue ink are visible at the bottom of the page. From left to right: a small signature, a signature that appears to be 'Shirastur', a signature that appears to be 'Balla', and a large, stylized signature.

COUNSELING AND STUDY STRUCTURE

Sl. No.	Course Code	Title of the Course	Credit	Total Hours of Study	Counseling and Study Structure (hours)				Project
					Face to Face Counseling	Self study	Practical	Assignments	
Semester I									
I	PGDYN 1	Basic of Yoga Therapy	4	120	16	68	-	36	-
2	PGDYN2	Yoga Therapy 1	4	120	16	68	-	36	-
3	PGDYN3	Sanskritam & English or Hitopadesa	4	120	16	68	-	36	-
4	PGDYN 4	Yoga therapy techniques	4	120	-	-	120	-	-
5	PGDYN 5	Spoken Sanskritam &English	4	120	-	-	120	-	-
Semester II									
6	PGDYN6	Yoga Treraphy-2	4	120	16	68	-	36	-
7	PGDYN7	Introduction To Psychology, Counseling &Patanjali Yoga Sutras	4	120	16	68	-	36	-
8	PGDYN8	Advance Techniques	4	120	16	68	-	36	-
9	PGDYN9	Yoga Practice	4	120	-	-	120	-	-
10	PGDYN 10	Yoga Therapy Training	4	120	-	-	120	-	-

F) Procedure for admissions, curriculum transaction & evaluation-

Admission Policy for PGDYN with minimum eligibility & fee structure-

Admission to PGDYN programme shall be through merit and/or, entrance test as per rules of the university. A candidate who after passing graduate examination in any discipline may be admitted. All the procedure of admission for the programme will be done through online mode. Application will be invited by the university with it stipulated time period where students have to apply for the same with all their testimonials and required fees.

Sl.	Programme	Duration	Fee charged for complete programme
I.	PGDYN	1 Years	14500(AS PER PROSPECTUS)

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Financial Assistance--

E-scholarship is provided to SC/ST students as per norms of the Govt. of Chhattisgarh authorized schemes.

Evaluation system -

The system of evaluation in Open & Distance Learning System is also different from that of conventional system. CVRU has a multi- tier system of evaluation given as follows-

1. Self -assessment exercises within each unit of study.
2. Continuous evaluation mainly through assignment which are tutor marked, practical assignments & seminar/workshops/ extended contact programmes.
3. Term End Examinations.

The evaluation of learners depends upon various instructional activities undertaken by them. A learner has to write assignment responses compulsorily before taking term-end examination from time to time to complete an academic programme. A learner has to submit TMA responses to the learner support centre established by IODE Dr. C V Raman University. A learner should keep duplicate copies of assignment responses of TMA that may be required to be produced at Student Evaluation Division on demand. Term-end examination will be conducted at various examination centre approved by institute of open and distance education Dr C V Raman university spread all over the Chhattisgarh .. The weightage for Term End Examination will be 70% and weightage for Internal Assessment will be 30 % for this programme.

(a)Internal Assessment (Continuous Assessment i.e. Home Assignment)- 30 % weightage.

(b)Term End Examination - 70 % weightage

Term End Examination	70
Internal Assessment	30
Total Marks	100

The University conducts Term-end Examination in semester system & held in the month of Nov/Dec and May/ June every year. Students will be permitted to appear in term-end examination subject to the conditions that-

- 1) Registration for the courses, in which they wish to appear is valid,
- 2) Minimum Time to pursue these courses is elapsed &
- 3) Submission of required number of assignment in respective courses by the due date.

G) Requirement of the laboratory support and library resource-

To run the course, the university has sufficient laboratories, space and facilities available for conduct of personal contact program. Additional facilities are added time to time as per requirement of the courses. The help of allied departments of the university is also taken when required like-Department of Physical Education, Health Centre etc. Resources in the form of reference books and journal will be made available to the learner in the reference library (IODE) and university central library which they can access for gaining knowledge.

H) Cost estimates of the programme and the provision-

This programme was already designed and developed in the year 2009-10. In this process of development considering today's scenario, the current cost estimate which includes developmental cost, delivery cost & maintenance cost for this programme comes to amount of Rs.671600 & provision is made of Rs 680000 .

I) Quality assurance mechanism and expected programme outcomes-

The Centre for Internal Quality Assurance & Department of Yogic Science of the University is accountable for regular monitoring of programme by continuous updating of the curriculum and syllabus. According to feedback provided by stakeholders including learners on continuous basis, a suitable action plan for PGDYN programme will be developed and duly incorporated into the teaching and delivery system. The Feedback from all stakeholders in terms of its relevance and appropriateness in catering to the need of the society, economy and environment are also considered in these key aspects.

"At the end of the Programme Expected Outcomes"-

- To acquired a general knowledge, principles and mechanisms of Yoga Management.
- To acquired techniques relevant of course taught
- To provide the practical expose and knowledge acquiring skill.
- To crate and develop the presentation skill in seminar/conference.

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8