

## LABORATORY ASSIGNMENT /SHEET /JOB /PROJECT ACTIVITY

## PLANNING (LP)

Academic Year: 2025-26 (ODD) Date: 01/07/2025

Institute Name: PPCOE, Karja

Program and Code:- CO/AI/EE/CE

Course Name: YOGA AND MEDITATION

Class: AN1K

Scheme: K

MSBTE Code: 61305

Course Code &amp; Abbr.: 311003 (YAM)

Name of Faculty: Mr. Hapse A.V.

Semester: 1<sup>st</sup>

Learning Hrs. 30

## ● Teaching-Learning &amp; Assessment Scheme:

Course Code	Course Title	Abbr	Course Category	Learning Scheme				Credits	Paper Duration	Assessment Scheme										Total Marks	
				Actual Contact Hrs/Week			SLH			NLH	Theory				Based on LL & TSL Practical				Based on SL		
				CL	TL	LL					FA-TH	SA-TH	Total		FA-PR		SA-PR		SLA		
											Max	Max	Max	Min	Max	Min	Max	Min	Max		Min
311305	YOGA AND MEDITATION	YAM	VEC	-	-	1	1	2	1	1.5	30	70*#	100	40	25	10	-	-	25	10	50

Abbreviations: CL- Class Room Learning, TL- Tutorial Learning, LL-Laboratory Learning, SLH-Self Learning Hours, NLH-Notional Learning Hours, FA - Formative Assessment, SA -Summative assessment, IKS – Indian Knowledge System, SLA - Self Learning Assessment  
Legends: @ Internal Assessment, # External Assessment, \*# On Line Examination, @\$ Internal Online Examination

## ● COURSE LEVEL LEARNING OUTCOMES (COS)

- CO1 - Practice basic Yoga and Pranayama in daily life to maintain physical and mental fitness.
- CO2 - Practice meditation regularly for improving concentration and better handling of stress and anxiety.
- CO3 - Follow healthy diet and hygienic practices for maintaining good health

## ● COs, Practical Laboratory Learning Outcome(LLOs) &amp; Mapping:

## ASSESSMENT METHODOLOGIES/TOOLS

- Formative assessment (Assessment for Learning)

Pr. No	COs	LLO	Name of Experiments / Assignment / Sheet / Job/ Project Activity	Planned Date		Actual date of Performance	Remark
				From	To		
1	CO1	1.1	Introduction: - Presentations on Introduction to Yoga and its History. Lab Exp: 1. Perform warming up exercises to prepare the body from head to toe for Yoga.				
2	CO1 CO2	2.1	Lab Exp: 2. Perform all the postures of Surya Namaskar one by one in a very slow pace, after warm up. Lab Exp 3. Perform multiple Surya Namaskar ( Starting with three and gradually increasing it to twelve) in one go. Experiment 2 to 4 must be followed by shavasana for self relaxation.				
3	CO2	3.1	Lab Exp: 4 Perform Sarvangasana, Halasana, Kandharasana (setubandhasana) Lab Exp: 5 Perform Bhujangasana, Naukasana, Mandukasana Lab Exp: 6 Perform Paschimottasana, Baddhakonasana, Bharadwajasana. Lab Exp: 7 Perform Veera Bhadrasana, Vrukshasana, Trikonasana. Follow up experiment 5 to 7 with shavasana for self relaxation				
4	CO3	4.1	Lab Exp: 8 Perform Bhastrika, Anulom Vilom Pranayam Kriya Lab Exp: 9 Practice Kapalbhati Pranayam Kriya Lab Exp: 10 Practice Bhramary Pranayam.				
5	CO3	5.1	Lab Exp: 11 Perform sitting in Dhyana Mudra and meditating. Start with five minute and slowly increasing to higher durations. ( Trainer will explain the benefits of Meditation before practice )				

- Lab performance, Self-learning and Terms work.

➤ **Summative Assessment (Assessment of Learning)**

- Actual Practical Performance

(Name & Signature of Faculty)

(Name & Signature of HOD)

