

Indian Knowledge System

Sl No	Initiatives taken to Incorporate Indian Knowledge System in Curriculum and Extracurricular Activity
1	Kannada
2	Hindi
3	Ethics and Values (PG) [EVP]
4	Environment and Sustainability
5	Indian Democracy, Participation & Social Change
6	Yoga Training and International Yoga Day Celebration

Course Code: CPSAL1041 Course Name: ಕನ್ನಡ		
A. Course Framework		
Credits: L-T-P-C: 4-0-0-4		Syllabus Version: 1
Contact Hours / Week: 4	Total Contact Hours: 60	Level: 100
Prerequisite: (If applicable)		
Course Learning Objectives:		
<p>CLO1: ಮಾನವನ ಸಂಬಂಧದಲ್ಲಿ ಪ್ರೀತಿಯ ಮಹತ್ವವನ್ನು ತಿಳಿಸುವುದು</p> <p>CLO2: ಜಾಗತಿಕರಣದ ಪ್ರಭಾವದಿಂದ ನಾಶವಾಗುತ್ತಿರುವ ಮಾನವೀಯ ಮೌಲ್ಯಗಳನ್ನು ಪರಿಚಯಿಸುವುದು</p> <p>CLO3: ಪ್ರಸ್ತುತ ರೈತರ ಸಮಸ್ಯೆಗಳನ್ನು ವಿವರಿಸುವುದು</p> <p>CLO4: ಪ್ರಕೃತಿಯೊಂದಿಗೆ ಮನುಷ್ಯನ ಸಂಬಂಧ ಮತ್ತು ಅದರ ಅಗತ್ಯತೆಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸುವುದು</p> <p>CLO5: ಜಗತ್ತಿನಲ್ಲಿ ತಂದೆ-ತಾಯಿಗಳೇ ಪೂಜ್ಯನೀಯ ಎಂಬುದನ್ನು ತಿಳಿಸುವುದು.</p>		
Course Outcomes: On successful completion of the course, Students will be able to,		
<p>CO1: [Level2] ಬದುಕನ್ನು ಮೌಲ್ಯದೊಂದಿಗೆ ಸಾಗಿಸುವ ವಿಧಾನವನ್ನು ಕಲಿಯುತ್ತಾರೆ.</p> <p>CO2: [Level 4] ಜೀವನದಲ್ಲಿ ದುಡ್ಡೆ ಮುಖ್ಯವಲ್ಲ ಮನುಷ್ಯತ್ವವು ಮುಖ್ಯವೆಂಬುದನ್ನು ತಿಳಿದುಕೊಳ್ಳುತ್ತಾರೆ.</p> <p>CO3: [Level 4] ಆಧುನಿಕದಲ್ಲಿ ಎಲ್ಲವನ್ನೂ ತಾಂತ್ರಿಕ ಸಹಾಯದಿಂದ ಸೃಷ್ಟಿಸಬಹುದು ಆದರೆ ಆಹಾರವನ್ನಲ್ಲ ಎಂಬುದನ್ನು ಅರಿತು ಆ ಮೂಲಕ ರೈತರ ಸಮಸ್ಯೆಗಳ ಬಗೆಗೆ ಚಿಂತಿಸುತ್ತಾರೆ.</p> <p>CO4: [Level 5,6] ಇಂದಿಗೂ ಜೀವಂತವಾಗಿರುವ ಜಾತಿಪದ್ಧತಿಯನ್ನು ವೈಜ್ಞಾನಿಕವಾಗಿ ಅರ್ಥಮಾಡಿಕೊಳ್ಳುತ್ತಾರೆ.</p> <p>CO5: [Level4] ತಾಯಿಯ ಮಹತ್ವ ಮತ್ತು ತಾಯಿಯ ವಾತ್ಸಲ್ಯವನ್ನು ಅರಿತುಕೊಳ್ಳುತ್ತಾರೆ.</p>		
B. Syllabus		
Module:1: ಪ್ರೀತಿ ಇಲ್ಲದ ಮೇಲೆ – ಜಿ.ಎಸ್ ಶಿವರುದ್ರಪ್ಪ		
<p>ಕವಿ ಪರಿಚಯ, ಪ್ರೀತಿಯ ವಿವಿಧ ಆಯಾಮಗಳನ್ನು ಪರಿಚಯಿಸುವುದು, ಬದುಕಿನ ಚೈತನ್ಯವಾಗಿ ಪ್ರೀತಿ, ಆಧುನಿಕ ಜಗತ್ತಿನಲ್ಲಿ ಪ್ರೀತಿಯ ಅಸ್ತಿತ್ವವನ್ನು ಪರಿಚಯಿಸುವುದು, ಪ್ರಕೃತಿ ಮತ್ತು ಮನುಷ್ಯನ ನಡುವಿನ ಪ್ರೀತಿಯ ಸಂಬಂಧವನ್ನು ತಿಳಿಸುವುದು</p>		
Module:2: ಬಸವಣ್ಣನವರ ವಚನಗಳು		
<p>ವಚನ ಸಾಹಿತ್ಯದ ಪರಿಚಯ, ಕನ್ನಡ ಸಾಹಿತ್ಯದಲ್ಲಿ ವಚನಗಳ ಮಹತ್ವ, ಪ್ರಮುಖ ವಚನಕಾರರ ಪರಿಚಯ, ವಚನ ಸಾಹಿತ್ಯ ಪ್ರಮುಖ ಅಂಶಗಳ ಬಗೆಗೆ ತಿಳಿಸುವುದು, ವಚನ ಸಾಹಿತ್ಯದಲ್ಲಿ ಇರುವ ಜೀವನ ಮೌಲ್ಯಗಳ ಬಗೆಗೆ ವಿಶ್ಲೇಷಣೆ, ಬಸವಣ್ಣನವರ ಪರಿಚಯ, ಬಸವಣ್ಣನವರ ಜೀವನದ ಪ್ರಮುಖ ಘಟನೆಗಳ ಬಗೆಗೆ ವಿವರಣೆ, ಬಸವಣ್ಣನವರ ವಚನಗಳ ತಾತ್ವಿಕ ವಿಚಾರದ ಬಗೆಗೆ ಚರ್ಚೆ.</p>		
Module:3: ಧನ್ವಂತರಿ ಚಿಕಿತ್ಸೆ – ಕುವೆಂಪು		
<p>ಕತೆಯ ಲೇಖಕರ ಪರಿಚಯ, ಪುರಾಣಗಳ ಪರಿಚಯ, ಪುರಾಣ ಪಾತ್ರಗಳ ವಿವರಣೆ, ಕತೆಯ ವಿವರದೊಂದಿಗೆ ರೈತರ ಇಂದಿನ ಸಮಸ್ಯೆಗಳ ವಿಶ್ಲೇಷಣೆ, ಕತೆಯು ಪ್ರಸ್ತುತ ಸ್ಥಿತಿಯನ್ನು ವಿವರಿಸುವಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಿದೆ ಎಂಬುದನ್ನು ತಿಳಿಸುವುದು, ಧನ್ವಂತರಿ ಕತೆಯ ಆಶಯವನ್ನು ವಿವರಿಸುವುದು, ರೈತರ ಸಮಸ್ಯೆಗಳಿಗೆ ಹೊಸ ಬಗೆಯ ಪರಿಹಾರಗಳನ್ನು ಕುರಿತು ಚಿಂತನೆಗೆ ತೊಡಗುವುದು.</p>		
Module:4: ಮುಟ್ಟಿಸಿಕೊಂಡವನು – ಪಿ. ಲಂಕೇಶ್		
<p>ಕತೆಯ ಲೇಖಕರ ಪರಿಚಯ, ಕತೆಯ ಆಶಯದ ಚರ್ಚೆ, ಬಸಲಿಂಗನ ಪಾತ್ರ ಪರಿಚಯ, ಡಾಕ್ಟರ್ ತಿಮ್ಮಪ್ಪನವರ ವ್ಯಕ್ತಿತ್ವದ ವಿವರಣೆ,</p>		

ಕತೆಯಲ್ಲಿ ವ್ಯಕ್ತವಾಗಿರುವ ಜಾತಿಪದ್ಧತಿಯ ವಿಶ್ಲೇಷಣೆ, ಡಾಕ್ಟರ್ ತಿಮ್ಮಪ್ಪನವರ ಮತ್ತು ಬಸಲಿಂಗನ ನಡುವಿನ ಸಂಬಂಧವನ್ನು ವಿವರಿಸುವುದು, ಸಿದ್ಧಿಂಗಿ ಮತ್ತು ಚಂದ್ರಪ್ಪನವರ ಪರಿಚಯ, ನಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಅಸ್ಪೃಶ್ಯತೆಯ ಆಚರಣೆಗಳ ಸೂಕ್ಷ್ಮತೆಗಳನ್ನು ವಿವರಿಸುವುದು.

Module:5: ತಾಯಿ – ಯು. ಆರ್ ಅನಂತಮೂರ್ತಿ

ಕತೆಯ ಲೇಖಕರ ಪರಿಚಯ, ಕತೆಯ ಆಶಯದ ಚರ್ಚೆ, ತಾಯಿ ಅಬ್ಬಕ್ಕನ ಪಾತ್ರದ ಚರ್ಚೆ, ತಾಯಿ ಮತ್ತು ಮಗನ ಸಂಬಂಧದ ವಿವರಣೆ, ಅಬ್ಬಕ್ಕನ ಎರಡನೆ ಮದುವೆ ವಿಚಾರ ಕುರಿತು ಚರ್ಚೆ, ಅಬ್ಬಕ್ಕನಲ್ಲಿನ ಕ್ರೌರ್ಯದ ಹಿನ್ನೆಲೆಯನ್ನು ಕತೆಯೊಳಗಿನ ಕತೆಯ ಮೂಲಕ ವಿವರಣೆ ನೀಡುವುದು, ತಾಯಿಯ ವಾತ್ಸಲ್ಯ ಕುರಿತು ವಿಶ್ಲೇಷಣೆ.

Module:6: ಡಾಂಬರು ಬಂದುದು – ದೇವನೂರು ಮಹಾದೇವ

ಕತೆಯ ಲೇಖಕರ ಪರಿಚಯ, ಡಾಂಬರು ಹಾಕಲು ಸರ್ಕಾರದಿಂದ ಅನುಮತಿ ಸಿಕ್ಕಿದ ಸಂದರ್ಭ, ಹಳ್ಳಿಯ ಜನರ ಅಭಿಪ್ರಾಯ, ಪಟೇಲ ಕಾರ್ಯ ವೈಖರಿ, ಪರಂಪರಾಗತ ವ್ಯವಸ್ಥೆಯಿಂದ ಆಧುನಿಕತೆಗೆ ವಿಸ್ತರಿಸಿಕೊಳ್ಳುವಲ್ಲಿನ ಸಂಘರ್ಷ, ನಂಜನಗೂಡಿನ ಕನ್ನಡ ಭಾಷೆಯ ವಿವರಣೆ.

Module:7: ವಾಣಿಯ ಸಮಸ್ಯೆ – ಕೊಡಗಿನ ಗೌರಮ್ಮ

ಕತೆಯ ಲೇಖಕಿಯ ಪರಿಚಯ, ಕತೆಯ ಆಶಯದ ಬಗೆಗೆ ವಿವರಣೆ, ಇಂದುವಿನ ಜೀವನ, ಇಂದು ಮತ್ತು ವಾಣಿಯರ ನಡುವಿನ ಸ್ನೇಹ, ಇಂದುವಿನ ವಿಧವಾ ಜೀವನ, ಇಂದುವಿನ ಮನಸ್ಸಿನಲ್ಲಿ ಉಂಟಾದ ತಲ್ಲಣಗಳು, ಮಾನಸಿಕ ಸಂಘರ್ಷದಿಂದ ಪಾರಾದ ಸಂದರ್ಭ, ವಿಧವಾ ಬದುಕಿನ ವಿವರಣೆ

Module:8: ಚೋಮನ ದುಡಿ (ಆಯ್ದಭಾಗ)- ಶಿವರಾಮ ಕಾರಂತ

ಕಾದಂಬರಿಯ ಲೇಖಕರ ಪರಿಚಯ, ಚೋಮನ ಸಂಸಾರದ ವಿವರಣೆ, ಚೋಮನ ಮನದಾಸೆಯ ವಿಶ್ಲೇಷಣೆ, ಜಮೀನ್ದಾರಿ ಪದ್ಧತಿಯ ವಿವರಣೆ, ಭೂಮಿಯ ಒಡೆತನ ಒಂದು ವರ್ಗಕ್ಕೆ ಸೀಮಿತವಾಗಿದ್ದ ಸ್ಥಿತಿ, ಚೋಮನ ಕನಸು ಕನಸಾಗಿಯೇ ಉಳಿದ ಸಂಗತಿಯ ವಿಶ್ಲೇಷಣೆ, ಆಧುನಿಕ ಯುಗದಲ್ಲಿ ಜಮೀನ್ದಾರಿ ಪದ್ಧತಿಯ ಸ್ವರೂಪದ ಬಗೆಗೆ ವಿವರಣೆ.

Module:9: ಭಾಷಾಭ್ಯಾಸ

ಗಾದೆಗಳು
ದ್ವಿರುಕ್ತಿ, ಜೋಡಿಪದ, ಅನುಕರಣಾವ್ಯಯ
ಪ್ರಾಯೋಗಿಕ ಚಟುವಟಿಕೆ

C. References (ಅಧ್ಯಯನ ಉಪಕರಣಗಳು)

- ಕನ್ನಡ ಸಿರಿ – ಡಾ. ಬಸವರಾಜ ಕಲ್ಲುಡಿ, ಓರಿಯಂಟಲ್ ಬ್ಲಾಕ್ ಸ್ಟಾನ್ – ಬೆಂಗಳೂರು
- ಕನ್ನಡ ಬೆಳಕು – ಡಾ. ನಾ. ಲೋಕೇಶ ಒಡೆಯರ್, ಓರಿಯಂಟಲ್ ಬ್ಲಾಕ್ ಸ್ಟಾನ್ – ಬೆಂಗಳೂರು
- ಶತಮಾನದ ಸಣ್ಣಕಥೆ, (ಸಂ) ಬೊಳುವಾರು ಮಹಮದ್ ಕುಂಞಿ, ಕರ್ನಾಟಕ ಸಾಹಿತ್ಯ ಅಕಾಡೆಮಿ, ಕನ್ನಡ ಭವನ, ಚಿ.ಸಿ. ರಸ್ತೆ, ಬೆಂಗಳೂರು – 560002
- ಬಸವಣ್ಣನವರ ವಚನ ಸಂಪುಟ – ಸಮಗ್ರ ವಚನ ಸಂಪುಟ-1, (ಸಂ) ಡಾ. ಎಂ.ಎಂ. ಕಲಬುರ್ಗಿ, ಕನ್ನಡ ಪುಸ್ತಕ ಪ್ರಾಧಿಕಾರ, ಬೆಂಗಳೂರು, 2001
- ಚೋಮನ ದುಡಿ – ಡಾ. ಶಿವರಾಮ ಕಾರಂತ, ಸಪ್ತ ಬುಕ್ ಹೌಸ್, ಬೆಂಗಳೂರು-09, 2001
- ಕನ್ನಡ ಸಣ್ಣಕತೆಗಳು – (ಸಂ) ಜಿ.ಎಚ್. ನಾಯಕ, ನ್ಯಾಷನಲ್ ಬುಕ್ ಟ್ರಸ್ಟ್ ಇಂಡಿಯಾ, 2005
- ಸಣ್ಣ ಕತೆಗಳ ಸಂಕಲನ – ವೀಣಾ ಶಾಂತೇಶ್ವರ, ಕನ್ನಡ ಮತ್ತು ಸಂಸ್ಕೃತಿ ನಿರ್ದೇಶನಾಲಯ, ಕನ್ನಡ ಭವನ, ಚಿ.ಸಿ ರೋಡ್, ಬೆಂಗಳೂರು-02, 2001
- ಎದೆಗೆ ಬಿದ್ದ ಅಕ್ಷರ – ದೇವನೂರು ಮಹಾದೇವ, ಅಭಿನವ, ಬೆಂಗಳೂರು-40, 2013
- ವಿಮರ್ಶೆಯ ಪರಿಭಾಷೆ – ಓ.ಎಲ್. ನಾಗಭೂಷಣ ಸ್ವಾಮಿ, ಅಭಿನವ, ವಿಜಯನಗರ, ಬೆಂ-40, 2013
- ಶತಮಾನದ ಸಾಹಿತ್ಯ ವಿಮರ್ಶೆ, (ಸಂ) ಹೆಚ್.ಎಸ್. ರಾಘವೇಂದ್ರರಾವ್, ಕರ್ನಾಟಕ ಸಾಹಿತ್ಯ ಅಕಾಡೆಮಿ, ಕನ್ನಡ ಭವನ, ಬೆಂ-560002
- ರಾಷ್ಟ್ರಕವಿ ಕುವೆಂಪು – ದೇಜಗೌ, ಕನ್ನಡ ಪುಸ್ತಕ ಪ್ರಾಧಿಕಾರ, ಬೆಂಗಳೂರು, 1986
- 1000 ಅರ್ಥಪೂರ್ಣ ಗಾದೆಗಳು – ಸಂಪಟೂರು ವಿಶ್ವನಾಥ್, ವಸಂತ ಪ್ರಕಾಶನ, ಜಯನಗರ, ಬೆಂಗಳೂರು-11, 2012

- ಕನ್ನಡ ಸಾಹಿತ್ಯ ಕೋಶ - (ಸಂ) ರಾಜಪ್ಪ ದಳವಾಯಿ, ದಳವಾಯಿ ಪ್ರಕಾಶನ, ಬೆಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾಲಯ, ಬೆಂಗಳೂರು-56, 2010

D. Mode of Assessment

IAT/Assignment/Participatory Learning and End semester Examination

E. Scheme of Evaluation

1.Continuous Internal Assessment (CIE) – 50 Marks

Components	Average of 2 IATs	CCE	Total Marks
Max. Marks	20	30	50

2.Semester End Examination (SEE) Scheme: 100 Marks (Scaled down to 50)

Section	Number of Questions	Number of Questions to be attempted	Marks/ Question	Total Marks for the Section	Bloom's (Modified) Taxonomy Level
A	7	5	3	15	L1, L2
B	7	5	8	40	L2, L3, L4
C	4	3	15	45	L3, L4

HINDI LANGUAGE SYLLABUS

I/II Semester

PROGRAMME: BA/B.Com/BBA/ BCA and B.Sc

Course Code: 7BAH218

A. Course Framework

Credits: L-T-P: 4 – 0 – 0		Total Credits: 4
Contact Hours/Week: 4	Direct Teaching Hours: 60	Total Contact Hours:60
<p>Course Learning Objectives: सीखने का उद्देश्य :</p> <ul style="list-style-type: none"> ➤ साहित्य के विविध पहलुओं का परिचय देने हेतु कहानी कविता और प्रायोगिक हिन्दी पत्रकारिता संबंधी सामग्री संकलित की गयी है । ➤ पाठ्य सामग्री का चयन कुछ इस प्रकार किया गया है कि-विद्यार्थी उसे अध्ययन करने के पश्चात ऐसे मूल्य को जिस से राष्ट्रीय एवं सामाजिक एकता का भाव संपुटित हो सके । ➤ भाषा विकास के विविध पक्षों का अनुप्रयोग करने हेतु श्रवण, मौखिक एवं लिखित कुशलता का अभ्यास । 		
<p>Course Outcomes: On successful completion of the course, the students will be able to- इस पाठ्यक्रम के अध्ययन के बाद विद्यार्थी निम्न तथ्यों से अवगत होंगे:</p> <ul style="list-style-type: none"> ➤ इस सत्र के अंत तक विद्यार्थियों को भाषायी कौशलता में उत्तरोत्तर विकास देखना । ➤ हिन्दी साहित्य की घनिष्ठता एवं उसकी विशादता का परिचय एवं उसका आश्वादन कराना । ➤ बौद्धिक विकास के साथ-साथ निर्णयात्मक एवं सही गलत के बीच में अंतर परखने और उस पर दृढता पूर्वक अपने विचारों को प्रकट करना एक मुख्य परिणाम होगा । 		

B. Syllabus

पाठ्य पुस्तक एवं पाठ्यवस्तु: सहित्य वाटीका – संपादक मेजर डॉ.० आनंदप्पा ईरमुखदवर		Hours
Module-1	कहानी विभाग	25
<p>१. आँसूओं की होली- प्रेमचंद; २.सदाचार का तावीज- हरिशंकर परसाई ३. सुख- काशिनाथ सिंह; ४.चीफ की दावत- भीष्म सहानी; ५.मवाली- मोहन राकेश; ६. पोस्टमैन- शैलेश मटियानी; ७.(लघु कथा) – खिलौने; माँ का मतलब – रामनिवास 'मानव'; (निबंध) ८. नारी और उसका सम्मान – डॉ. आनंदप्पा ईरमुख</p>		
Module – 2	कविता विभाग	12
<p>१. यह सूरज- रामधारी सिंह 'दिनकर'; २. मानव – सुमित्रानंदन पंत; ३. मधुशाला- हरिवंशराय बच्चन ४. मिट्टी की महिमा- शिवमंगल सिंह 'सुमन'; ५. मै दीपक हूँ जलूँगा; ६. बे सहारा छोड आये गाँव को –ज्ञानचंद'मर्मज्ञ' ७.हे युवा स्वयं का निर्माण कर- डॉ. पंकज गौड</p>		
Module – 3	पत्रकारिता एवं मीडिया लेखन	8
<p>अ) पत्रकारिता- स्वरूप एवं महत्वअर्थ एवं परिभाषा; पत्रकारिता का स्वरूप; आ) संवादाता के गुण; इ) साक्षात्कार;फीचर: परिभाषा, स्वरूप और उद्देश्य; प्रूफरीडर के गुण और कर्तव्य;</p>		
Module – 4	अनुवाद	8
<p>अनुवाद: स्वरूप और परिभाषा; अनुवाद का स्वरूप: अनुवाद के प्रकार शब्दानुवाद २) भावानुवाद ३) छायानुवाद ४) सारानुवाद ५) व्याख्यानुवाद ६) रूपांतरण ७) वार्तानुवाद ८) आदर्शानुवाद; प्रयोगात्मक शब्दावली</p>		
Module – 5	व्यावहारिक पत्र	7
<p>१.व्यवसायिक पत्र का प्रारूप; २. व्यवसायिक पत्र के गुण; ३. व्यवहारिक पत्र के अंग; ४. व्यावसायिक पत्र का प्रारूप; व्यवसायिक पत्र के विभिन्न प्रकार-१. पूछताछ संबंधी पत्र; २. आदेश तथा संदर्भ पत्र; ३. शिकायती पत्र; ४. भुगतान संबंधी पत्र; ५. साख पत्र; ६. बैंक पत्र</p>		

C. Scheme of Evaluation

a. Continuous Internal Evaluation (CIE) Scheme: 50 Marks

Components	Average of IATs	CCE	Total Marks
Max. Marks	20	30	50

b. Semester End Examination (SEE) Scheme: 50 Marks

Section	No of Questions	No of Questions to be attempted	Marks / Question	Total Marks for the Section	Revised Blooms Taxonomy
I	10	10	1	10	Remembering Understanding
II	6	2	5	10	Remembering Understanding, Analysis
III	3	1	16	16	Remembering Analyze, Analysis, Evaluate
IV	4	2	6	12	Remembering Analyze, Analysis
V	4	2	6	12	Analyze, Analysis
VI	4	2	5	10	Remembering Understanding
VII	4	2	10	20	Remembering Understanding
VIII	15	10	1	10	Remembering Understanding
Total	50	31	50	100	

D.Text Books:

पाठ्य पुस्तक :

- सहित्य वाटीका- संपादक डा० आनंदप्पा ईरमुखदवर, प्रकाशक-हिमालय पब्लिशिंग हाऊस,बेंगलूरु ।

E. References:

संदर्भ सूची:

- व्यावहारिक हिन्दी- डा. महेन्द्र मित्तल
- सुबोध व्यावहारिक हिन्दी-डा. कुलदीप गुप्ता
- वाणिज्य हिन्दी- श्री ए .वी. नथी
- हिन्दी पत्रकारिता का बृहद इतिहास- अर्जुन तिवरी
- समकालिन पत्रकारिता मूल्यांकन और मुद्दे- राज किशोर



Prepared By:

Dr. Anandappa Iramukhadavar

Professor

School of Social Sciences & Humanities



Reviewed By:

Dr. Anthony Oliver

Professor & COE

St. Joseph's Commerce College

(Autonomous)



Approved By

Dr. B Ganesh

professor & Former Chairperson

Dept of Hindi BUB



Common Core (CC)

Scheme of Teaching and Evaluation (STE)

Academic Year [2022-23]

CKSAA1031 : Introduction to Philosophical Thought

A. Course Framework

Credits: L-T-P-C: 1

Syllabus Version: 1.0

Contact Hours / Week: 1

Total Contact Hours: 15

Prerequisite: (If applicable)

NA

Course Learning Objectives:

- O1: To enable students to examine and expand their own ways of thinking.
- O2: To provide the students the ability to write and speak clearly, attending to details.
- O3: To enhance the students problem-solving capacities.
- O4: To foster responsibility to act and think more deeply about various aspects in our daily life.

Course Outcomes: On successful completion of the course, Students will be able to,

- O1: Recognize the importance of rationally deducing a question or a problem.
- O2: To develop appreciation towards various philosophical ideologies.
- O3: To enable the students to form their own philosophy of life

B. Syllabus

Module: 1

Philosophy and its Origins

Hours: 3

- In this module we look at what exactly is philosophy and its origins.

Module: 2

Knowledge

Hours: 3

- How do we understand the concept of knowledge? Introduction to Plato's definition of Knowledge as Justified True Belief
- What is Truth? How do we understand truth? Three major theories of truth in Western Philosophy – Correspondence, Coherence, and Pragmatic. Jain idea of truth and knowledge as multiple and manifold - Anekantavada. Which of these theories appeals to you? What theory of truth would you propose we follow?
- What is Justification? What modes of justification do we depend on when we seek knowledge? Introduction and discussion on Externalism vs. Internalism.

Module: 3

Justice, Morality, and Laws

Hours: 3

- What is Justice? What is Morality? What are the differences, if any, between Justice and Morality?
- Understanding the concept of laws
- To analyse laws and whether it needs to be obeyed
- Who has the authority to make laws? Reflection on the power and moral authority of the State

Module: 4	Validity of Scientific Theories	Hours: 3									
<ul style="list-style-type: none"> • The aim of this session is to present both views of scientific realists and anti-scientific realists and their main arguments, and prospects. • Validity of an information or a scientific theory 											
Module: 5	Philosophy and Media	Hours: 3									
<ul style="list-style-type: none"> • How does media representation of Philosophy affect our understanding of Philosophy? • What are the underlying philosophical assumptions that underpin media/entertainment properties that we enjoy? How does that inform our perspectives on the world around us and our personal philosophies? 											
C. References											
<ol style="list-style-type: none"> 1. The Story of Philosophy. A book by Will Durant 2. A New History of Western Philosophy. A book by Anthony John Patrick Kenny 3. What Does It All Mean? A Very Short Introduction to Philosophy. A book by Thomas Nagel 4. Before the Law, Franz Kafka <p>Online references:</p> <ol style="list-style-type: none"> 1) School of life – Western Philosophy (https://www.youtube.com/watch?v=SWIUKJIMge4&list=PLwxNMb28XmpeypJMhfNbJ4RAFkRtmAN3P) 											
D. Mode of Assessment											
CIE:IAT/CCE											
E. Scheme of Evaluation											
IPT	IAT					CCE			CIE	SEE	Total
Evaluation	IAT-1	IAT-1 Scaled Down	IAT-2	IAT-2 Scaled Down	Total IAT (B+D)	CCE-1	CCE-2	Total CCE (F to H)	CIE (IAT + CCE) (E + I)	SEE	Grand Total (J + K)
Column Identifier >	A	B	C	D	E	F	G	I	J	K	L
Max. Marks	20	10	20	10	20	10	20	30	50	NA	50

Format for IAT - 1 & 2 (Total Marks:20)

Section	Total Number of questions in section	Questions to be attempted by student	Marks per question	Total Marks for Section
A	3	2	2	4
B	2	1	6	6
C	2	1	10	10

IAT - 1 (<u>Scaled down from 20</u>)	IAT - 2 (<u>Scaled down from 20</u>)	CCE -1	CCE - 2
10	10	10	20

CKSAM1021: ENVIRONMENT AND SUSTAINABILITY

A. Course Framework

Credits: L-T-P -C: 2 – 0 – 0 - 2		Syllabus Version :1.0
Contact Hours/Week: 2	Total Contact Hours: 30	Level : 100
Prerequisite : (If applicable)	NA	
<p>Course Learning Objectives:</p> <p>O1: To thoroughly understand and appreciation of balance environment and ecosystem. O2: To develop understanding of business contribution to global sustainable development agenda. O3: To critically judge the need of required business intervention for contribution to sustainable development agenda. O4: To independently develop and assess the impact of energy management on climate change in a given business context.</p>		
<p>Course Outcomes:On successful completion of the course, students will be able to,</p> <p>O1: Know challenges and emerging issues in global sustainability. O2: Understand the initiatives taken by different councils for sustainable development. O3: Analyze the different approaches to optimize the climatic impact by energy management of a business decision/ actions. O4: Apply different approaches and roles in sustainable development.</p>		

B. Syllabus:	No. of Hours
Module 1: Environment & Sustainability: Introduction	5
Environment: Introduction; Ecosystem: Concept- functions; Balance of nature, pressure of life supporting system, Natural resources. Sustainability Development: Concept- India’s sustainable development priorities; Basic sustainability theory – triple bottom line (TBL), Human growth and development, Behavioral changes v. technological solutions, Green Economy.	
Module 2: Environmental Management	7
Environmental Management: Definition; Corporate environmental indicators, Objective of the industry, Instruments: Legal- Technological-Managerial; EMS Certification, Managerial system, Industrial safety Practices: Disaster Management- Risk Assessment Analysis; Environmental issues in developing countries, carbon foot printing.	
Module 3: Environmental laws and waste Management	8
Environmental Issues, International conventions on environment, Related acts: Forest Protection Act, 1980 - Biological Diversity Act, 2002- Wild Life Conservation Act- The Water Act, 1974- The Air Act, 1981- The Environmental Protection Act, 1986. Waste Management: Municipal Solid Waste- Biomedical Waste Management - e waste; Management of hazardous waste.	

Module 4: Energy Management: Global climatic changes	6
Energy management: Introduction- catalyst- general principles- planning; Energy analysis, Economies for efficient energy uses, Renewable sources of energy. Climatic Change: History-Factors; Ozone layer depletion, Green House Effect, Climatic control policies (Kyoto Protocol 1997), effects on glaciers receding.	
Module 5: Human Systems and their Impacts, Reporting Tools	4
Change in materials used & critical materials, Energy and fossil fuel consumption, Buildings, Food systems, Transportation, Businesses and service organisations. ISO, Systems engineering – material flow analysis; lean six sigma, Environmental Product Declarations, Life Cycle Assessment.	

C. Reference Books:

1. *Madhab Chandra Dash, 'Concepts of Environmental Management for Sustainable Development' I.K. International Publishing House Private Ltd.,*
2. *Craig B Smith & Kelly E Parmentor, 'Energy management Principles- Application, Benefits & savings', Elsevier, 2nd Edition, 2015*
3. *Robert Brinkman, 'Introduction to Sustainability', Wiley Blackwell.*
4. *Roy Kartik C., 'Sustainable Economic Development and Environment', Atlantic Publishers & Distributors Pvt Ltd.*
5. *Blewitt John, 'Understanding Sustainable Development', Taylor and Francis Ltd*
6. *Margeret Robertson, 'Sustainability Principles and Practices', Routledge Publications.*
- 7.

D. Scheme of Evaluations:

EAS/ EVP	IAT					CCE				CIE	SEE		Total
Evaluation	IAT-1	IAT-1 Scaled Down	IAT-2	IAT-2 Scaled Down	Average IAT [(B+D)/2]	CCE-1	CCE-2	CCE-3	Total CCE (F to H)	CIE (IAT + CCE) (E + I)	SEE	SEE Scaled Down	Grand Total (J + L)
Column Identifier >	A	B	C	D	E	F	G	H	I	J	K	L	M
Max. Marks	20	10	20	10	10	5	5	5	15	25	50	25	50

E. Semester End Evaluation (SEE) Scheme

Section	Number of questions	Number of questions to be attempted	Marks/ Questions	Total Marks for the Section	Bloom's (Modified) Taxonomy Level
A	5	4	3	12	L1, L2
B	5	3	6	18	L2, L3, L4
C	3	2	10	20	L3, L4

CKSAM1041 : Ethics and Values (PG) [EVP]		
A. Course Framework		
Credits: L-T-P-C: 2		Syllabus Version: 2.0
Contact Hours / Week: 2	Total Contact Hours: 30	
Prerequisite: (If applicable)	NA	
Course Learning Objectives:		
<p>O1: Develop a foundational understanding of ethics and morality within the Indian cultural context.</p> <p>O2: Cultivate critical thinking skills for analyzing moral concepts and their impact on personal, societal, and professional well-being.</p> <p>O3: Build proficiency in ethical decision-making, with an emphasis on navigating complex dilemmas in various contexts.</p> <p>O4: Integrate theoretical knowledge of ethics with practical applications in real-world scenarios.</p>		
Course Outcomes: On successful completion of the course, Students will be able to,		
<p>O1: Demonstrate cultural sensitivity by applying ethical principles within the specific context of India.</p> <p>O2: Develop advanced critical analysis skills through the examination of diverse moral perspectives and theories..</p> <p>O3: Demonstrate the ability to apply theoretical ethical knowledge to practical situations, showcasing a deep understanding of ethical principles in action.</p>		
B. Syllabus		
Module: 1	Morality	Hours: 6
Introduction to Morality- Defining morality and its significance in the Indian cultural context, Exploring distinctions between Indian ethics and morality. Theories of Morality - Dharmic perspective on morality, Gandhian ethics: Morality in the context of truth and non-violence, Buddhist and Jain perspectives on morality		
Module: 2	Why should we be moral beings?	Hours: 6
Importance of Morality: Understanding the cultural and spiritual significance of moral behavior in India, Impact of morality on personal and societal well-being in the Indian context		
Philosophical Foundations: Relevance of ancient Indian philosophical thought on morality, Gandhi's principles and their influence on moral living		
Module: 3	Is Morality Objective or Relative?	Hours: 6
Objective vs. Relative Morality: Examining the ongoing debate on the objectivity or relativity of morality/ethics, Exploring the universality of 'Good' and 'Bad',		
Moral Relativism: Historical development and challenges of universalized morality, Critique of moral relativism using various philosophical perspectives		
Module: 4	Morality, Ethics and Law	Hours: 6
Differences between Ethics and Morality: Understanding the distinctions and intersections of ethics and morality. Moral Limits of the State: Examining the ethical boundaries of governmental authority, Individual vs. State Morality: Exploring the relationship between the individual and the state, Navigating scenarios where state instructions conflict with individual morality. Ethical Imperatives: Addressing ethical dilemmas that challenge personal moral beliefs		
Module: 5	Professional Ethics	Hours: 6
Ethical Obligations in Professional Spaces: Understanding and navigating ethical responsibilities in professional settings, Contemporary Ethical Debates: Analyzing current ethical discussions within professional fields, Critiquing Professional Ethical Dilemmas, Developing critical thinking skills through the		

analysis of professional ethical dilemmas, Underlying Ethical Theories for Professions: Exploring ethical theories as frameworks for addressing professional ethical challenges

C. References

1. On the Genealogy of Morals, Friedrich Nietzsche
2. Book 1, Aristotle, Nicomachean Ethics
3. 'Dukha, Nirvana, and the Holy Man', BK Matilal, Ethics and Epics
4. Famine, Affluence, and Morality, Peter Singer, Philosophy and Public Affairs, Vol. 1, No. 3 (Spring, 1972), pp. 229-243
5. Psychological Assessment Testing Tribulations, Gerald Koocher & Patricia Keith-Spiegel, Ethics in Psychology and the Mental Health Professions, pp. 193-231

Online references:

- 1) FDR's Four Freedoms Speech, Annual Message to the Congress of the United States (1941), <https://www.archives.gov/milestone-documents/president-franklin-roosevelts-annual-message-to-congress>
- 2) *Moral Relativism* - *Stanford Encyclopedia of Philosophy*
<https://plato.stanford.edu/entries/moral-relativism/>

D. Mode of Assessment

CIE : IAT/CCE & SEE

E. Scheme of Evaluation

EAS/ EVP	IAT					CCE				CIE	SEE		Total
Evaluation	IAT-1	IAT-1 Scaled Down	IAT-2	IAT-2 Scaled Down	Average IAT [(B+D)/2]	CCE-1	CCE-2	CCE-3	Total CCE (F to H)	CIE (IAT + CCE) (E + I)	SEE	SEE Scaled Down	Grand Total (J + L)
Column Identifier >	A	B	C	D	E	F	G	H	I	J	K	L	M
Max. Marks	20	10	20	10	10	5	5	5	15	25	50	25	50

Semester End Examination (SEE) Scheme: 50 Marks (Scaled down to 25 Marks)

Section	No of Questions	No of Questions to be attempted	Marks / Question	Total Marks for the Section	Revised Bloom's Taxonomy
A	5	4	3	12	L1, L2
B	5	3	6	18	L2, L3
C	3	2	10	20	L3, L4

CKSAM1051: Indian Democracy, Participation & Social Change		
A. Course Framework		
Credits: L-T-P-C: 2-0-0-2		Syllabus Version: 1.0
Contact Hours / Week: 2	Total Contact Hours: 30	Level: 100
Prerequisite: (If applicable)	NA	
Course Learning Objectives:		
01: To establish a sense of responsibility to uphold the freedoms of this diverse, secular country 02: To create curiosity to explore India's rich history. 03: To create a desire to contribute to the country in small and big ways. 04: To gain an appreciation for the workings of the world's largest democracy. 05: To build the habit of researching and articulating their points of view. 06: To imagine hypothetical and alternate histories and presents to enable deeper understanding of the impact of history and democracy.		
Course Outcomes: On successful completion of the course, Students will be able to,		
01: Study a particular event in Indian history and trace the impact that can be felt to the present day. 02: Understand the impact of the way a democracy is structured. 03: Understand the freedoms that a citizen of India has, and what those mean in daily life. 04: Understand the duties of an Indian citizen and how they translate to daily life. 05: Gain an understanding of the workings of the government in their residential locality. 06: Trace the impact of a single vote from their area of residence to the national scale. 07: Understand the Indian democratic process and their role in it. 08: Identify ways in which they can contribute to the progress of the country.		
B. Syllabus		
Module:1: From Princely States to One Country		Hours: 6
Gaining independence - The complexity of integration - Partition - Student discussion: Factors of Complexity - The continued impact		
Module:2: World's Largest Democracy		Hours: 5
History of the right to vote in India - 2019 national election - Two houses of parliament - Student discussion: Roots of Democracy		
Module:3: Global Systems of Democracy		Hours: 5
Direct and Representative Democracies - Structure of a democracy - Student discussion: Re-imagining India's Democracy		
Module:4: Local Democracy		Hours: 5
State government - Your vote		
Module:5: Rights, Duties and Personal Responsibility		Hours: 4
Constitutional rights - Constitutional duties - Translating into action		
Final - Contributing to Social Change		Hours: 5
Social issue of choice: Research into context and opportunities for personal contribution		
C. References		
1. The Story of the Integration of the Indian States - V.P. Menon (1956)		
2. The Road to India's Partition - Haimanti Roy; The Conversation (2018)		
3. Karnataka Information Election System		

4. Mocomi - Indian Freedom Struggle
5. Mocomi - Indian Independence: 1947
6. Animated Lessons - The Princely States of India
7. TRT World: India-Pakistan partition explained
8. Garvita Sethi: From Lahore to New Delhi - Curfew, Gunshots and Run for Life - 1947 Partition Stories
9. Brut - Does everyone have a right to vote? Dhruv finds out
10. Indian Express Online: Facts about the First Election in Independent India
11. Rajya Sabha tv: History of elections in India
12. Vox: How India runs the world's biggest election
13. Global News: India Lok Sabha election 2019: How the world's largest democracy votes
14. Eclectic: Indian parliament explained in 5 minutes
15. Scroll.in: How is a Rajya Sabha MP elected?
16. MinuteVideos: Democracy
17. United 4 Social Change: Representative vs. Direct Democracy
18. SWI: Switzerland's direct democracy
19. The School of Life: Why Socrates Hated Democracy
20. ThinkNovus: Voting Systems - Best in the World
21. CGP Grey: The Problems with First Past the Post
22. CGP Grey: The Alternative Vote
23. CGP Grey: Mixed-Member Proportional Representation Explained
24. CNBC International: How do German elections work?
25. Amit Sengupta: How State Government Works
26. Exambin: Fundamental rights in the Indian Constitution
27. Exambin: Fundamental Duties of Indian Citizen

D. Mode of Assessment

CIE : IAT/CCE &SEE

E. Scheme of Evaluation

IC/DPS	IAT					CCE				CIE	SEE		Total
Evaluation	IAT-1	IAT-1 Scaled Down	IAT-2	IAT-2 Scaled Down	Average IAT [(B+D)/2]	CCE-1	CCE-2	CCE-3	Total CCE (F to H)	CIE (IAT + CCE) (E + I)	SEE	SEE Scaled Down	Grand Total (J + L)
Column Identifier >	A	B	C	D	E	F	G	H	I	J	K	L	M
Max. Marks	20	10	20	10	10	5	5	5	15	25	50	25	50

Semester End Examination (SEE) Scheme: 50 Marks (Scaled down to 25 Marks)

Section	No of Questions	No of Questions to be attempted	Marks / Question	Total Marks for the Section	Revised Bloom's Taxonomy
A	5	4	3	12	L1, L2

B	5	3	6	18	L2, L3
C	3	2	10	20	L3, L4

CKSAM1051: Indian Democracy, Participation & Social Change		
A. Course Framework		
Credits: L-T-P-C: 2-0-0-2		Syllabus Version: 1.0
Contact Hours / Week: 2	Total Contact Hours: 30	Level: 100
Prerequisite: (If applicable)	NA	
Course Learning Objectives:		
01: To establish a sense of responsibility to uphold the freedoms of this diverse, secular country 02: To create curiosity to explore India's rich history. 03: To create a desire to contribute to the country in small and big ways. 04: To gain an appreciation for the workings of the world's largest democracy. 05: To build the habit of researching and articulating their points of view. 06: To imagine hypothetical and alternate histories and presents to enable deeper understanding of the impact of history and democracy.		
Course Outcomes: On successful completion of the course, Students will be able to,		
01: Study a particular event in Indian history and trace the impact that can be felt to the present day. 02: Understand the impact of the way a democracy is structured. 03: Understand the freedoms that a citizen of India has, and what those mean in daily life. 04: Understand the duties of an Indian citizen and how they translate to daily life. 05: Gain an understanding of the workings of the government in their residential locality. 06: Trace the impact of a single vote from their area of residence to the national scale. 07: Understand the Indian democratic process and their role in it. 08: Identify ways in which they can contribute to the progress of the country.		
B. Syllabus		
Module:1: From Princely States to One Country		Hours: 6
Gaining independence - The complexity of integration - Partition - Student discussion: Factors of Complexity - The continued impact		
Module:2: World's Largest Democracy		Hours: 5
History of the right to vote in India - 2019 national election - Two houses of parliament - Student discussion: Roots of Democracy		
Module:3: Global Systems of Democracy		Hours: 5
Direct and Representative Democracies - Structure of a democracy - Student discussion: Re-imagining India's Democracy		
Module:4: Local Democracy		Hours: 5
State government - Your vote		
Module:5: Rights, Duties and Personal Responsibility		Hours: 4
Constitutional rights - Constitutional duties - Translating into action		
Final - Contributing to Social Change		Hours: 5
Social issue of choice: Research into context and opportunities for personal contribution		
C. References		
1. The Story of the Integration of the Indian States - V.P. Menon (1956) 2. The Road to India's Partition - Haimanti Roy; The Conversation (2018) 3. Karnataka Information Election System 4. Mocomi - Indian Freedom Struggle 5. Mocomi - Indian Independence: 1947 6. Animated Lessons - The Princely States of India 7. TRT World: India-Pakistan partition explained 8. Garvita Sethi: From Lahore to New Delhi - Curfew, Gunshots and Run for Life - 1947 Partition Stories 9. Brut - Does everyone have a right to vote? Dhruv finds out 10. Indian Express Online: Facts about the First Election in Independent India		

11. Rajya Sabha tv: History of elections in India
12. Vox: How India runs the world's biggest election
13. Global News: India Lok Sabha election 2019: How the world's largest democracy votes
14. Eclectic: Indian parliament explained in 5 minutes
15. Scroll.in: How is a Rajya Sabha MP elected?
16. MinuteVideos: Democracy
17. United 4 Social Change: Representative vs. Direct Democracy
18. SWI: Switzerland's direct democracy
19. The School of Life: Why Socrates Hated Democracy
20. ThinkNovus: Voting Systems - Best in the World
21. CGP Grey: The Problems with First Past the Post
22. CGP Grey: The Alternative Vote
23. CGP Grey: Mixed-Member Proportional Representation Explained
24. CNBC International: How do German elections work?
25. Amit Sengupta: How State Government Works
26. Exambin: Fundamental rights in the Indian Constitution
27. Exambin: Fundamental Duties of Indian Citizen

D. Mode of Assessment

CIE : IAT/CCE &SEE

E. Scheme of Evaluation

IC/DPS	IAT					CCE				CIE	SEE		Total
Evaluation	IAT-1	IAT-1 Scaled Down	IAT-2	IAT-2 Scaled Down	Average IAT [(B+D)/2]	CCE-1	CCE-2	CCE-3	Total CCE (F to H)	CIE (IAT + CCE) (E + I)	SEE	SEE Scaled Down	Grand Total (J + L)
Column Identifier >	A	B	C	D	E	F	G	H	I	J	K	L	M
Max. Marks	20	10	20	10	10	5	5	5	15	25	50	25	50

Semester End Examination (SEE) Scheme: 50 Marks (Scaled down to 25 Marks)

Section	No of Questions	No of Questions to be attempted	Marks / Question	Total Marks for the Section	Revised Bloom's Taxonomy
A	5	4	3	12	L1, L2
B	5	3	6	18	L2, L3
C	3	2	10	20	L3, L4



CMR UNIVERSITY

DEPARTMENT
OF
PHYSICAL EDUCATION

**Online Program on the occasion of
*8th INTERNATIONAL YOGA DAY CELEBRATION***

REPORT 2022-23

Department of Physical Education

8th International Yoga Day 2021

“Yoga is the journey of the self, through the self, to the self”

Report

The Department of Physical Education organized ***8th International Yoga Day on 21st June 2021*** at CMR University, OMBR Campus, City Campus and Main Campus from 7.00 a.m. to 8.00 a.m. Prof Nazreen M A hosted the Programme. The event began with the Presidential Address by Dr. Bhaskar Reddy, Pro Vice Chancellor. Nearly 310 participants from different states registered and 140 actively participated. The Resource person for the event was **Mr. Saktiya Narayanan M.R.**, a Maestro in Iyengar yoga, who has been teaching yoga for the past 20 years. He has helped thousands achieve complete restoration, self-improvement and healing in all aspects of mental, physical and spiritual well-being. He has represented Karnataka State twice for the national and is a referee at Indian Association of yoga.

All the participants practised different yoga postures together and realized that Yoga has become a part of our daily life in today's world and that it is a complete path by itself. The purpose of this event was to instill into everyone's minds the uplifting powers of Yoga as a force that unifies body, soul and mind.

The emphasis was not just on physical fitness but a holistic development of the mind, body and soul. The one-hour Yoga session concluded with an interactive session on tips for better living. Prof. Nazreen MA rendered the vote of thanks and brought the event to a close.









Thank You



CMR UNIVERSITY

Private University Established in Karnataka State by Act No. 45 of 2003

CMR UNIVERSITY

**DEPARTMENT OF PHYSICAL EDUCATION
IN
ASSOCIATION WITH OFFICE OF STUDENTS AFFAIRS**



9th INTERNATIONAL YOGA DAY CELEBRATION

REPORT-2023

9th International Yoga Day 2023

“The World Is One Family”

Report

The Department of Physical Education organized *9th International Yoga Day*-*Theme: “The World Is One Family”* on *21st June 2023* at CMR University, from 8.30 onwards. Yoga is the art of regulating our minds and bodies together. It has a rich ancient significance in our Indian culture. Nearly 270 participants from different campus and different schools 250 actively participated.



The poster features the CMR University logo and G20 India 2023 logo at the top. The central text reads: "The Department of Physical Education, in association with Office of Student Affairs, 9TH INTERNATIONAL YOGA DAY 2023, 21st June 2023". Below this is a silhouette of a person in a yoga pose against a sunset background. A yellow box highlights the "RESOURCE PERSON" section, which lists three individuals: Mr. Arunachalam Panjunathan (Art of living foundation Yoga Teacher & Sri Meru Chikitsa Practitioner) at Lakeside Campus from 8.30am onwards; Sahas YOGA School (OMBR Campus) from 9.00am onwards; and Mr. Saktiya Narayanan (Yoga To You) at City Campus from 8.30am onwards. An "IMPORTANT INFORMATION" section specifies the session starts at 8.30 am onwards and lists requirements: light or empty stomach, yoga mat and water bottle, and white t-shirt and track pants. A QR code is provided for registration, with a note that participation certificates will be provided. At the bottom, contact information is listed for three individuals: Mr. Goutham (2nd Year BCA, OMBR Campus, 8217453434), Ms. Spandana (1st Year MBA, City Campus, 8147156212), and Mr. Rohit Tanwar (4th Year B.Tech., Lakeside Campus, 7676581796).

CMR UNIVERSITY
Private University Established in Karnataka State by Act No. 45 of 2013
BENGALURU

G20
INDIA 2023

The Department of Physical Education,
in association with Office of Student Affairs

**9TH INTERNATIONAL
YOGA DAY 2023**
21st June 2023

RESOURCE PERSON

Mr. Arunachalam Panjunathan
Art of living foundation Yoga Teacher
& Sri Meru Chikitsa Practitioner)
Lakeside Campus | 8.30am Onwards

Sahas YOGA School
OMBR Campus | 9.00am Onwards

Mr. Saktiya Narayanan
Yoga To You
City Campus | 8.30am Onwards

IMPORTANT INFORMATION
Yoga Session - 8.30 am Onwards

- Stay on a light or empty stomach before the session
- Carry Yoga Mat and Water bottle
- White T-shirt and Track Pants Compulsory

SCAN FOR
REGISTRATION

Participation Certificates will be provided

FOR ANY QUERIES CONTACT

Mr.Goutham – 2nd Year BCA
OMBR Campus (8217453434)

Ms.Spandana– 1st Year MBA
City Campus (8147156212)

Mr.Rohit Tanwar – 4th Year B.Tech.
Lakeside Campus (7676581796)

The Resource person for the event (OMBR Campus) **Ms. Isha Sharma**: she is a certified professional yoga trainer from Art of Living organization. As a renowned Yoga Teacher and Wellness Coach.

The event began with an inspiring introduction about International Yoga Day and its significance, delivered by Neel, the President of the Student Council, CMRU. Attendees were then treated to an invigorating Zumba session led by Shashank and Jordan, followed by a rejuvenating yoga session conducted by Ms. Isha Sharma, a renowned yoga instructor.

A captivating talk on the benefits of yoga was given by Bhavin Pandya from CII-YI, providing valuable insights into the profound effects of yoga on overall health. Participants were acknowledged and awarded Y20 certificates in recognition of their active participation. The event also featured engaging activities that fostered a sense of unity and friendly competition among the attendees. A plank challenge brought out the creativity and physical endurance of the participants. Additionally, an arm-wrestling competition added excitement to the event.

The Presidential Address by Dr.Subba Reddy, Pro Vice Chancellor. The felicitation ceremony, where the management honored the contributors, added a touch of prestige to the event. The efforts of the organizing committee, instructors, and resource person Ms. Isha Sharma were acknowledged for their valuable contributions to the success of the event.

In conclusion, the International Yoga Day event celebrated the essence of yoga while empowering the youth. It successfully brought together individuals from diverse backgrounds to embrace the practice of yoga and experience its numerous benefits.





The Resource person for the event (Lakeside Campus) Mr.Arun. P. (Art of Living Foundation Yoga Teacher& Sri Meru Chikitsa Practitioner) .The event started off with Zumba warm up by the students where even faculties and guests were involved. Continued with yoga sessions and demonstrations led by skilled instructor Mr. Arun P, from an external yoga organization called ‘Art of Living ‘.

Followed by the yoga sessions, various other activities such as plank, arm wrestling, reel making and most fit faculty.

The Presidential Address by Dr. V.R. Manjunath, Dean, School of Engineering Technology.Participants experienced the physical, mental, and spiritual benefits of yoga, fostering a sense of well-being and community. The event raised awareness about the importance of yoga in maintaining a healthy lifestyle.





International Yoga Day – City Campus

The theme for this event was “**The World is One Family**”. We were honoured to have our Vice Chancellor as our Guest of Honour, who participated in the event. It was our privilege to have Shri. **M.R. Saktiya Narayanan as our resource person**. He is keen on helping people troubled by metropolitan living. He specializes in breathing exercises, yoga postures, guided imagery and meditation to achieve complete restoration, self-improvement and healing in all aspects of mental, physical and spiritual well-being.

The day kicked off with Zumba as the first event which was facilitated by Ms. Spandana and Ms. Jenifer, both faculties and students remained energetic throughout the whole session. Post the informative welcome address by the MC- Ms Spandana, the participants got on their mats to perform Yoga. Shri. M.R. Saktiya Narayanan was the instructor and through his yoga prowess, took everyone to a refreshing meditative realm. With this vibrancy, everyone was feeling calm yet full of energy as they prepared for the most awaited fun-filled activities that followed.

A number of fitness challenges were conducted for students and Faculty. It was concluded with the prize distribution where all the winners and the participants received their certificates and were adorned with medals. Overall it was an amazing event and a wonderful experience to be a part of.





Thank You