

FACULTY OF COMPUTER SCIENCE

Master of Computer Application (Integrated)(Sem-I)

In Effect from Academic Year 2023-24



Branch Name:	IMCA
Program Code:	CS301
Course Name:	Yoga, Meditation and Critical Thinking
Course Code:	1CS3010206P
Pre-requisite Course:	NIL

Course Objective:

1. Student will learn, demonstrate and understand the benefits of regular yoga practice and to articulate a philosophy that yoga can be beneficial to the health and well-being of individuals.
2. To enable student to understand the types of the Yoga.
3. Promoting health awareness towards holistic approach of health
4. To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)				
Lecture	Tutorial	Practical	Credit	Theory		Practical		Total
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
0	0	2	2	-	-	25	25	50

Course Contents:

Unit No	Topics	Total Hours	Weightage (%)
1	History and Introduction of Yoga	02	05
2	Yogasan	04	15
3	Pranayam	04	15
4	Sun Salutation	02	15
5	Asana	04	15
6	Meditation	02	15
7	Mudras	04	10
8	Critical Thinking	02	10

Text Books:

1. Sabda Manjari
2. Dhatu Manjari

References Books:

3. Panchtantra
4. Charakasamhita
5. Astanga Hridaya
6. History and Philosy of Nature Cure by S J Singh
7. My Nature cure by shri M. K. Gandhi



List of Open-Source Software/learning website:

1. <https://www.aogyayogshala.com>
2. <https://www.udemy.com/topic/critical-thinking/>

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Describe basics of Yoga.	Remembering Understanding
CLO2	Discuss the Basic of Yogasan and Sun Salutation	Understanding
CLO3	Discuss the Basic of Pranayam.	Understanding
CLO4	Discuss the Basic Asana and Meditation.	Understanding
CLO5	Discuss the Basic Mudras.	Understanding
CLO6	Discuss the Basic Critical Thinking.	Understanding

Mapping of CLOs with Pos & PSOs

Course Learning Outcomes	Program Out comes(POs)												Program Specific Outcomes (PSOs)	
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2
CLO1	H	H		M		L		L	M		L		M	
CLO2		H	H		M		L		M	L				M
CLO3			H	M		L		L		M		M	H	
CLO4	L		H		M				M		L		L	
CLO5		M		H	H	H		L		M		L		L
CLO6	M		L		H	H		M			M		M	

H:High, M:Medium, L:Low