

Programme Guide

Diploma (For Graduate) in Yoga



Krishna Kanta Handiqui State Open University

This Programme Guide has been prepared as part of the Application process for the Recognition of Academic Degrees of KKHSOU to be awarded by the UGC-DEB, New Delhi for academic programmes to be offered from the session July, 2025.

The University deserves the right to change the rules and procedures described in this Programme Guide. Please check from time to time with the University Website for updates.

Recognition of Degrees/Diplomas/Certificates provided by Krishna Kanta Handiqui State Open University:

- Established under the provision of the 'Krishna Kanta Handiqui State Open University Act' 2005 of the State Legislature of Assam.
- The University has been recognised and its academic programmes have been approved by the UGC, New Delhi vide letter no. F.9-13/2008(CPP-I), dated March 18, 2009.
- The Government of Assam has recognised all degree, diploma and certificate programmes of the University for job and higher study vide letter no. AHE/228/2007/330, dated May 08, 2009.
- The UGC through its Public Notice vide F. No. 1-9 2018 (DEB-I) dated 23rd February, 2018 has asked for recognising and treating the Degrees/Diplomas/Certificates awarded through distance mode at par with the corresponding awards of Degrees/Diplomas/Certificates obtained through the formal system of education. URL: https://www.ugc.ac.in/pdfnews/5628873_UGC-Public-Notice---treating-all-degrees.pdf

March 2025



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CONTENTS

1. Message from the Dean (Academic)
2. Studying at KKHSOU using the Distance Learning Mode
3. How to Succeed as a Distance Learner in the ODL System
4. Introducing the Diploma (For Graduate) in Yoga
 - 4.1 Aims of the Programme
 - 4.2 Objectives of the Programme
 - 4.3 Target Group
 - 4.5 Career Prospects
 - 4.6 Study Hours
5. Programme Structure
6. Learner Support Services (LSS)
7. Course Assessment
 - 7.1 Formative Assessment
 - 7.2 Summative Assessment
 - 7.3 Assessment of Seminar/Presentation/Project and Dissertation
8. Faculty Members in Discipline of Yoga
9. Contact Us

1. MESSAGE FROM THE DEAN (ACADEMIC)

Dear Learner,

Greetings from the Establishment of the Dean (Academic) at Krishna Kanta Handiqui State Open University.

I heartily welcome you as a learner of the Diploma (For Graduate) in Yoga Programme of this prestigious state open university and I hope that you will be happy to explore the varied and up-to-date curriculum of this Programme which are compatible with the 21st century employment market. KKHSOU has been a choice-based educational destination for many who were deprived or denied or conditionally forced to remain away from their dream of education. While imparting need-based education to the fresh learners, our University also holds the promise of fulfilling the educational dreams of the socially backward, underprivileged and marginalised people of our society.

Friend, I am happy to inform you that we at KKHSOU provide diverse tracks to fulfil your learning needs. Our university is currently offering programmes in four different levels i.e. Master's Degree, Bachelors' Degree, Diploma and Certificates under six different Schools of Studies namely, S.K. Bhuyan School of Social Sciences, Padmanath Gohain Baruah School of Humanities, Maniram Dewan School of Management, Bhupen Hazarika School of Mass Communication, Guru Prasad Das School of Vocational Studies and Hiranya Kr. Bhuyan School of Science and Technology. We are having subjects right from Literature to Journalism, from Yoga to Commerce and Management. Once a learner is awarded a Degree or Certificates by KKHSOU in any of the programmes, he/she becomes eligible for employment in any government or private sector work market. Therefore, start your educational journey with confidence and hard work so that you can shine in life.

I am happy to share the fact that we are loved and embraced by a large number of learners spread across the state and beyond. During your journey in our university, you will be supported by a host of Learner Support Services about which you learn in this Programme Guide. Therefore, I urge you to make full utilisation of the resources and facilities provided by our university. Besides, our outstanding faculty members shall be always ready to assist you in advancing your knowledge, developing your creativity and discovering solutions to the pressing academic questions you might face.

I know that we have challenges to meet. However, I also assure you that through our dedication, determination and team work, we shall be able to overcome all problems on our way.

I wish you all the very best for your bright future.

Dean Academic

KKHSOU

2. STUDYING AT KKHSOU USING THE DISTANCE LEARNING MODE

Krishna Kanta Handiqui State Open University (KKHSOU) welcomes you to its vast community of aspiring learners. It is important to advance and upgrade your education for a productive and healthy living in contemporary society. Hence, it is important that you choose the right university to suit your learning needs. KKHSOU shall assist you in all the aspects of your educational journey.

You will note that KKHSOU is the 14th State Open University of India with a learner-base of 5,00,000 until 2022. This University has adopted the Open and Distance Learning (ODL) mode to facilitate the implementation of its different academic programmes with a view to providing timely opportunities for lifelong learning. Our flexible academic programmes shall suit the needs of all our learners as well as working individuals who are unable to study full time on-campus five-six days a week, despite having a desire for an accredited qualification and personal development.

While studying at KKHSOU, you will be supported by a meticulously prepared Self-Learning Materials (or SLMs) that are well designed and expertly written; an all-inclusive university website; an e-SLM portal and a host of other learner support services such as face-to-face counselling sessions in the University Study Centres, which act as the mirror of the University.

The SLMs in a particular programme are specially prepared by a group of experts who include the faculty members from KKHSOU as well as those drawn from different Universities and educational institutions located across the state as well as the country. The preparation and production of the SLMs of a particular department are co-ordinated by the faculty members of the concerned department following a careful scrutiny of the contents and language by experts in the field. Besides, efforts to make audio and audio-visual contents based on the syllabus are also made in the Multimedia Production Unit of the University in consultation with the course writers, editors and in-house faculty members. Such audio-visual materials are reviewed by the faculty members, media experts and the concerned authority, before they are uploaded in the University's YouTube page.

We hope that you will make full use of the resources provided by the University during your academic journey. However, you should also know that your achievement in the programme of enrolment will also depend on your performance in both the continuous assessments through assignment and the Semester-end examination. Studying in an ODL

Institution for an award of degree or qualification demands great commitment on your part as a learner. Although KKHSOU provides you with a flexible way of learning, you are required to complete all the assignments in due course within a stipulated period and take the examinations according to the schedule specified. In general, besides attending the face-to-face counselling sessions and tutorials at your study centre where you have enrolled, you should be able to allocate at least 2-3 hours a day for studying your courses.

With this introductory information, you should start your programme at KKHSOU and we hope that by availing all the support services of the university, you will succeed in your educational venture. We assure you that the University fraternity shall always stand by you to help you with all your academic requirements.

3. HOW TO SUCCEED AS A DISTANCE LEARNER IN THE ODL SYSTEM

The Open and Distance Learning (or ODL) is a system of education in which education is imparted to the learners from a distance. The two basic elements in ODL are:

- a. The physical distance between the educators and the learners;
- b. The changed role of the educators who meets the learners only for selected tasks such as counselling during contact sessions, conducting tutorials and helping the learners with field-based projects and collaborating with the learners to solve their problems.

In the conventional face-to-face mode of education, the teaching-learning contents are communicated directly by the teachers/educator mainly through the lecture method. In distance education however, this interpersonal communication is replaced by print, telephonic and electronic communication, broadcasting of educational programmes, online communication and others need-based methods. Hence, the philosophy of ODL is based on the idea of the ‘teacher in print’ that means the teachers are very much present in the SLMs, directly teaching each learner through printed words.

In your case, the benefit of ODL is that it provides access to education that you would not have gained otherwise. ODL allows you to study when and where it suits you and enables you to continue learning while also fulfilling your commitments to the family, work and community. You may be pursuing higher education for various reasons such as—you might be interested in changing your career or you might simply want to expand your knowledge base for personal enrichment. Whatever may be the reason, unlike in the conventional system, ODL provides you with flexitime learning experience while catering to your learning needs. It is important for you to bear in mind that in ODL, you are not pursuing your studies alone on your journey.

We encourage you to make full use of the facilities provided by the University during your study at KKHSOU. You should always make an attempt to regularly attend the counselling sessions at the study centre where you have enrolled, form study groups with your programme-mates, check for the latest academic updates in the University website: www.kkhsou.in, participate in academic discussion with your fellow learners as well as your teachers through Facebook or WhatsApp groups, contact your tutors at the study centres or the teachers at the University headquarters. Further, your tutors in the study centres shall be there to help you understand the course materials, clarify the concepts you find difficult and collaborate with you to enhance your learning experience.

Feel free to learn and enjoy learning towards successful completion of the Programme.

4. INTRODUCING THE DIPLOMA (FOR GRADUATE) IN YOGA PROGRAMME

The One-year Diploma (For Graduate) in Yoga of Krishna Kanta Handiqui State Open University (KKHSOU) has been offered in accordance with the broad guidelines of the NEP 2020, besides with constant adherence to UGC Distance and Online Education Regulation 2020, UGC LOCF Curricular Framework, Academic Integrity Regulations 2018 and UGC-definitions-of-Degrees-July-2014.

Notably, the academic disciplines of the University are organised as School System; hence, it is expected that implementation of multidisciplinary/interdisciplinary programmes and courses would be relatively smooth and enriching. To this effect, necessary processes for attaching relevant faculty from related disciplines have been arranged. The University has also registered in the Academic Bank of Credit (ABC) for seamless transfer of credit allowing flexibility to the learners as mandated by the NEP 2020.

The Centre for Internal Quality Assurance (CIQA) of the University has organised a number of meetings and workshops regarding the implementation of NEP 2020 in the context of ODL. With all the inputs, the Committee on Courses (CCS) and the Schools of Studies, involving outside subject experts drawn from reputed Universities have designed the One Year UG Programme in Yoga and the detail syllabi.

Yoga, Culture and society are in a state of continuous mutual dependence which provides for an interesting area of study. Yoga, programme is to promote physical, mental, emotional, social and intellectual well being among the learners. It aims to cultivate mindfulness, reduce stress, physical fitness and enhance overall health through regular Yoga practice. The Yoga programme goal is to establish a nurturing atmosphere where the participants can become more

self aware, sharpen their focus and adopt a balance life style. Through the integration of contemporary scientific discoveries with ancient yoga concepts, the programme promotes resilience and inner harmony while fostering lifetime healthy behaviours. This is the main mission of this Programme.

4.1 Aims of the Programme:

The aims of the One-year Diploma (For Graduate) in Yoga as mentioned below:

- a) To encourage learners for the study of Yoga Programme from both the rural and urban areas.
- b) To fulfil the aspirations of interested learners of Yoga Programme.
- c) To provide a comprehensive idea of Yoga Programme.
- d) To encourage the learners to appreciate life and society through the works of the great literary masters of ancient India.
- e) To provide scope for Physical, mental, emotional, social and intellectual development and skill enhancement through the study of Yoga and also various other integrate moral values and to attain higher level of consciousness.

4.2 Objectives of the Programme:

The main objectives of the one-year in Yoga to offer by KKHSOU are mentioned below:

- Enable the learners to acquire the appropriate methods and approaches to study Yoga subject.
- To improve the learner overall physical health and well being.
- To develop the self discipline and inner peace.
- Develop learner concentration and self confidence.
- To make yoga appealing to the youths thus bringing a positive change in the society.
- Develop Multicultural Competence and Moral, Ethical, Literary and Human Values in the learners
- Develop Problem Solving, Research-Related and Self-Learning Skills
- Teach topics such as communication, discussion, debate, research, and cross-disciplinary and interdisciplinary thinking.

- **4.3 Target Group:**

The One-year in Diploma (For Graduate) in Yoga has been designed for:

- a) Those learners who are keen to pursue basic Yoga knowledge.

- b) The learners who are desirous to obtain a Diploma in Yoga.
- c) Learners from different backgrounds comprising the educated, under-educated, as well as, the highly educated groups of people.
- d) The target group also includes learners with an interest in Yoga, young and old learners, employed and self-employed persons.
- e) Learners from the disadvantaged and the under-privileged section of the society.
- f) Learners who are unable to complete higher education in the normal course of time and have interest in Yoga.
- g) Visually impaired and differently-able learners who are keen to pursue ancient India Yoga.

4.5 Career Prospects:

After successfully completing the 1-year Diploma (For Graduate) in Yoga Programme, the learners will be able to opt for careers in:

- Academics
- Admission to PG Yoga Programme
- NS NIS Course
- Yoga instructor, Yoga therapist, Yoga Studio owner, Yoga Coach, corporate wellness Coach, etc.

4.6 Study Hours:

The University follows the UGC ODL and Online Regulations 2020 in defining credit hours. Accordingly, it requires 30 hours of study per credit of a course. Thus, a 4 credit course requires 120 hours of study in total, which includes time required to study the Self Learning Materials, completion of assignments, attending counselling sessions, accessing other learning materials provided to the learners as and when required. Out of the total credit hours, a minimum of 10 percent, i.e., minimum 12 hours of counselling per course are offered to learners at their respective study centres or through centralised online counselling conducted by the faculty members of the University. A credit collectively refers to different aspects of study, such as

- a) Studying the SLMs
- b) Working on the assignments
- c) Doing the practical works

- d) Going through the texts and other Further Reading materials
- e) Listening and watching audio and audio-visual programmes
- f) Attending academic counselling sessions at the respective study centres and so on.

In one course comprising 4 Credits, you will need to devote about 120 hours in each course to finish the course contents. However, as the ‘flexi-time’ option is available, you may yourself decide on the time to be devoted to the Programme. However, if you devote around 2-3 hours of meaningful and effective study every day, you will comfortably complete the programme within the stipulated time.

5. PROGRAMME STRUCTURE:

The One-year Diploma (For Graduate) in Yoga programme has been designed according to the UGC CBCS Curriculum Framework, National Credit Framework 2022 (Draft) and the broad guidelines of NEP 2020. The courses have been incorporated such that as the learners move in the programme, they obtain theoretical and practical concepts starting from the foundational to the intermediate and then to the advance level. Certain skills like presentation of a research paper in seminar have also been incorporated in the intermediate semesters. And as the learners move towards higher semesters, they can attain certain computing and research skills, which will help them to undertake a socially relevant project activity in the final semester.

5.1 Structure of the Diploma (For Graduate) in Yoga programme as follows

Sem	DY	Marks	Credit
1st	Introduction to Yoga	100 marks	4
	Introduction to Ayurveda and Alternative system of medicines	100 marks	4
	Human Anatomy, Physiology and diet	100 marks	4
	Practical	100 marks	4
2nd	Metaphysical concepts of Selected Indian Philosophy	100 marks	4
	Yoga therapy in Practice	100 marks	4
	Practical	100 marks	4
	Project and Viva	100 marks	4
Total		800 marks	32 credits

DETAILS OF THE PROGRAMME

Name of the Programme: Diploma (For Graduate) in Yoga

Programme Duration: 1 year

Educational Qualification: Graduate (Any discipline)

Medium of Instruction: English, Assamese

Age: no age bar

Course Structure: Total credits - 32

Theory: 5 papers, 100 marks each

Practical: 2 papers, 100 marks each

Project & Viva: 1 Paper, Project-60, viva-40 = 100 marks

SYLLABUS OF DIPLOMA (FOR GRADUATE) IN YOGA PROGRAMME STRUCTURE

Course Code	Sem	DY	Marks	Credit
PGDY S1 01	1st	Introduction to Yoga	30a+70t	4
PGDY S1 02		Introduction to Ayurveda and Alternative system of medicines	30a+70t	4
PGDY S1 03		Human Anatomy, Physiology and diet	30a+70t	4
PGDY S1 04		Practical	60p+40v	4
PGDY S2 05	2nd	Metaphysical concepts of Selected Indian Philosophy	30a+70t	4
PGDY S2 06		Yoga therapy in Practice	30a+70t	4
PGDY S2 07		Practical	60p+40v	4
PGDY S2 08		Project and Viva	60p+40v	4
Total			800 marks	32

- ❖ For theory courses, the mark distribution is 30a+70t i.e., 30 marks for Home assignment and 70 marks for theory. For courses having practical and Project, the marks distribution is 60p+40v i.e., 60 marks is for practical or Project and 40 marks for viva.

1 credit = 30 hours of learning

4 credit = 30*4=120 hours of learning

ANNEXURE II
PGDY DETAILED COURSE WISE SYLLABUS

PGDY S1 01: INTRODUCTION TO YOGA

4 credits: 120 hours of learning

UNIT 1: Introduction of Yoga Philosophy

Definition of Philosophy, Yoga in philosophical term, Definition of Yoga, Origin of Yoga, Yoga Literature, Yoga Pandits, Classification of Yoga, Principles of Yoga, Goals and benefits of Yoga.

UNIT 2: Introduction to Patanjali Yoga Darshan

Description of Patanjali Yoga Darshan, About Patanjali-The creator of Yoga Darshan, The Yoga Sutras of Patanjali, Chittabhoomi and its remedies, Chittavritti, Ways to control Chittavritti, Classification of Samadhi- Sampragyata and Asampragyata, Writambharapragya, Klesha, Definition and nature of God, Omkaar or Pranav, Heya, Kaivalya, Bivekgyan or Bivekkyati, Yoga anga.

UNIT 3: Introduction to Gheranda Samhita

A brief introduction to *Gheranda Samhita*, Saptasadhan or seven fold path of *Gheranda Samhita*, Shodhan (*Shatkarma* for purification) : Dhouti, Basti, Neti, Louliki, Trataka, Kapalbhathi; Drihata (*Asana* for strengthening): Important *Asana*, Practice techniques of important *Asanas* and their benefits; Stairya (*Mudra* for steadying): Name of *Mudras* and their benefits, Description of *Mudras*; Dhairya (*Pratyahar* for calming): *Pratyahar* yoga; Laghav (*Pranayama* for lightness): Practice of *pranayam* and the necessary conditions for its practice, Classification of *Pranayama* or *Kumbhak*, Pratakshya (*Dhyana* for perception): Classification of *Dhyana*; Nirlipta (*Samadhi* for isolation): Definition and classification of *Samadhi*; The 6 types of *Samadhi*.

UNIT 4: Introduction to Hathayoga Pradipika

Hathayoga Pradipika- a brief introduction, Relation between Hathayoga and Rajayoga, Importance of Hathayoga and significance of its secrecy, Tradition of Hathayoga, Suitable place to practice Hathayoga, Obstacles in the path of yoga, Favourable conditions for yoga-Yama and Niyama, Asana, Mitahar (Diet of a Yogi), Conditions and characteristics of success in hathyoga,

Pranayama: Benefits of Pranayam, Nadi shuddhi and Unmanibha, Kanistha, madhyam and Uttam Pranayama, Proper and improper pranayama and their results, Classification of pranayama; Shatkriya: Dhouti, Basti, Neti, Trataka, Nouli, Kapalbhati; Gajakarani kriya; Classification of *Kumbhak*: Process of *AstaKumbhak* and their benefits; *Kundalini shakti*; Importance of Susumna Nadi; Mudrabandha- classification and benefits; Process of Dashamudra; Amroli Mudra; Samadhikram; Definition of Nada and its importance-Process of Nadanusandhan, 4 stages of Nada; Significance of Nada and its results.

Reference Book: (For all chapters of the text)

- Biswas, M. (2006). *Samkhya Yoga Epistemology*. D.K Print World(P) Ltd, New Delhi.
- Dasgupta, S N. (2007). *Yoga as philosophy and religion*. Motilal Banarasidass, Delhi.
- Burley, M. (2000). *Hatha yoga*. Motilal Banarsidass.
- Feuerstein, G. (1998). *The yoga tradition*. Motilal Banarsidass.
- Kumar, K. (2008). *Super science of yoga*. Standard Publishers (India).
- Bharati, S.V. (2013). *Philosophy of Hatha Yoga*. The Himalayan International Institute of Yoga Science and Philosophy of the U.S.A.
- Muktibodhananda, *Hatha Yoga Pradipika*, Yoga Publication Trust, Munger.
- Saraswati, S.N. (2012). *Gheranda Samhita*, Yoga Publication Trust, Munger.
- Bangali B. *The Yogasutras of Patanjali*. New Delhi, Motilal Banarsidas.
- Dasgupta, S.A (1887). *Study of Pantanjali*. Delhi, Motilal Banarisdass.

**PGDY S1 02: INTRODUCTION TO AYURVEDA AND ALTERNATIVE
SYSTEM OF MEDICINES**

4 credits: 120 hours of learning

UNIT 1: Introduction to Ayurveda

Understanding AYUSH and Alternative Medical Procedure; Meaning of Ayurveda: Origin of Ayurveda, Eight Limbs of Ayurveda, Ayurvedic Healing, Characteristics of Ayurveda, Benefits of Using Ayurveda; Yoga and Naturopathy: Yoga for Health and Wellbeing, Benefits of Yoga; Unani: Characteristics of Unani Medicine, Unani Medical System, Siddha: Basic Principles of Siddha, Siddha Healing and Medicine; Homoeopathy.

UNIT 2: Definition of Ayurveda

Definition of Ayurveda; Aim and Objectives of Ayurveda : Definition of Health, Importance of the Five Great Elements in Ayurveda, Dosha (Bio-element, Dhatu (Tissue), Mala (Waste Materials), Body, and Health according to Ayurveda Siddhanta; Significance of Agni (fire/heat) : Primary Causes of the Pollution of Agni, Types of Pollutions of Agni; Rasa (Plasma); Importance on Dosha (Bio-elements), Dhatu (Tissues) and Mala (Waste Materials) by Ayurveda Samhita; Laws of Ayurvedic Healing: Pancha Karma Medical Practice, Alternative Medical Practice.

UNIT 3: Swasthavritta (Health Hygiene)

Swasthavritta (Code of Health Conduct): Symptoms of Healthy State (Swastha), Significance of Healthy State (Swastha); Health and Disease: Two Kinds of Swastha-Vritta (Health Conduct); Dinacharya (Daily Routine); Nasya; Exercise; Abhyanga (Massage); Bath; Ritucharya (Seasonal Routine): Definition, Primary Rules and Regulations of Ritucharya; Swasthavritta and Sadvritta (Health Hygiene and Ethical Regiments): Sadvritta in Accordance to Gandhi.

UNIT 4: Alternative Medical Procedure

Reiki; Naturopathy; Acupuncture; Acupressure; Aromatherapy; Ayurveda; Hypnotherapy; Homoeopathy; Yoga.

Reference Book:

- Bakhru, H. K. (2013). *Nature cure*. Jaico Publishing House.
- Jindal, S.R. (1999). *Nature Cure: A way of life*. Bjain Publishers Pvt. Ltd.
- Joshi, K.S. (1991). *Yoga and Nature cure therapy*. Sterling health and Cure.
- Valiathan M.S. (2013). *An Introduction to Ayurveda*. Orient Blackswan Private Limited - New Delhi. ISBN-13 : 978-8173718274
- Johari H. (1998). *Dhanwantari: A Complete Guide to the Ayurvedic Life*. Healing Arts Press. ISBN-10 : 089281618X
- Narayanswamy, V. (1981). *Origin and Development of Ayurveda: A Brief History*.
- Gurumaa, A. (2015). *Basic Principle of Ayurveda*. Gurumaa Vani.
- Dash, V.B. (1994). *Basic Principle of Ayurveda*. Concept Publishing.
- Sukumar, B.S. & Shashirekha H.K. (2016). *Textbook of Swasthavritta*. Varanasi : Chaukhambha Publication.

- Shealy, C.N. (1999). *Alternative Healing Therapies*. Mumbai: Rajendra Publishing House Pvt. Ltd.

PGDY S1 03: ANATOMY & PHYSIOLOGY OF HUMAN BODY

4 credits: 120 hours of learning

UNIT 1: Skeletal Muscle and Sensory Organ

Skeletal Muscle System of Human Being, Special Sensory Organ.

UNIT 2: The Respiratory System, Digestive System, Circulatory

System and the Excretory System, Respiratory System, Digestive System, Circulatory System, Excretory System.

UNIT 3: The Nervous System and the Brain

The Nervous System, The Brain.

UNIT 4: Endocrine glands and the reproductive system

Endocrine Gland System, Thyroid Gland, Adrenal Gland, Pancrease Gland, Sex Gland, Minute Endocrine Glands, Reproductive System, Male Reproductive System, Female Reproductive System.

UNIT 5: Food, Nutrition and Biochemistry

Food: Classification of Food, Balanced Food, Food according to age; Nutrition: Discussion on Nutrients; Bio-Chemistry.

UNIT 6: Dietetic Rules in Ayurveda and Yoga

Ayurveda: Aims and Importance of Ayurveda, Classification of Ahoral foods as per Ayurveda, Rules for Taking Food as per Ayurveda; Introduction of Yoga: Aims of Yoga, Classification of Food According to Yogic Text, Rules for Taking Food as per Yogic Text, List of Food Articles to be included in daily Routine.

Reference Book:

- Chaurasiya B. D. (2016). *Human Anatomy*. CBS Publishers & Distributers

- Gray, H.(1918). *Anatomy of Human Body*. Lea & Febiger, Philadelphia,
- Gore, M. M. (2017). *Anatomy & Physiology of Yogic Practices*.New Age Books, N.D.
- Muruges, N. (2020). *Anatomy, Physiology & Health Education*.Sathya Pub., Madurai
- Telles, S.A. (2003). *A glimpse of Human Body*. Swami Vivekananda Yoga Prakashana

PGDY S1 04: PRACTICAL YOGA

4 credits: 120 hours of learning

Unit 1: Shatkarma

Unit 2: Asana

Unit 3: Pranayama

Unit 4: Mudra

Unit 5: Bandha

Unit 6: Meditation

Reference Book

- Iyengar, B.K.S. (1976). *Light on Yoga London*, UNWIN Paperbacks
- Niranjanananda Saraswati, Swami. (1994). *Prana, Pranayama, Prana Vidya, Munger*, Bihar School of Yoga
- Phukan, B. N., *Yog Vijnan Parichay*.
- Ramesh Babu, K. (2011). *Aasana Sutras*. Viziyanagaram: Home of Yoga Publications.
- Satyananda Saraswati, Swami (2002). *Asana, Pranayama, Mudra, Bandha*,
- Munger, Yoga Publications Trust

PGDY S2 05: METAPHYSICAL CONCEPTS OF SELECTED INDIAN PHILOSOPHY

4 credits: 120 hours of learning

UNIT 1: A General note on Indian Philosophy

Classification of the schools of Indian philosophy; Development of the systems of Indian philosophy; Common characteristics of Indian Philosophy; A brief sketch of Nāstika schools of Indian philosophy; A brief sketch of Āstika schools of Indian philosophy.

UNIT 2: Upanisad

The Number of Upani ad and Their Names; Proponents of Upani ad; Brief Introduction to Primary Upani ad.

UNIT 3: Srimadbhagavad gita

Significance of the name; Discussable topics of the scripture; The Author and the Time of Creation: Backdrop of the Creation; The Commentators; Substances of the chapters of Gītā.

UNIT 4: Introduction to Samkhya Philosophy

Meaning of Sāṃkhya, Brief Reference to Sāṃkhya Philosophy: Theory of Causation (Satkāryavāda), Prak ti and Puru a, Theory of Evolution, Theory of Knowledge, Theory of Liberation, Sā khya's View Regarding God.

UNIT 5: Existence of Yoga in Ancient Indian Literature

Tradition of Yoga in Ancient Indian Literature: Yoga in Vedas, Yoga in the Rigveda, Yoga in the Atharvaveda, Yoga in Brāhma a Literature, Yoga in Upanishads, Yoga in the Mahābhārata, and Rāmāyana, Yoga in the Śrīmadbhagavadgītā, Yoga in Purāna; Yoga in Ayurveda; Yoga in Buddhism and Jainism as well as in Tantra.

Reference Books

- Das, P. B. (1994). *Bhāratīya Daræanar Paricay*; University Publishing Department.
- Pujari, B. (2015); *Bhāratīya Darśanat Ebbhūmuki*; Guwahati: Student's Store.
- Sinha, J. (1999). *Indian Philosophy*. (Vol. II); Delhi: MLBD.
- Dasgupta, S. (1999). *A History of Indian Philosophy*. (Vol. IV), Delhi: MLBD.
- Radhakrishnan, S, (ed), (1953). *The Principal Upanisads*. George Allen and Unwin Ltd; London.
- Sharma, Tirthanath, (1991). *Upanisad Astaka*. Assam Prakashan Parishad; Guwahati.
- Majumdar, S. (1973). *Srimadbhagavadgītā*. Dev Sahitya Kutir. Kolkata.

- Radhakrishnan, S. (1390). *Srimadbhagavadgītā*. Mishra O Ghosh Publishers; Kolkata.
- Sharma C. D. (1987). *A Critical Survey of Indian Philosophy*. Delhi: MLBD.
- Sinha Jadunath. *An Outline History of Indian Philosophy*. Central Book Agency.
- Dasgupta, S. N. (1974) : *Yoga Philosophy*, Delhi: Motilal Banarasidas.
- Chattopadhyaya, D. (1978). *Studies in the History of Indian Philosophy*. Vol. I, Calcutta: KP Bagchi and Company.

PGDY S2 06: YOGA THERAPY IN PRACTICE

4 credits: 120 hours of learning

UNIT 1: Concept and Etiology of Disease

The Concept of Disease; Etiology of Disease; Yogic Concept of Disease.

UNIT 2: Yoga Practice for Non-communicable Diseases

The Key Facts about Non-communicable Diseases; Non-communicable Diseases; Yoga Practice for Non-communicable Diseases.

UNIT 3: Relevance of Yoga Therapy with Modern Medical Science

Principles of Yoga Therapy; Three Components of Yogic Approach; Relevance of Yoga Therapy with Modern Medical Science.

UNIT 4: Yoga Therapy for Common Diseases

Yoga for Arthritis; Yoga for Asthma; Yoga for Backache; Yoga for Constipation; Yoga for Menstrual Disorders.

UNIT 5: Yoga Therapy for Mental Illness

Yoga for Anxiety; Yoga for Stress; Yoga for Depression.

Reference Books

- Saraswati, S.S. *Yogic Therapy*. Shivananda Math & Yogashram Sangh: Kamakhya, Guwahati.

- *Yoga Therapy for selected diseases*- Dr. M.M. Gore, Dr. D.R. Vaze, Dr. S.A. Kulkarni, Dr. J.P. Oak, Kaivalyadhama: Lonavla, Pune.
- *Yogic Management of Common Diseases*- Dr. Karmananda Saraswati, Yoga Publication Trust: Bihar.
- *Yogic Therapy-Its Basic Principles and Methods*- Swami Kuvalayananda and Dr. S.L. Vinekar, Kaivalyadhama, S. M. Y. M. Samiti : Lonavla, Pune.
- *Yogic Management of Common Diseases* - Dr. Swami Karmananda, Yoga Publication Trust, Munger: Bihar.
- *Yoga Therapy for Selected Diseases* - Dr. M.M. Gore, Dr. D.R. Vaze, Dr. S.A. Kulkarni, Dr. J.P. Oak, Kaivalyadhama, Lonavla: Pune.
- *The Science of Yoga* (1961) - I K Taimini, The Theosophical Publishing House, Adyar: Chennai.
- Integrated approach of Yoga therapy for positive health- R Nagarathna and H R Nagendra, Swami Vivekananda Yoga Prakashana: Bangalore.
- *A primer of Yoga Therapy*- Ananda Balayogi Bhavanani, Dhivyananda Creations: Puducherry.
- *Yogic and Naturopathic treatment for common ailments*, Central Council for Research in Yoga and Naturopathy: New Delhi.
- *Yoga Therapy*- Suman K K and Ahluwalia V K, Lotus Press Publishers and Distributors: New Delhi.
- *Diet Cure for Common Ailments*- Dr. H. K. Bakhru, Jaico Publishing House: Mumbai.
- *Integrated Yoga Therapy for mental illness*- Dr. H. R. Nagendra, Indian Journal of Psychiatry (2013).
- *Yoga and Mental Health and Beyond*- R. S. Bhogal, Kaivalyadhama, Lonavla : Pune.
- *Stress and its management by Yoga*- K. N. Udupa, Motilal Banarsidass Publishers Pvt. Ltd.: Delhi.

PGDY S2 07: PRACTICAL YOGA

4 credits: 120 hours of learning

Unit 1: Shatkarma

Unit 2: Asana

Unit 3: Pranayama

Unit 4: Mudra and Bandha

Unit 5: Meditation

Unit 6: Yoga Therapy Special Techniques

Reference Books

- Iyengar, B.K.S. (1976). *Light on Yoga London*, UNWIN Paperbacks
- Niranjanananda Saraswati, Swami. (1994). *Prana, Pranayama, Prana Vidya, Munger*, Bihar School of Yoga
- Phukan, B. N., *Yog Vijnan Parichay*.
- Ramesh Babu, K. (2011). *Aasana Sutras*. Vizianagaram: Home of Yoga Publications.
- Satyananda Saraswati, Swami (2002). *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust.

PGDY S2 08: PROJECT AND VIVA

4 credits: 120 hours of learning

Definition of Credit Hours

As per UGC ODL Regulations 2020, the University follows the system of assigning 30 hours of study per credit of a course. Thus, following this norm, a 4 credit course constitutes a total of 120 hours of study. Out of the total credit hours, a minimum of 10 percent, i.e., minimum 12 hours of counselling per course are offered to learners at their respective study centres or through centralized online counselling. The semester-wise credit distribution of the programme has been shown in Table 2.

6. Learner Support Services

The student support services available in the University would be extended to the learners of this Diploma (For Graduate) in Yoga. All these support services would help the learners to imbibe the required knowledge and skills; to seek avenues in employment; to go for higher studies; and to know about the subject in an in-depth manner. Learner Support Services (LSS) include the following among others:

- a) **KKHSOU City Campus:** The KKHSOU City Campus at Guwahati organises training for coordinators, counsellors, and other functionaries. The City campus provides a venue for learners and academic counsellors to interact on a particular subject matter. Responsibility for Admission, distribution of SLMs and Examination also lies with City Campus. Online counselling for all learners of all semesters of all programmes are centrally organised from city campus.
- b) **Regional Centres:** The Regional centre of KKHSOU at Jorhat in upper Assam provides training for coordinators, counsellors, and other functionaries. The centre provides a venue for learners and academic counsellors to interact about a particular subject matter. Responsibility for Admission, distribution of SLMs and Examination in select districts of upper Assam also lies with Regional Centres. Establishment of some other regional centres is in the pipeline.
- c) **Study Centres:** Study centres are the backbone of an open and distance learning institution. On behalf of the university, the study centres cater to the various requirements of learners, viz. Admissions-related information, delivering Self Learning Materials, conducting counselling sessions, distributing assignments and evaluating them, conducting term-end exams, etc. The study centres throughout the state handle these affairs on behalf of the University.
- d) **Pre-enrolment Counselling:** In cooperation with study centres, the university provides pre-enrolment counselling for all the programs through online and offline modes. It provides basic knowledge of the programs, counselling sessions, etc. Moreover, programme specific pre-enrolment counselling is also organised.
- e) **Siksharthi Mitra:** A few employees of the University have been engaged as Siksharthi Mitra in order to provide better technical support and assistance to the candidates during online admission process.
- f) **Learners' Charter:** The University has brought out a Learners' Charter pronouncing the basic rights and responsibilities of its learners. In the Induction Programmes at the Study Centres, the learners are sensitized about this Charter.

[http://kkhsou.in/web_new/viewDocumentPdf.php?pdf=pdf/student/Standee%204%20Assameseconverted\(1\).pdf&q=Learners%27%20Charter](http://kkhsou.in/web_new/viewDocumentPdf.php?pdf=pdf/student/Standee%204%20Assameseconverted(1).pdf&q=Learners%27%20Charter)

- g) **Handbook/SOP:** The University has brought out a Handbook for the Study Centres and a Standard Operating System (SOP) of Examination. http://kkhsou.in/web_new/ugcinfo-2018/SOP%201-32.pdf
- h) **Audio CDs for Visually Impaired Learners:** The visually impaired learners are provided with free audio SLMs in CDs to overcome their difficulties of learning. The University has installed Braille printers for this category of special learners in the University SLM branch.
- i) **Face-to-face/Online Ticketing/Complaint System:** Learners' queries are attended in the face-to face mode and digital mode as well in a continuous way, through telephone, SMS and emails. There is a dedicated online portal through which the queries received automatically move to concerned department for solving the same. Once the problem is solved, the learner is informed by SMS and email.
- j) **Face to face and Walk-in Counselling:** As part of the UG Programme in Yoga learners will receive face-to-face counselling from study centres. The University also provides face-to-face counselling/walk-in-counselling to learners at the specially maintained city learner support centre located at the city campus on Sundays or weekdays.
- k) **ICT Support:** ICT support is a major component of any ODL system of Yoga. Some of the ICT-based support systems provided by the university, which can be availed by the learners of the UG Yoga Programme are listed below:
- **Website:** The University has developed a full-fledged official website www.kkhsou.in for learners and the general public. The website has a dedicated Learners' Corner (http://kkhsou.in/web_new/learner_corner.php) that contains exhaustive information and links to useful resources which is accessible to the vast learner population. Furthermore, the Website links to social-networking sites like Facebook where learners, faculty members, and stakeholders can interact. Additionally, the site offers a tailored search by district or program. And most of the audio-visual programmes are accessible online through YouTube videos (web link: <https://www.youtube.com/user/kkhsou>)
 - **Community Radio Service:** Jnan Taranga (90.0 MHz) is the first Community Radio station in the North Eastern part of the country administered by the University. Community Radio, being a platform for the community for taking up community issues, is also a platform for broadcasting programmes. This includes debates, discussions, and talk shows.

Links: <http://jnantaranga.kkhsou.in/index.php>

- **e-Bidya:** As part of its ongoing attempts to enhance student learning, the university has developed a Learning Management System (LMS) portal called e-Bidya using open source MOODLE which can be accessed via <https://ebidya.kkhsou.ac.in/>. The site allows learners to access e-resources almost

24 x 7 regardless of where they are in relation to the particular programme they are enrolled in. Learners can interact with experts in the discussion forum. Learners can experience the benefits of online learning through their mobile devices as well. The same facilities are being imparted for the UG Yoga programme as well.

- **Open Access Journals Search Engine (OAJSE):** The OAJSE (www.oajse.com) can be used to browse and search 4,775 Open Access Journals from the rest of the World excluding India, 532 journals from India, and 32 Indian Open Access Indian Repositories. It provides all pertinent information about KKHSOU's central library, including access to electronic resources, the Online Public Access Catalogue (OPAC), and subscribed journals and databases. It also provides an email alert service (current awareness service) to learners and is linked with major social networks including Facebook and Twitter.

- **KKHSOU Mobile App:** The university has developed a mobile application "KKHSOU" that allows students to access the university website 24x7. Download

Link: https://play.google.com/store/apps/details?id=soft.bdeka.kkhsou.androidapp&hl=en_IN

- **SMS Alert Facility:** The University has implemented an SMS alert system for learners which notify of university news, events, and learner-related information.
- **e-Mentoring Groups:** The e-mentoring system, which utilizes the Telegram App/WhatsApp, helps learners acquire all the characteristics of open and distance learners, so that they can continue their studies with self-confidence, self-esteem, morale, and a feeling of identity. It is the main objective of this initiative to help learners minimise personal difficulties and identify the obstacles they face due to the diverse needs and backgrounds they have. During this process, they are also guided to develop appropriate and suitable learning strategies for overcoming all these difficulties and problems.
- **e-mail:** Learners can also write emails to any officials/faculty members of the University. For this a general email ID: info@kkhsou.in has been created. Concerns raised through email to this email address are addressed by the University's relevant

officials or faculty members. Apart from that, the email and phone numbers of all faculty members are available on the website and Information Brochure. Any learners can write directly to them as well.

- **Online Counselling:** The University's faculty conducts online counselling sessions through different online platform like Zoom, Google Meet, Cisco Webex and Facebook etc. in addition to regular counselling sessions in study centres. It provides direct interaction of learners with the regular faculty members of the University which creates a greater sense of inclusion and reduces feelings of isolation by offering personal care and guidance to all learners.
- **KKHSOU in Social Media:** KKHSOU has incorporated social media sites like Facebook pages, Whatsapp group, Twitter Account (<https://twitter.com/KKHSOU1?s=09>) that enables sharing and interaction with the students' community. Official Facebook Group of KKHSOU can be reached at <https://www.facebook.com/groups/272636986264210/>

7. COURSE ASSESSMENT

The assessment and evaluation of the learners' performance in all academic programmes of the University are carried out with the objectives of maintaining sanctity, quality and transparency. The assessment and evaluation of the learners' performance and achievement are conducted with reference to the defined learning outcomes of the programmes as a whole, and also those of the courses under a specific programme. While setting the question papers, assignments and evaluation of answer scripts this aspect is always considered thoughtfully.

The assessment and evaluation system of the university consists of two components i.e. Formative and Summative Assessments as per the UGC regulation of 2020. The 33rd Academic Council of the University decided that Formative Assessment is to be given a weight of 30 percent while the Summative Assessment is to be assigned the remaining 70 percent of the weight. Further, 35th Academic Council has adopted the SGPA and CGPA system of evaluation as per the UGC's Curriculum and Credit Framework for PG Programme, 2022.

7.1 Formative Assessment

Formative assessment of the learners is conducted in a continuous and comprehensive manner. There are provisions for self-evaluation based on the Self Learning Materials. The University has decided to adopt a mechanism for continuous evaluation of the Learners through a judicious mix of various flexible methods.

Considering the practical limitations of the learners and the other operational difficulties, the University has adopted the formative assessment consisting of the followings:

- MCQ/Written test/Quiz/Viva etc. = 10 marks
- Home Assignment (submitted at study centre) = 10 Marks
- Participation in extension activities (environment related/workshop etc.) and/or Additional Home Assignment in lieu of this = 3 marks.
- Timely submission of assignment etc. as mentioned above = 2 marks (e.g. submission on time = 2 marks; submission after due time = 1 mark; Non-submission = 0 mark)
- Attendance/Participation in the various Personal Contact Programmes like induction, orientation or other such programmes = 5 marks

The learners are communicated about the details through the University website, official notifications, study centres, mentoring groups and social media. The concerned study centres conduct MCQ based test (online/offline) for the learners. However, if required, they may alternatively arrange for written test/ Viva/Quiz etc. and assess the learners for maximum 10 marks. Depending on situations, additional assignments of 10 marks are also given in lieu of the MCQs.

Assignments for total 13 marks are administered course-wise comprising three assignments viz. 2 for 5 marks and 1 for 3 marks by the concerned discipline. Out of the three assignments, one is closed-ended assignment directly from the course or SLM (5marks), one is open-ended assignment i.e. analytical/opinion/view etc. to be answered by the learner based on the course (5 marks), the third one relates to environmental or community works and/or activities (3 marks) concerning the issues/topics covered.

Learners are required to submit the hand written hard copies of these assignments to their respective study centres. The study centres will get them evaluated by academic counsellors and offer comments and suggestions for further improvements.

Please note that assignment is an important component of your study. The purpose of assignments is to help you get through the courses. Your counsellor or evaluator will write

comments on your assignment to facilitate your learning. The assignments, being a process of formative evaluation, will help you to understand how you are progressing in your studies. All the assignments submitted earlier will be carried forward. This is applicable, only if you extend your study to the subsequent Semester.

The following are some important guidelines for writing your assignment responses:

- Make sure that you have answered all the questions of an assignment before you send them to the study centre. Incomplete assignments shall bring you poor grades, or non-submission of assignments in time may lead to withholding of results.
- Answer the questions of the assignment as directed after a careful study of the Units available in the SLMs.
- You should not send printed articles as your answers for assignments, nor should you reproduce the text of the SLMs verbatim. Write assignments in your own words and in your own handwriting. However, don't forget to put your signature at the end. Typed assignment responses are never allowed.
- Ensure that you keep a copy of the assignment responses with yourself. You might need them in case you have to re-submit the assignment responses due to some unforeseen circumstances.
- While submitting the assignment, don't forget to collect the receipt. You may also get the receipt signature from the study centre on the assignment copy kept with you.
- Be precise in your response. Keep the word limit of the assignments in mind.

The study centres also arrange Personal Contact Programmes (Online or Offline) and the learners are expected to attend the same, as per UGC Guidelines. Based on their level of participation and engagement they are given marks. Marks obtained by the learners after the wholesome Formative Assessment as described above are uploaded by the coordinators of the study centres in the Home Assignment portal specifically created by the examination branch.

7.2 Summative Assessment

The Summative Assessment is conducted in pen and paper mode in designated study centres. The University follows a SOP in conducting these examinations. Besides, examination monitoring is an essential feature in conducting the examinations of the University. The University appoints Supervisory Officers (SO), Examination Monitoring Officers (EMO) and

Examination Squads on a regular basis for smooth conduct and maintaining the standards of the examinations. Question papers are set and moderated, and answer scripts are evaluated by both internal and external faculty members. Results are declared after a process of due scrutiny and thorough diligence check. The learners have the options of re-scrutiny and re-evaluation of their answer scripts (within a stipulated time) in case they are not satisfied with the result.

7.3 Assessment of Seminar/Presentation/Project and Dissertation

A learner has to prepare a presentation on a particular topic under the guidance of a professionally qualified supervisor/guide in semester V. A learner has to prepare a dissertation under the guidance of a professionally qualified supervisor/guide. In this course, learners should take up a problem related to the subject area. They should devise instruments for the collection and interpretation of data and the preparation of research report. The length of the report may be between 60-70 pages. A detailed guideline is available on the website. The link is http://kkhsou.in/web_new/guidelines-download.php

PROJECT GUIDELINES FOR DY 2ND SEMESTER



**KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY
RESHAM NAGAR**

KHANAPARA, GUWAHATI-781022

CONTENTS

- I. OBJECTIVES
- II. TYPES OF PROJECTS
- III. PROJECT PROPOSAL
- IV. PROJECT GUIDE
- V. PROJECT REPORT
- VI. PROJECT PROFORMA
- VII. SUBMISSION OF PROJECT REPORT
- VIII. PROJECT PRESENTATION
- IX. MARKS DISTRIBUTION

I. OBJECTIVES

The objective of the project is to help the learners acquire ability to apply the theoretical concepts in Yoga to solve problems in practical situation.

II. TYPES OF PROJECT

The Project may be taken on any one of the following areas:

- The project should be done in the relevant area of Diploma in Yoga (DY) course only.
- The project can be based on primary or secondary data.
- Case study
- Evolution of any new conceptual/theoretical framework.
- Field study.

III. PROJECT PROPOSAL (SYNOPSIS)

Submission, Changes and Acceptance of Project Proposal (synopsis):

Learners are advised to send their project synopsis and name and address of the project guide to the Coordinator, KKHSOU and Study Centre. The synopsis should include the following:

- Title of the Study
- Objectives and importance (significance) for the Study
- Research Methodology opted for the Study (stating nature, sources, collection of data; research tools and techniques to be used; sampling procedure).
- Limitations and Scope of the Study.

If the learner wants to undertake a new project by changing his/her earlier project proposal, he will have to justify his new choice. Without valid ground and certification from his/her guide, no change in project proposal will be entertained.

In any case, changes in project proposal will not be allowed after submitting the second project proposal. The second proposal will be considered as final. It is necessary that the learners finalize their project proposal well ahead of time. It is to be noted that changes in project proposal will not be entertained after 28th August the programme.

In order to complete the project in due time, a learner should devote at least 60 days for his/her project. This time should be judiciously divided into various phases like field study & interview, data collection, data tabulation, data interpretation and data analysis.

IV. PROJECT GUIDE

- Faculties in the Institutions (Where PGDY or PG in Yoga programme is available) in having minimum three years of teaching experience in PG diploma or PG in Yoga. **The information in this regard may be availed from the Academic branch of KKHSOU/ concerned coordinator of KKHSOU or the Study Centre.**

V. PROJECT REPORT

- Each Project Report must adequately explain the research methodology adopted and the directions for future research.
- The Project Report should also contain the following:
 - Copy of the approved Project Performa. The Project Performa has been mentioned in the section “Project Performa”.
 - Certificate of originality of the work duly signed by the learners themselves and project guide.
- The Project Report should be typed in double line space, with 1.5 inches of margin in left side and 1 inch margin in the right side of each page. The upper and lower margins should not be less than 1 inch each. Project report should be printed on one side only and should be spiral bound.

VI. PROJECT PROFORMA

The project report should include the following items --

- 1) Introduction
- 2) Objectives
- 3) Methodology
- 4) Analysis of the document
- 5) Findings
- 6) Implementation of the project
- 7) Future application of the project

8) Bibliography

The cover page and the first three pages of the report should be of the following Structure:

COVER PAGE:

A Project Report on TITLE OF THE PROJECT

**In fulfillment of the requirement for the 2nd Semester of
Diploma in Yoga
Programme**



Submitted by

.....

(Name of the Learner)

Enrollment No.:

Session:

Under the Guidance of

.....

(Name of the Project Guide)

Study Centre

.....

(Name of the Study Centre)

.....

FIRST FACE PAGE: (Location)



“TITLE OF THE PROJECT”

Conducted under the Guidance of

(Name of the Guide)

Name & Enrol. Number of the Learner

CERTIFICATE OF ORIGINALITY FROM THE GUIDE:

CERTIFICATE OF ORIGINALITY FROM THE GUIDE

This is to certify that the project report entitled

.....

Submitted to **Krishna Kanta Handiqui State Open University** in partial fulfillment of the requirement for the award of the degree of **BACHELOR OF COMPUTER APPLICATIONS (BCA)**, is an original work carried out by Mr./Ms.....

Enrolment No.: under the

Supervision of Dr. /Mr. / Ms.....

The matter embodied in this project is a genuine work done by the student and has not been submitted either to this University or to any other University / Institute for the fulfillment of the requirement of any course of study.

Signature of the learner

Name and Address

Enrolment No.:

Signature of the Guide

Name, Designation &
Address

Seal of study Centre

VII. SUBMISSION OF PROJECT REPORT

Learners should prepare three copies of the project report, one copy for the University, one for the Study Centre and one for the learner him/herself. They should bring own copy at the time of Viva-Voce. Other two copies must be submitted at least one month before the date of final examination. At the top right corner of the first page of the report

“COPY FOR THE UNIVERSITY” should be neatly written / typed.

VIII. PROJECT PRESENTATION & PRESERVATION

Each project must be presented in the presence of an External Evaluator. Project presentation may be scheduled at other study centres also depending on the number of learners. Learners should preserve their copies of project report for future reference. The University may ask to present the same even after the submission of the project anytime within the tenure of the programme. Therefore, the learners should preserve their copies at least until final result is declared.

The above pages (Cover page and first, second and third page) should not have any numbering. There should be a content page depicting the inside road map of the project.

Numbering of pages may start from the next page of the content page.

The type font is: Arial. For general continuous texts, font size: **11**. The major Section should be typed with **BOLD** letters with font size: **14**. The Sub-sections should be typed with **Title Case bold letters** with font size **12**.

IX. MARKS DISTRIBUTION AND VIVA VOICE

Total marks (100) = 60 (Report writing) + 40 (Viva Voice)

Both internal guide and the external examiner will evaluate the project report and award marks out of 60. Marks allotted for internal guide will be out of 20 and for external guide it will be out of 40. Candidate shall appear in a viva voice examination to be scheduled by the university and to be held at university specified centre.

At least one of the two examiners mentioned above should be present to conduct the viva examination and award marks out of 40. . Medium is both English and Assamese.

8. FACULTY MEMBERS IN THE DISCIPLINE OF YOGA

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QR Code for University

Website: www.kkhsou.ac.in