

**Semester: I**  
**Course Title: Lifestyle Management**  
**No of Credits: 2**  
**Contact Hours: 20 hrs**

**Course Outcome**

<b>Course Outcome s</b>	<b>Description</b>	<b>Cognition</b>	<b>Hours</b>	<b>Evaluation Tools</b>
CO1	<b>Explain</b> Yoga concepts and principles to regulate and discipline lifestyle.	L2: Understand	2.0	<u>Internal</u> , Practical, <u>End Term</u> Theory
CO2	<b>Apply</b> the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength and strength building.	L3: Apply	6.0	<u>Internal</u> - Practical
CO3	<b>Demonstrate</b> various yoga concept, , Mudras and asanas for energy conservation, Personality development and positive health	L3: Apply	7.0	<u>Internal</u> - Practical
CO4	<b>Assess</b> the impact of Pranayama and Meditations in reducing stress.	L5: Evaluate	2.0	<u>Internal</u> - Test, Practical <u>End Term</u> -
CO5	<b>Evaluate</b> the Yogic and Lifestyle Management techniques in developing value-based leadership	L5: Evaluate	3.0	<u>Internal</u> - Test, Practical <u>End Term</u> - Test

## Mapping CO with PO

Scale 1- low alignment, 2- Moderate alignment, 3 – high alignment, - – No alignment

COs / POs	PO 1	PO 2	PO 3	PO 4	PO 5
CO-1	3	2	-	-	-
CO-2	3	3	2	-	2
CO-3	3	3	2	1	2
CO-4	3	3	2	1	2
CO-5	3	3	3	1	2
CO	3	3	2.23	1	2

## Session Plan

Session	Hrs	Topic	COs	Cognition	Evaluation Techniques
1	2 hrs	<b>Introduction to LSM</b> Meaning of Yoga and its importance in higher education. Do's and Don'ts in LSM. Sitting correct for good postures. Simple yogic stretches for whole body. What is Asana? Does Yoga mean only asanas?	<b>CO1:</b> Explain Yoga concepts and principles to regulate and discipline lifestyle.	L2: Understand	<u>Internal</u> , Practical, <u>End Term</u> Theory
2	1 hrs	<b>HELM-CONNECT</b> Where we learn about our peers and our mentors, and we connect with them. We also understand the power of intention and the need for inner guidance.	<b>CO2:</b> Apply the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength and strength building.	L3: Apply	<u>Internal</u> - Practical
3	1 hrs	<b>Personality Development Tools</b> Suryanamaskar simplified in steps. Build your strength. <b>Guided Meditation 1:</b> Pranadharana -I Shavasana for relaxation.	<b>CO3:</b> Demonstrate various yoga concept, , Mudras and asanas for energy conservation, Personality	L3: Apply	<u>Internal</u> - Practical

			development and positive health		
4	1 hrs	<b>HELM-CORE</b> Here we move from outer connections to inner and we learn about our inner strengths, skills and values.	<b>CO2:</b> Apply the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength and strength building.	L3: Apply	<u>Internal-Practical</u>
5	1 hrs	<b><u>Yoga for improving Body Language.</u></b> Selected standing asanas - explanation, demonstration and practice. <b>Guided Meditation 3:</b> Pranadharana -I & II Shavasana for relaxation.	<b>CO3:</b> Demonstrate various yoga concept, , Mudras and asanas for energy conservation, Personality development and positive health	L3: Apply	<u>Internal-Practical</u>
6	1 hrs	<b><u>Yoga for Extra Energy.</u></b> Various stretches for loosening. Suryanamaskar Supine Asanas - explanation, demonstration and practice. <b>Pranayama-</b> Anuloma Viloma, Bhramari, Ujjai- explanation, demonstration and practice. <b>Guided Meditation:</b> Pranadharana I & II Shavasana for relaxation.	<b>CO3:</b> Demonstrate various yoga concept, , Mudras and asanas for energy conservation, Personality development and positive health	L3: Apply	<u>Internal-Practical</u>
7	1 hrs	<b><u>Yoga for Stress Management.</u></b> <b>Pranayama-</b> Kapalbhati, Sheetal, Seetkari –demonstration, explanation and practice. Reflection Exercise. <b>Guided Meditation:</b> Pranadharana I, II & III Shavasana for relaxation.	<b>CO4: Assess</b> the impact of Pranayama and Meditations in reducing stress.	L5: Evaluate	<u>Internal-Test, Practical End Term-</u>
8	1 hrs	<b>HELM-Context</b> - Where we learn about our world and our place in it and try to understand how we can contribute towards the fulfilment of UN Goals for Sustainable Development	<b>CO2:</b> Apply the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength and strength building.	L3: Apply	<u>Internal-Practical</u>

9	1 hrs	<b>HELM-Choices</b> - Role of peer pressure in decision making and how to take the right decision in most situations.	<b>CO2:</b> Apply the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength and strength building.	L3: Apply	<u>Internal-Practical</u>
10	1 hrs	<b><u>Mudra Vighyan- Ancient science for Modern World.</u></b> Control Five basic elements for complete health. Explanation, Demonstration and Practice of important mudras. Shavasana for relaxation.	<b>CO3:</b> Demonstrate various yoga concept, , Mudras and asanas for energy conservation, Personality development and positive health	L3: Apply	<u>Internal-Practical</u>
11	1 hrs	<b>HELM-Causality</b> - Where we discuss the cause and effect of our actions.	<b>CO2:</b> Apply the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength and strength building.	L3: Apply	<u>Internal-Practical</u>
12	1 hrs	<b><u>Yoga for Studies &amp; for Creativity</u></b> Seven Chakras...Contd. Selected asanas – Explanation, Demonstration and practice. Relaxation.	<b>CO4: Assess</b> the impact of Pranayama and Meditations in reducing stress.	L5: Evaluate	<u>Internal-Test, Practical End Term-</u>
13	1 hrs	<b><u>Concentration building through Yoga.</u></b> Various asanas, Meditation Techniques. Jyoti Tratak / Bindu Tratak. Eye exercises	<b>CO3:</b> Demonstrate various yoga concept, , Mudras and asanas for energy conservation, Personality development and positive health	L3: Apply	<u>Internal-Practical</u>
14	1 hrs	<b>HELM-Causality</b> - Where we discuss the various resources available to the participants for deepening their Heartfulness practice	<b>CO2:</b> Apply the HELM (Heartfulness Enabled Leadership Mastery) concepts for Inner strength	L3: Apply	<u>Internal-Practical</u>

			and strength building.		
15	2.5 hrs	Revision & Test of Asanas, Pranayama & stress management techniques	<b>CO5:</b> Evaluate the Yogic and Lifestyle Management techniques in developing value-based leadership	L5: Evaluate	<u>Internal-Test, Practical End Term- Test</u>
16	2.5 hrs	Revision & Test of Asanas, Pranayama & stress management techniques	<b>CO5:</b> Evaluate the Yogic and Lifestyle Management techniques in developing value-based leadership	L5: Evaluate	<u>Internal-Test, Practical End Term- Test</u>

	<b>Pedagogy</b>
1.	Lecture
2.	Practical Demonstration
3.	Actual workout and practice
4.	Live Activity / Exercise
5.	Revisions

#### Evaluation:

Internal Assessment	40%
External Assessment	60%
Total	100%

#### Parameters of Internal Assessment:

Classroom participation  
Attendance  
Class Tests  
Class Tests / Assignments

#### Assessment Mapping

Parameter	Marks	CO 1	CO 2	CO 3	CO 4	CO 5
Internal	20	10%	25%	25%	20%	20%
Attendance	5	20%	20%	20%	20%	20%
Class Participation	5	20%	20%	20%	20%	20%
Practical Class Test-1	5	-	-	40%	30%	30%
Practical Class Test-2	5	-	-	40%	30%	30%
<b>End Term</b>	<b>30</b>	<b>25%</b>	<b>15%</b>	<b>30%</b>	<b>20%</b>	<b>10%</b>

**Text Books:**

Study material will be provided on ERP

**Reference Books:**

1. Yoga for Health and Peace - Padmashree Sadashiv Nimbalkar, YVN Publication, Mumbai.
2. Pranayama- An Effective Means for Mental Peace - Padmashree Sadashiv Nimbalkar, YVN Publication, Mumbai.
3. Light on Pranayama - Padmavibhushan B.K.S. Iyenger, Harper Collins Publishers, Delhi.