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[OBE DESIGN- YOGASHASTRA DEPARTMENT]
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PREFACE

Outcome Based Education (OBE) is the educational approach which focuses on student centric education in the context of development of personal, social, professional and knowledge (KSA) requirements in one's career and life. It is the decade ago curriculum development methodology. The educational triangle of *LEARNING-ASSESSMENT-TEACHING* is the unique nature of the OBE approach. The curriculum practices such as Competency Based Curriculum, Taylor's Model of Curriculum Development, Spadys' Curriculum principles, Blooms taxonomy and further use of assessment methodologies like, Norm-reference testing and Criterion reference testing, etc is being practiced since decades. It is also interesting to know that, globally, different countries and universities adopts the curriculum development models/approaches such as, CDIO (Conceive-Design-Implement-Operate), Evidenced Based Education, Systems' Approach, etc as the scientific and systematic approaches in curriculum design.

The authorities of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (M.S.) in-lieu of accreditation standards of National Assessment and Accreditation Council, decided to opt for Outcomes Based Education (OBE). As the part of the decision, different meetings, workshops and presentations were held at the campus of university.

This document is the outcome of different meetings and workshops held at university level and department level. The detailed document is designed and the existing curriculum of the department is transformed in to the framework of OBE. This is the first step towards the implementation of OBE in the department. The document will serve all stakeholders in the effective implementation of the curriculum. The OBE is continuous process for quality enhancement and it will go a long way in order to enhance the competencies and employability of the graduates/Post-graduates of the university department.

Head of Department

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OUTCOME BASED EDUCATION

Faculty of Interdisciplinary Studies

Department of Yogshastra

1. Mission:

Mission Statement

To develop the manpower in Yogashastra through post-graduate, research studies and ther-by contribute in to the development of competent manpower for promotion of healthy people and healthy nation. To develop scientifically competent, knowledge based and values & ethical based leaders in Yogashstra.

2. Vision:

Vision Statement

The department aims to be one of the international center for promotion of healthy mind, healthy body and healthy soul through formal and non-formal education. The department envisions to develop the center of excellence for teaching multi-lingual ICT based yogashastra.

3. Title of the Program (s):

a. Master of Yogashastra

4. Program Educational Objectives:

The program educational objectives (PEO) are the statement that describes the career and professional achievement after the program of studies (graduation/ post-graduation). The PEO s are driven form question no. (ii) of the Mission statement (What is the purpose of organization). The PEOs can be minimum three and maximum five.

I. Masterly level of knowledge and competency in Yoga.
II. Ability to work in private and public organization for education and training of Yoga.
III. Ability to provide professional services to the organization/community.
IV. Provide value and ethical leadership for promotion of Yoga.
V. Attitude for life-long learning and higher education and research.

5. Program Outcomes:

The program outcomes (PO) are the statement of competencies/ abilities. POs are the statement that describes the knowledge and the abilities the graduate/ post-graduate will have by the end of program studies.

a. In-depth knowledge and ability to perform Yoga and Yogic practices.
b. Knowledge of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.
c. Possess an understanding of all aspects of a subject and its specific applications to the practice of Yoga.
d. Practice, possess a confident, in-depth understanding of a subject and its multiple applications as well as its potential limitations in the
e. Demonstrate the ability to undertake particular tasks associated with the work of a Yoga Professional.
f. In-depth knowledge of human systems, yoga and health, Yoga for wellness- prevention and promotion of positive health and Yoga and stress management
g. Knowledge of 360 degree, all round, Yogic exercise through the practice of *asanas*, proper relaxation, proper breathing, contra-indications, cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations
h. Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties
i. To recognize and manage the subtle dynamics inherent in the teacher – aspirant relationship.
j. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.
k. Demonstrate value based and ethical leadership in the profession of yoga.
l. Ability for life-long learning, higher education and research.

6. Course- Program outcome Matrix:

The Program Outcomes are developed through the curriculum (curricular/co-curricular-extra-curricular activities). The program outcomes are attained through the course implementation. As an educator, one must know, ***"to which POs his/her course in contributing?"***. So that one can design the learning experiences, select teaching method and design the tool for assessment. Hence, establishing the Corse-PO matrix is essential step in the OBE. The course-program outcomes matrix indicates the co-relation between the courses and program outcomes. The CO-PO matrix is the map of list of courses contributing to the development of respective POs.

The **CO-PO MATRIX** is provided in the below table.

Course Title	a	b	c	d	e	f	g	h	i	j	k	l
History of Yoga-I	*	*	*	*								
Philosophy and psychology	*	*	*	*								
Anatomy and physiology	*				*	*	*	*	*	*	*	
Basic asana and breathing techniques	*	*			*	*	*	*	*	*	*	
Ancient yoga / Modern Yoga	*	*	*									
Indian Constitution									*	*	*	*
Research methodology										*	*	*
History of Yoga-I	*	*	*									
Philosophy and psychology	*	*	*									
Anatomy and physiology					*	*	*	*	*	*	*	
Advance asana and breathing techniques					*	*	*	*	*	*	*	
Yoga therapy-I/ Yoga therapy-II					*	*	*	*	*	*	*	
Review and writing of synopsis										*	*	*
Diet and nutrition					*	*	*	*	*	*	*	
Advance asana and pranayama					*	*	*	*	*	*	*	
Meditation and stress management	*	*	*			*		*		*		
Classic text of yoga	*	*	*									*
Applied Yoga	*	*	*									*
Yoga and allied science	*	*	*									*
Dissertation						*	*	*	*	*	*	*

7. Course Outcomes (for all courses):

The course outcomes are the statement that describes the knowledge & abilities developed in the student by the end of course (subject) teaching. The focus is on development of abilities rather than mere content. There can be 5 to 7 course outcomes

of any course. These are to be written in the specific terms and not in general. The list of Course Outcomes is the part of ***Annexure-C*** attached herewith.

8. Set Target levels for Attainment of Course Outcomes:

The course outcome attainment is assessed in order to track the graduates' performance w.r.t target level of performance. The CO-PO attainment is the tool used for continuous improvement in the graduates' abilities through appropriate learning & teaching strategies. In order to assess students' performance with respect to abilities (at the end of course teaching/by the end of program) the course outcome attainment are measured/calculated. In order to calculate the program outcome attainment, the course outcome attainment is calculated. Prior to that, the course-program outcome mapping is done.

9. Set Target level for Attainment of Program Outcomes:

The program outcome attainment is assessed in order to track the graduates' performance w.r.t target level of performance. The CO-PO attainment is the tool used for continuous improvement in the graduates' abilities through appropriate learning & teaching strategies. In order to assess students' performance with respect to abilities (at the end of course teaching/by the end of program) the course outcome attainment and program outcome attainment is measured/calculated. The program outcome attainment is governed by curricular, co-curricular and extra-curricular activities including the stakeholders' participation. The direct method and indirect method is adopted to calculate the PO attainment. The direct method implies the attainment by course outcomes contributing to respective program outcomes. And indirect method is the satisfaction/feed-back survey of stakeholders. In order to calculate the program outcome attainment, the course outcome attainment is calculated. Prior to that, the course-program outcome mapping is done.

The set target level is the set benchmark to ensure the continuous improvements in the learners/ graduates' performance.

10. Course Attainment Levels:

a. CO attainment is defined/set at three levels;
b. The CO attainment is based on end term examination assessment and internal assessment;
c. The Co attainment is defined at three levels in ascending order-
   i. e.g. For end term and internal examination;
   ii. Level-1: 40% students scored more than class average
   iii. Level-2: 50% students score more than class average;
   iv. Level-3: 60% students score more than class average.
d. The target level is set (e.g. Level-2). It indicates that, the current target is level-2; 50% students score more than class average. The CO attainment is measured and the results are obtained. Based on the results of attainment, the corrective measures/remedial action are taken.

e. CO Attainment= 80% (Attainment level in end term examination) + 20% (Attainment level in internal examination).

11.Program attainment Level:

a. PO attainment is defined at five levels in ascending order;
b. The PO attainment is based on the average attainment level of corresponding courses (Direct Method) and feed-back survey (Indirect method);
c. The PO attainment levels are defined / set as stated below;
   i. Level-1: Greater than 0.5 and less than 1.0 (0.5>1)- Poor
   ii. Level-2: 1.0>1.5-Average
   iii. Level-3: 1.5>2.0-Good
   iv. Level-4: 2.0>2.5-Very Good
   v. Level-5: 2.5>3.0 -Excellent
d. The PO attainment target level is set/defined (say, Level-4). It implies that, the department is aiming at minimum level-4 (very good) in the performance of abilities by the graduates. Based upon the results of attainment, the remedial measures are taken;
e. PO Attainment= 80% (Average attainment level by direct method) + 20% (Average attainment level by indirect method).

12. The Results of CO Attainment:

Table No. 1.0: CO Attainment Level

Course Code	CO Attainment Value	Target Attainment Level	Fully Attained/Not attained	Remedial measures
C101 .				
C201 .				
C301 .				
Project				

13. The Results of PO Attainment:

Table No. 2.0 PO Attainment Level

PO/PSO number	PO Attainment Value	Target Attainment level	Fully attained/ Not Attained	Remedial Measures

14. Planned Actions for Course Attainment:

The courses having CO attainment level less than Level-2 shall be addressed by planning remedial measures like assignments, tutorials and lectures.

15. Planned Actions for Program Outcome Attainment:

The PO having attainment level less than level-4 shall be addressed by designing remedial measures for the corresponding courses contributing to the respective PO.

Note: The first batch will be graduated in the year 2018-19 and consequent to that CO & PO attainment will be calculated.

ANNEXURE-B

THE SUMMARY OF OC-PO ATTAINMENT LEVEL

ANNEXURE-C
COURSE OUTCOMES

History of Yoga I & II

- Describe the history and philosophy of yoga and the essence of the main types of traditional and modern yoga
- Describe yoga in different religion m, eastern and western countries.
- Explain the role of yoga in different arts.
- Describe the prachar and prasar of Yoga.
- Explain Ayurveda & its relation with Yoga.
- Explain the basic principles of Ayurveda.
- Demonstrate spiritual learning lesions from different Ayurveda texts.
- Describe the impact of non-material entities like Manas. Atma, etc.

Anatomy and Physiology I & II

- Describe the structures of various body systems in humans.
- Explain Ayurvedic physiological processes in Yoga perspective.
- Explain the basic five elements & their properties.
- Describe functional & structural body entities. (dosha, dhatu, mala, Srotas etc.)
- Explain the functions of Human body in systemic way.
- Explain the interdependence of various systems in human body.
- Explain the role of anatomy & physiology in yoga science
- Identify key anatomical structures in the human body (nine (9) main joint complexes, twenty (20) opposing muscle group pairs, and three (3) spinal nerve reflexes).
- Explain the physiology and function of the autonomic nervous system, the cardiovascular system, the digestive system, the reproductive system and the endocrine system.
- Demonstrate a basic knowledge of the physiological body in terms of nadis, marmas, and chakras in the Indian Hatha yoga system and acupuncture points and meridians in the Chinese Taoist yoga system
- Explain the basic principles, theory and practice of being your own yoga teacher and critically analyse your own yoga practice including self-assessment, correction, modification and adjustment.
- Assess the safety issues and contraindications that need to be addressed when practising the Yoga Fundamentals sequence.
- Describe how the underlying anatomical and physiological principles of alignment relate to safe yoga practice.
- Summarise the philosophical framework underpinning a range of styles of yoga and demonstrate awareness of the effects of yoga practice within the context of health.

Yoga Therapy I & II
- How to interact with the client in a profession
- Take a case history,
- Keep records of the session
- Assess the clients' needs,andprogress
- Plan a programme of yoga for the individual
- Make a contract with the client, setting profession
- Understand the current laws involved in therapy work, follow the
- How to run a Yoga Therapy practice

Basic asana and breathing techniques/ Advance asana and breating techniques

- Describe the concept and principle of energy awareness
- Describe Visualization and affirmations
- Guide/ perform asana practice with min and understand the contraindications.
- Demonstrate the therapeutic application of Chakra work
- Apply General counseling skills
- Demonstrate and explain the effects of a range of appropriate positional, breathing, relaxation and meditation techniques drawn from diverse yoga practice.
- Describe how the underlying anatomical and physiological principles of alignment relate to safe yoga practice.
- Summarise the philosophical framework underpinning a range of styles of yoga and demonstrate awareness of the effects of yoga practice within the context of health.
- Through a process of reflection identify and assess the personal effects of yoga practice.

Ancient Yoga/ Modern Yoga
- Describe to ancient sciences like Veda & Upanishad.
- Read the literature related to Yoga from Veda & Upanishad.
- Describe the basics of dharshan Shastra.
- Describe the Yoga with reference to Darshana.
- Demonstrate the application of Yoga Darsghan

Diet and Nutrition

- Describe the basics of Ayurvedic diet.
- Explain the rules & regulations eating habbits.
- Analyze and Describe the basics of modern diet.
- Describe the classification & importance of diet.
- Describe the role & functions of macronutrients & micronutrients

Research Methodology/ Review writing & synopsis writing

- Describe the research methodology for scientific research.
- Explain/practice research process & development of protocol.
- Demonstrate the ethics in research.
- Describe various statistical methods.
- Demonstrate with example data collection, analysis & presentation

Applied Yoga

- Demonstrate the clinical examination skills.
- Explain and demonstrate the process of detail case taking.
- Conduct examination of various body systems.
- Apply yoga in different body conditions like pregnancy.
- Apply yoga in sports, children, physically handicap and senior citizens
- Applly of yoga in different disorders.

Classic Text of Yoga
- Demonstrate the knowledge of Yoga Vashsta, Yoga upnishada,
- Explain the karma yoga as per Bhagwat Geeta
- Explain Dnyana yoga as per Dnyaneshwari

Yoga and allied science

- Application of knowledge of anatomy, physiology, yoga and massage manipulation techniques.
- Describe massage therapy and naturopathy, acupressure and hypnotism in context to Yogashastra.
- Demonstrate the basics of naturopathy, acupressure and hypnotism in context to Yogashastra.