



# ವಿಶ್ವೇಶ್ವರಯ್ಯ ತಾಂತ್ರಿಕ ವಿಶ್ವವಿದ್ಯಾಲಯ

(ವಿ ಟಿ ಯು ಅಧಿನಿಯಮ ೧೯೯೪ ರ ಅಡಿಯಲ್ಲಿ ಕರ್ನಾಟಕ ಸರ್ಕಾರದಿಂದ ಸ್ಥಾಪಿತವಾದ ರಾಜ್ಯ ವಿಶ್ವವಿದ್ಯಾಲಯ)



## VISVESVARAYA TECHNOLOGICAL UNIVERSITY

(State University of Government of Karnataka Established as per the VTU Act, 1994) "Jnana Sangama" Belagavi-590018, Karnataka, India)

**Prof. B. E. Rangaswamy, Ph.D.**  
REGISTRAR

Phone: (0831) 2498100  
Fax: (0831) 2405467

REF: VTU/BGM/ACA/2023-24 3510

DATE: 18 OCT 2023

### CIRCULAR

Subject: Updated syllabus of 21PE59/21Y059/21NS59 of 5<sup>th</sup> sem  
Architecture program

Reference: The Chairpersons' email dated 15.10.2023

Sir/ Madam,

The Board of Studies in Architecture at VTU Belagavi has modified the course/subject 21PE59/21Y059/21NS59 - Physical Education/Yoga/NSS for the fifth semester of the 2021 scheme. For the benefit of stakeholders, the amended syllabus has been attached to this circular.

By this notice, all directors of schools of architecture are informed to advise the pertinent faculty and students of the circular's contents.

R. 18/10/23  
REGISTRAR  
[Signature]

To,  
All Directors of Schools of Architecture, under the ambit of the university.

#### Copy to

- The Hon'ble Vice-Chancellor through the Secretary to VC for information
- The Chairperson, BoS in Architecture for information
- The Registrar (Evaluation) for information
- The Director, ITI SMU VTU Belagavi for information and to make arrangements to upload the circular on the VTU web portal.
- The office copy

**V Semester**

<b>Physical Education(Sports &amp; Athletics/Yoga &amp; NSS)</b>			
Course Code	<b>21PE59/21YO59/21NS59</b>	CIE Marks	50
Teaching Hours/Week (L:T:P: S)	0:0:2:0	SEE Marks(VIVA)	50
Total Hours of Pedagogy	25	Total Marks	100
Credits	--	Exam Hours	--

**Course objectives:**

- Understand the Meaning and Importance of the Fit India Movement, the Definition of fitness, Benefits of fitness, Types of fitness, and Fitness tips.
- Importance of Sports & Yoga in day-to-day life
- National Service Scheme (NSS) will enable the students to:  
Understand the community in which they work identify the needs and problems of the community and involve them in problem-solving
- 3. Develop among themselves a sense of social & and civic responsibility & and utilize their knowledge in finding practical solutions to individual and community problems

**SPORTS and ATHLETICS:****Athletics**

Track- 110 & 400 Mtrs                      110 Mtrs and 400Mtrs:

**Hurdling Technique:** Lead leg Technique, Trail leg Technique, Side Hurdling, Over the Hurdles

Crouch start (its variations) use of Starting Block.

Approach to First Hurdles, In Between Hurdles, Last Hurdles to Finishing Hurdles

**Jumps- High Jump**

Approach Run, Take-off, Bar Clearance (Straddle), and Landing

**Throws-** Discuss Throw: Holding the Discus, Initial Stance Primary Swing, Turn, Release and Recovery (Rotation in the circle).

**YOGA:**

Introduction of Yoga, Aim, and Objectives of Yoga, Prayer, Yoga, its origin, history, and development.

1) Yoga, its meaning, definitions.

2) Brief introduction of yogic practices for the common man- Yogic practices for the common man to promote positive health

3) Rules and regulations

4) Misconceptions of Yoga

5) Suryanamaskara

6) Different types of Asanas

a. Sitting- 1. Padmasana, 2. Vajrasana

b. Standing- 1. Vrikshana, 2. 2. Trikonasana

c. Prone line-1. Bhujangasana 2. Shalabh asana

d. Supine line- Utthita dvipadasana, 2. Ardha halasana

**NSS:**

1. Organic farming, Indian Agriculture (Past, Present, and Future) Connectivity for marketing.

2. Waste management– Public, Private and Govt organization, 5 R's.

3. Setting of the information imparting club for women leading to contribution to social and economic issues.

4. Water conservation techniques – Role of different stakeholders– Implementation.

5. Preparing an actionable business proposal for enhancing the village income and approach for implementation.
6. Helping local schools to achieve good results and enhance their enrolment in Higher/ Technical/ vocational education.
7. Developing a Sustainable Water management system for rural areas and implementation approaches.
8. Contribution to any national-level initiative of the Government of India. Foreg. Digital India, Skill India, Swachh Bharat, Atmanirbhar Bharath, Make in India, Mudra scheme, Skill development programs, etc.
9. Spreading public awareness under rural outreach programs. (minimum 5 programs).
10. Social connections and responsibilities.
11. Plantation and adoption of plants. Know your plants.
12. Organize National integration and social harmony events /workshops /seminars. (Minimum 02 programs).
13. Govt. school Rejuvenation and helping them to achieve good infrastructure.

**Course Outcome:**

The student should be able to understand:

- The importance of fitness/sports in day-to-day life
- Benefits of Yoga on fitness and health
- Understand the importance of his/her responsibility towards the society.
- Analyze the environmental and societal problems/issues and will be able to design solutions for the same

❖ **CIE & SEE will be evaluated based on their presentation, assignments/Charts/Video/reports.**

<b>ASSESSMENT AND EVALUATION PATTERN</b>		
<b>WEIGHTAGE</b>	<b>CIE-50</b>	<b>SEE-50</b>
Practical sessions on sports/Conducting sports competitions-10marks Assignments for the theory part 5marks	15 (30%)	15 (30%)
Yoga and Its Benefits Practical Sessions-10 Marks Yoga & its benefits: presentation-5 marks	15(30%)	15 (30%)
NSS/ Social Connect-Report Presentations.	20(40%)	20 (40%)
	50	100%

**References:**

- Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi
- Swami Kuvulyananda : Asma (Kavalyadhama, Lonavala)
- Tiwari, O P : Asana Why and How

- Ajitkumar : Yoga Pravesha (Kannada)
- Swami Satyananda Saraswati : Asana Pranayama, Mudra, Bandha  
(Bihar School of yoga, Munger)
- Swami Satyananda Saraswati : Surya Namaskar,(Bihar School of Yoga, Munger)
- Nagendra H R : The art and science of Pranayama
- NSS Course Manual, Published by NSS Cell, VTU Belagavi.