

**Sant Gadge Baba Amravati University, Amravati**

**Department of Lifelong Learning & Extension**

**Programme Outcomes, Programme Specific Outcomes and Course Outcomes**

**2017-18**

The Department is running PGD YOGA THERAPY since 2017-18. It has focused on Foundation of Yoga and Physiology of Yogic Practice. It aims to Introduce the essential elements of a Yogic Lifestyle and to introduce the concept of health and disease. It also tries to introduce the concept of therapy and massage therapy. The overall outcome is simple satisfactory.

Besides, the M.A. in Lifelong Learning & Extension has been running to give the outcome which are basics in lifelong Learning. In it, Student will be able to establish skill inherited during the program of common man. This has Provided to be a good tool to introduce the concept of adult education. They understand history of education. To Comprehend the role on government in implementing the continuing education program. It also gives an opportunity to the Student to understand field work approach.

P.G.D. and M.A. in Counseling & Psychotherapy enables the students to Understand the fundamental concepts of Psychology. They learn the variety of Branches of Psychology, as well as basic concept of counseling and Psychotherapy. In these courses, Students Learn the family therapy. These courses are essential for and health counseling.

P.G.D. in English Communication Skills Enable the student to learn and use English Language as medium of Communication. Language acquisition and effective use of it is the core of the course. Students have to focus on the grammar and phonetics throughout the course. Various language regarding skills have been taught to the students. Four Skills LSRW in Remedial Mode On the basis of the acquired entry-level skills of the participants the module of Four Skills LSRW shall be implemented. The focus will

be on bridging the gap between the required level of entry level skills for the program and the actual skills acquired by the participants. The module aims at developing an independent understanding of the prescribed text through reading, explanation and discussion. The composition-module aims at learning the application of basic structures in grammar through both guided and independent exercises. This module introduces the basic structure of phonetics. The module aims at making the participants familiar with the English sounds and their usage.

## **2018-19**

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## 2.6.1

2019-2020

The DLL&E has Constituted several courses and these courses have been effectively running with achieving their outcomes since 2007. The department is providing courses including Post Graduate Diploma yoga Therapy, M.A. in Lifelong Learning & Extension, Post Graduate Diploma in English Communication Skill & M.A. in Counseling & Psychotherapy.

M.A. in Counseling and Psychotherapy provides basic concept of counseling and psychotherapy by which students can learn family therapy which is very much essential for health specially in these days after Covid-19 Pandemic.

Apart from this the department provides Post Graduate Diploma in English Communication which is the need of every learning person. The course Enable the students to learn four skill (Listening, Reading, Writing & Speaking) of English. It also enables student develop their soft communication skill around human.

The main aim of the course is to acquire language and use it in affective way. Beside this the course focuses on phonetics and grammar which are pillars of English language.

Beside this the department is administrating Post Graduate Diploma yoga therapy since the department has been formed. The course concentrates at foundation of yoga and physiology of yoga practice. It aims to disclose the essential elements of yogic life style towards the human life. Massage therapy has also been introduced by the course.

Apart from this the department is also concentrating at M.A. in Lifelong Learning & Extension It enables student to inherit established skill during the program of common man. The adult education has also been introduced along with understanding history of education. It enables students to understand field work approach and to comprehend the role of government in implementation education programs.

## ATTAINMENT OF PROGRAMME OUTCOMES, PROGRAMME SPECIFIC OUTCOMES AND COURSE OUTCOMES – SAMPLE METHODS AND STRATEGIES

<b>POST GRADUATE DIPLOMA IN YOGA THERAPY</b>		
Methods/Strategies of measuring the attainment level of :		
<b>Programme Outcomes</b>	<b>Programme Specific Outcomes</b>	<b>Course Outcomes</b>
1. Demonstrate advance knowledge of yoga science imbibe with the ideals of professionalism, effective communication skills and attributes 2. Better Placement record. 3. To establish yoga therapy centers from the skills inherited during the programme in the service of common man. 4. Awards and recognitions of students in various State, National competitions. 5. Opinion of alumni.	1. Better Placement record. 2. The essential elements of a yogic life style. 3. Performance in subject related competition. 4. Improvement in Yogic Skills. 5. Better Results.	1. To learn Traditional Indian Yoga systems. 2. To understand The philosophy of the Yoga systems 3. To learn new thought in Yoga movement in the country. 4. To tech an overview of the Patanjali Yoga Sutras. 5. To teach the essence of the Patanjali Yoga Sutras. 6. To learn methods of performing asanas, pranayama, mudras and bandhas. 7. To understand Psycho-physiological importance of Yoga. 8. To introduce the concept of health and disease. 9. To introduce the essential elements of Naturopathy and Acupressure.

Outcome based education gives a chance for an overall learning where a graduate gets trained in the entire program outcome laid by the University. This ensures that a graduate not only possess a sound knowledge in the specific program they also can have a global mobility and acceptance.

The assessment tools and processes used for measuring the attainment of each of the Program Outcomes and Program Specific Outcomes are as mentioned below: Method of assessment of POs / PSOs The program outcomes and Program Specific outcomes are assessed with the help of course outcomes of the relevant courses through direct and indirect methods

All these objectives could be dealt with in an integrated manner. Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

Course Name- Post Graduate Diploma in Communication Skill in English

Programme Outcomes	Program Specific Outcomes	Course Outcomes
<p>1. Considering the number students joining for higher students.</p> <p>2. Considering the number of student for joining for jobs related to English Language and Literature.</p> <p>3. Considering the number of students joining for Research Course.</p> <p>4. Considering the number of students publishing literary/creative articles after their studies.</p> <p>5. Considering if they continue their ties with the Department after they have completed their studies.</p>	<p>1. Analyzing the pass Percentage.</p> <p>2. Analyzing their communication skills through Model viva and Synopsis Viva.</p> <p>3. Asking them to make Public speeches and performances in the functions organized in the Department and in the College.</p> <p>4. Observing the progress in their self confidence and self discipline.</p> <p>5. Analyzing their class room behavior and the changes in taking place in their outlook, attitude and behavioral pattern.</p>	<p>1. Internal examination.</p> <p>2. Seminars by students.</p> <p>3. Question Answer session.</p> <p>4. Classroom interaction.</p> <p>5. Classroom quiz.</p> <p>6. Assignments.</p> <p>7. Loud reading by students in the class.</p> <p>8. Considering the number of doubts asked by students.</p>