



AMBIGA COLLEGE OF ARTS AND SCIENCE
(AFFILIATED TO MADURAI KAMARAJ UNIVERSITY)
ANNA NAGAR, MADURAI-625 020, TAMIL NADU.

www.ambigacollege.com

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

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S.No	Best Practices	Page No.
1.	Prayer photos	2-3
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Best Practice-I

Student attending the Prayer




Staff giving information to the students at prayer:



Best Practice-II

Diploma in Yoga Certificate:



MADURAI KAMARAJ UNIVERSITY

DIPLOMA IN SCIENTIFIC IN YOGA MEDITATION & HOLISTIC HEALTH

KMC 1 1131746

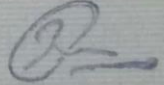
STATEMENT OF MARKS

NAME OF THE CANDIDATE SHANMUGA PRIYA P		REGISTER NO. B9408685	DATE OF PUBLICATION 28-AUG-2019
COLLEGE OF STUDY AMBIGA COLLEGE OF ARTS AND SCIENCE - MADURAI		CENTRE NO. 242	EXAM M & YR APR 2019

SUB CODE	SUBJECT DESCRIPTION	MAX MARKS			MARKS OBTAINED				
		I	E	T	I	E	T	R	M. & YR
YMH	THEORY OF YOGA AND MEDITATION	--	100	100	--	037	037	P	A19
YMM	TRADITIONS OF YOGA AND MEDITATION	--	100	100	--	036	036	P	A19
YMP	AN INTRODUCTION TO ANATOMY AND PHYSIOLOGY OF HUMAN BODY	--	100	100	--	AAA		F	
YMR	AN INTRODUCTIONS TO HOLISTIC HEALTH PRACTICES	--	100	100	--	042	042	P	A19
YMT	PRACTICAL : YOGA, MEDITATION AND SIMPLE HEALING TECHNIQUES	--	100	100	--	070	070	P	A19
<<< END OF STATEMENT >>>									

CLASS XXXX	TOTAL MARKS XXXX
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Signature of the Candidate


DR O RAVI
 Controller of Examinations

Any alteration or overwriting makes this Statement of Marks invalid.
 Palkalai Nagar,
 Madurai - 625 021.

Other Abbreviations: B-First Year; P-Pass; RA-Reappearance; AAA-Absent; SUB-Subject; M-Month; (A-April; N-November) YR - Year; MAX - Maximum; I-Internal; E-External; T-Total

Diploma in Gandhian Thought Certificate:

SUB CODE		SUBJECT DESCRIPTION	MAX MARKS			MARKS OBTAINED		
			I	E	T	I	E	T
H11		GANDHIJI'S LIFE AND HIS AGE	--	100	100	--	035	035
H12		SARVODAYA AND NON VIOLENCE	--	100	100	--	037	037
		<<< END OF STATEMENT >>>						
CLASS		THIRD	TOTAL MARKS			0072/200		
<p style="text-align: center;">Signature of the Candidate</p>								

Any alteration or overwriting makes this Statement of Marks invalid.


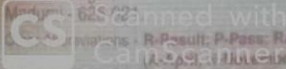
Paikalai Nagar,
Madurai - 625 021.

DR. O. RAVI
Controller of Examinations

AMBIGA CAMPUS, ANNA NAGAR, MADURAI - 625 029

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Diploma in Communicative English Certificate:

MADURAI KAMARAJ UNIVERSITY							
DIPLOMA IN COMMUNICATIVE & FUNCTIONAL ENGLISH (NON-SEM)							
STATEMENT OF MARKS					KMC 1 1129528		
NAME OF THE CANDIDATE				REGISTER NO	DATE OF PUBLICATION		
AJITHA DEVI M				B9407019	27-SEP-2019		
COLLEGE OF STUDY				CENTRE NO	EXAM M & YR		
AMBIGA COLLEGE OF ARTS AND SCIENCE - MADURAI				242	APR 2019		
SUB CODE	SUBJECT DESCRIPTION	MAX MARKS			MARKS OBTAINED		
		I	E	T	I	E	T R M & YR
AF1	COMMUNICATIVE ENGLISH	--	100	100	--	042	042 P A19
AF2	CONVERSATIONAL ENGLISH-I	--	100	100	--	039	039 P A19
AF3	FUNCTIONAL ENGLISH	040	060	100	033	032	065 P A19
AF4	CONVERSATIONAL ENGLISH-II	--	100	100	--	045	045 P A19
	<<< END OF STATEMENT >>>						
CLASS		THIRD		TOTAL MARKS			0191/400
Signature of the Candidate				 DR. D. RAJ Controller of Examinations			
Any alteration or overwriting makes this Statement of Marks Invalid.							
Palkkai Nagar,							
Scanned with CamScanner R-Result, P-Pass, RA-Reappearance, AAA-Absent, SUB-Subject, M-Month, YR-Year, MAX-Maximum, I-Internal, E-External, T-Total							

Yoga syllabus:

PAPER I: Theory of Yoga and Meditation

- Unit I: Definition of Yoga - Explanation of key terms: Yoga, Yogi (Practitioner), Guru (Teacher), Shishya (Disciple), Disksha (initiation) and The Eight Limbs of Yoga (Raja Yoga); The Types of yoga: Hatha Yoga, Gnana Yoga, Bhakthi Yoga, Karma Yoga, Mantra Yoga, Laya Yoga.
- Unit II: Yoga and physical exercises: Yoga and physical fitness - Yoga and dance- Yoga and sports: Yoga and body building- Yoga, defense and warfare- Yoga and mind.
- Unit III: Yoga as a therapy- yoga and relaxation- Yoga for spiritual development- Yoga as a transformative practice: the spiritual alchemy- Yoga and religions.
- Unit IV: Shrut Kriyas - Pranayama and its Methods
- Unit V: Meditation: Definition, Concepts, Aims and Objectives- Major types- meditation as a relaxation technique- meditation and prayer.

Recommended Books:

1. B.K.S. Iyenger, *Light on Yoga*, Harper Collins Publishers India, New Delhi, 2008.
2. B.K.S. Iyenger, *Light on Pranayama*, Harper Collins Publishers India, New Delhi, 2008
3. Feuerstein, Georg, *Yoga the technology of Ecstasy*, Los Angles, 1989.
4. Patanjali: *Yoga Sutras*, Sri Ramakrisghna Math, Chennai, 1996.

Paper II: Traditions of Yoga and Meditation

- Unit I: Ancient Indian tradition of Yoga and Meditation: Contribution of Patanjali, Hatha Upanishad, Hatha Yoga Pradeepika, Bhagavad Gita, Tirumular, Tamil Siddhas- Practices of Buddha- Vipasana meditation- Walking meditation -Practices of Mahavira- Praksha Dhiyana.
- Unit II: Yoga and Meditation in Various Religious Traditions : Christian tradition of yoga and Meditation- The practice of Jesus Christ, Francis of Assisi, Quakers, Leo Tolstoy and Beed Griffiths - Islamic tradition of yoga and meditation- Practice of Prophet Mohammed- Contribution of Indian Sufi Saints.
- Unit III: Modern Contribution to Yoga and Meditation: ³²⁶ Ramalinga Vallalar, Swami Vivekananda, Swami Kuvalayanda- ³²⁶ Vethathiri ³²⁶ Maharishi- Maharishi Mahesh Yogi- Acharya Tulsi and Mahapragya - Practices of Fuji Guruji and Thich Nhat Hanh
- Unit IV: Introduction to Spiritual Healing Techniques: ¹²¹⁵ Reiki, Pranic Healing and other spiritual healing methods .
- Unit V: Place of Prayer: Native Indian prayer – Quaker's method- Inter religious prayer - Animistic prayer- New vision for Systems approach.

Recommended Books :

1. Patanjali: Yoga Sutras, Sri Ramakrishna Math Chennai, 1996.
2. Swami Chidbhavanda, The Bhagavad Gita, Sri Ramakrishna Tapovanam, Turchy, 1979.
3. Radakrishnan.S. The Bhagavad Gita, Blacki and Sen Publisshers Pvt, Ltd., Bombay, 1982.
4. Williams, Indian Wisdom, Cosmo Public ations, New Delhi, 1978.
5. Thirumandiram, Sri Ramakrishna Math, Chennai , 1991.
6. The Ten Cardinal Upanishads , Sri Ramakrishna Math, Chennai, 1998.
7. Anapanasati Sutam, Buddhist Publiscations Society, Kandy, Sri Lanka.
8. Chang, Chen-chi, Tibetan Yoga, Oxford Press, New York, 1968.
9. King, Winsten.L., Theravada Meditation, University Press, London, 1980.

Paper III Introduction to Anatomy and Physiology of Human body

Unit I: The Human Body- An eternal secret? - Emerging new visions- Body, Mind, and Spirit-The human in relationship with fellow human beings and other beings. nature, universe and Truth (GOD).

Unit II: The system of the body I: Brain and the Nervous systems, The Circulatory Systems

Unit III: The system of the body II: The Respiratory System - The Digestion System- The Urinary System- The Genital System (male and Female)- The Skin- The Skelton system- The Glandular system- Energy Points (Chakras).

Unit IV: Technology related to the study of Human body- measurement of temperature- blood pressure- and heart beat- Basal metabolic rate Mayography- ECG (Cardiograph) - study of the composition of blood, urine and other fluids and solids of the human body- X-ray and Other scanning instruments.

Unit V: Study of Human Body- Use of body language- Body reading- place of auto suggestion- scientific study of the impact of yoga and meditation on the human system with the help of technology.

Recommended Books:

1. Family Medical Advisor, Reader's Digest, Sydney, 1992.
2. Concise Medical Dictionary, Oxford University Press, New York.
3. Complete Manual of Fitness and Well-Being, Reader's Digest, Sydney, 1993.
4. Murugash. N., Anatomy and Physiology, Satys Publishers, Chinnalapatu, 1986.
5. Bijlani. R.L. And Manchanda. S.K., The human Machine, National Book Trust, NewDelhi, 1992.

Paper IV: An Introduction to Holistic Health Practices

Unit I: Health: Definition- Health practices in traditional approach and various systems of medicine and Healing- Emerging new visions -from systems and holistic approach- The western system of medicine and its advantages and limitations.

Unit II: Traditional systems and Therapeutic methods: Introduction and their advantages and limitations of Siddha, AyerVeda, Unani, Homeopathy Naturopathy, Folk and other Systems - Herbal therapy - Therapy based on Panchapuda- Vegetarianism - Fasting as a therapy.

Unit III: Acupuncture, Acupressure, Reflexology, Massage, Magneto therapy - Imaging, Auto-suggestion, Prayer and Spiritual Dimensions of Healing- Is aging a mistake? - Towards new leap forward in Evolution.

Unit IV: Basic Counselling and Psychotherapy, Body Psychotherapy - First Aid and Basic Nursing Skills.

Unit V: Evils of Alcoholism and other addictions, Deaddictions methods- Sanitation and Hygiene - Diet and Health Food -Right practices for health life- Responsible Parenthood.

Recommended Books:

1. Family Medical Advisor, Reader's Digest, Sydney, 1992.
2. Michal Henderson.J, **Alternative Medicine**, Reader's Digest, Sydney, 1992.
3. M.K. Gandhi, **Nature Cure**, Navajivan Publishing House, Ahmedabad, 1954.
4. M.K. Gandhi, **A Guide to Health**, Navajivan Publishing House, Ahmedabad, 1920.
5. M.K. Gandhi, **Key to Health**, Navajivan Publishing House, Ahmedabad, 1948.
6. Arunachalm.K., **Nature cure** (Tamil), Gandhi Illakiya Sangham, Madurai.
7. Tolbert.E.L, **Introduction to Counseling**, Mc Graw - Hill Book Company, New York, 1972, 2ed.
8. Murugash. N., **Anatomy and Physiology and Health Education**. Satys Publishers. Chinnalapatti, 1986.
9. Skye Faris, **Plain Reiki**, BNOWS, Madurai, 2003.
10. Ken Wilber. **Integral Psychology**, Boston, 2000.

Paper V. Practical

Note : Each student can choose any number of Asanas from the list given: They should specialize at least two asanas from each type.

Unit I: Asanas: I Standing Postures : Talasana, Utkattasana, ArdhaChakrasana, Padmahasthasana, ArdhaKatiChakrasana, Trikonasana, Verrabhadrasana and Vrikshasana; **Sitting Postures:** Padmasana, Vajrasana, Siddhasana, Ustrasana and its variations.

Unit II: Asanas : II Prone Postures: Bhujangaasana , Salabhasana, Danurasana - **Supine Postures:** Uttanapadasana, Ardha Halasana, Pavanamuktasana, Machhasana- **Topy-Turvy Postures:** Sarvangaasana, ViparathaKarani and Sirasaana - **Twisting Posture:** Vasistasana - **Relaxation Techniques:** Quick and Deep Relaxations, sitting, standing, prone and supine Relaxation techniques, Shantiasana - the Psychogenic Relaxation.

Unit.III: Surya Namaskar and its 12 steps - **Shat Kriyas:** Kapalbhati, Trataka, Neti, Dhauti, Nauli and Basti- **Mudras :** Chin Mudra, Chinmaya Mudra, Adhi Mudra and Meru Dhanda Mudra - **Bandas:** Jalendra Bandha, Udiyana Bandha, Moola Bandha.

Unit IV: Pranayama: Concept of Nadi - Suryaa Nadi, Chandra Nadi, Sushumna Nadi Breathing levels- Surya Bedana and Chandra Bedana, Anulloma Vinaloma , Nadi Suddhi, Bastrika, Sheedtali, Sitkari and Sadantha.

Unit V: Meditation: Active Meditation, Passive Meditation, Vipaaasana Meditation, Techniques, Transcendental Meditation, Vethathri Maharishi's Manavalkalai , Preksha Meditation and Breath watching Meditation.

Communicative English:

Dip. in Comm. Eng

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DIPLOMA COURSE IN COMMUNICATIVE AND FUNCTIONAL ENGLISH
PAPER I - COMMUNICATIVE ENGLISH

Unit I - Phonetics

a) Pronunciation: Individual Sounds
b) Acquiring the right stress and intonation
c) Phonetic transcription - words and sentences

Unit II - Reading Skills

Prose - Communication from Indian Prose for effective communication - 10th Ed.
T. Sashisekaran, R. Ramamurthy

Lessons:

- 1.4 Life in London
- 1.3 I feel more confident now
- 1.1 Eating for health
- 3.4 Relics
- 1.1 Introduction
- 1.2 An alien girl

Unit III - Short Stories

Vignettes of Life - English
An Anthology of selected short stories - 10th Ed.
Andhra University, Hyderabad

Unit IV - Different Texts

Prose and Poetry from Communicative English
Reader: Tertiary II - Ed. by Dr. Francis Xavier, Bangalore University

Unit V - Writing Skills

- 1. Letter writing - formal, informal
- 2. Precis writing
- 3. Hints developing
- 4. Critical comprehension

Books Recommended

- 1. An Introduction to the Pronunciation of English - A.C. Dixon
- 2. A text book of English Phonetics for Indian Students by T. Sankarabramanian (Madras)

Evaluation

Unit I	20 Marks
Unit II	20 Marks
Unit III	20 Marks
Unit IV	20 Marks
Unit V	20 Marks

Unit 1- Personal Interactions
Unit 2- Making Enquiries
Unit 3- Speech making
Unit 4- Interviews
Unit 5 - Social We Discussion

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Unit 1 - Personal Interactions

1. Friends 2. relatives 3. teachers 4. strangers 5. officials

Unit II - Making Enquiries

1. Post Office 2. At the Bank 3. Railway Enquiry 4. At the Airport
5. Restaurant 6. Booking a room at a hotel 7. At a bookshop
8. About a course 9. Buying a computer 10. At the temple

Unit III - Speech making

1. Making on a given topic 2. Welcome speech
3. Thank you

Unit IV - Interviews

1. Interviewing famous personalities

Unit V - Social We Discussion

Recommended

- Spoken English for you - Level-II -- G. Radhakrishnan Pillai, Emerald.
- Access with Spoken English II - (for undergraduates)
- Paraswathi, Dr. Noor Jehan Kother Adham, Commonwealth University Book publishers.
- Spoken English effectively -- Krishna, Mohan, N.P. Singli

Written Test

- Dialogue in situations 10 Marks
- Completing the dialogue 10 Marks
- Dialogue to third person narrative 10 Marks
- Home Speech 10 Marks
- Letter of thank. 10 Marks
- Interviews 10 Marks
- Interviewing famous personalities 10 Marks
- Discussion 20 Marks
- 100 Marks

DIPLOMA COURSE IN COMMUNICATIVE AND FUNCTIONAL ENGLISH
PAPER III - FUNCTIONAL ENGLISH

Communication Skills - Part I - A Practical Approach - ed. by Ganesh Goel, published by Frank Bros and Co., New Delhi.

Unit I - Grammar

- Unit II - Personal Life Oriented**
1. Formatting writing - Invitations, Requests and complaints
 2. Informal writing - To parents, friends and relatives

Unit III - Office Oriented

1. Note making
2. Brief Preparation
3. Correspondence - with officials, and public media (Newspapers and Journals)
4. Business correspondence - Enquiries, Orders and Information
5. Special Schemes introduction and Information (Festival, Conference, Seminar)

- Advertisements, Prospectus (institution course)

Communication Skills - Part III - A Practical Approach - ed. by Ganesh Goel, published by Frank Bros and Co., New Delhi.

Unit IV - Language - Mastery Oriented

1. Vocabulary : Increasing the active vocabulary; Right use of words and speaking
2. Choosing the right word - Chapter 10 from English Practice - S.D. Joshi

Unit V - Spoken - English Activities

English at different contexts - From Meanings into words - Adrian Doff, Christopher Jones and Keith Mitchell, Cambridge University Press

Unit VI

1. Report reading
2. Commentary
3. Announcement

Books Recommended

1. Communication Skills in English - Ed. by the Dept. of English, Osmania University Press, Hyderabad, Oxford University Press.
2. Functional English - Ed. Dr. Malathi, New Century Book House Ltd., Chennai 98
3. Advertising Theory and Practice - Chunwallakumar, Himalaya Publishing House
4. Success with English Penguin Course
5. English for Competitive Exams, Bharnegar, A.P
6. What to say when - Viola Higgins (S.B.B.C)
7. English in situation - R. Wail (GUP)

Evaluation

Written Test	60 Marks
Oral Test	40 Marks
	<u>100 Marks</u>

(4)

- 177 1958
- Developing conversational ability
- From Speaking English effectively - Krishna, Mohan, S.P. Singh
1. Persuasion
 2. Promotion
 3. Promise
 4. Invitation
 5. Compliment
 6. Health advice
 7. Discussion about spending holidays
 8. Discuss - Cricket Match
 9. Discuss the joy of having a helicopter
 10. Discussion on a programme in Television

Unit VI

- Speeches for Special Occasions
- a. Welcome speeches
 - b. Introduction speeches
 - c. Felicitation speeches
 - d. Commemorative speeches
 - e. Fare well speeches
- Chapter 8 - Speaking English effectively - Krishna, Mohan, S.P. Singh

Unit VII

Grammar and Composition

The scope of this unit defined by English Practice - S.P. Singh
Orient Longman Ltd.

Unit VIII

Phonetics

English Pronunciation Practice - G. F. Arnold, A. C. Dixon

Evaluation

Dialogue writing In IC	20 Marks
Discussion writing In IC	20 Marks
Speeches on Special Occasions In IC	20 Marks
Phonetic Transcription of a short dialogue	10 Marks
Grammar	30 Marks
	100 Marks