



**KARNATAK UNIVERSITY, DHARWAD**  
**ACADEMIC (S&T) SECTION**  
**ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ**  
**ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ**



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'A' Grade 2014

website: kud.ac.in

No.KU/Aca(S&T)/RPH-394A/2021-22/291

Date: 7 DEC 2021

**ಸುತ್ತೋಲೆ**

ವಿಷಯ: 2021-22ನೇ ಸಾಲಿನಿಂದ ಜಾರಿಗೆ ಬರುವಂತೆ ನಾಲ್ಕು ವರ್ಷದ ಪದವಿ ತರಗತಿಗಳಿಗೆ ಮೌಲ್ಯಧಾರಿತ ಚಟುವಟಿಕೆಗಳನ್ನು (Value Based Activities) ಪಠ್ಯಕ್ರಮದ ಚೌಕಟ್ಟಿನಂತೆ (Curriculum Framework) ಬೋಧನಾ ಕ್ರಮ ಹಾಗೂ ಮೌಲ್ಯಮಾಪನಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಮಾರ್ಗಸೂಚಿಗಳ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಕಚೇರಿ ಸುತ್ತೋಲೆ ಸಂ. KU/Aca(S&T)/RPH-394A/2021-22/1156, ದಿ. 29.10.2021.  
2. ಎಲ್ಲ ನಿಖಾಯದ ಡೀನರ / ಸಂಪನ್ಮೂಲ ತಜ್ಞರ ಸಭೆ ದಿನಾಂಕ 02.12.2021.  
3. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ 7-12-2021

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳಿಗೆ ಸಂಬಂಧಿಸಿದಂತೆ, ಕವಿವಿ ಅಧೀನದ / ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ ಈ ಮೂಲಕ ತಿಳಿಯಪಡಿಸುವುದೇನೆಂದರೆ, 2021-22ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ನಾಲ್ಕು ವರ್ಷದ ಸ್ನಾತಕ ಪದವಿ ತರಗತಿಗಳಿಗೆ ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ನೀತಿ-2020ರ ಅನುಸಾರ ಮೌಲ್ಯಧಾರಿತ ಚಟುವಟಿಕೆಗಳನ್ನು (Value Based Activities) 2021-22ನೇ ಸಾಲಿನಿಂದ ಜಾರಿಗೆ ಬರುವಂತೆ ಪಠ್ಯಕ್ರಮದ ಚೌಕಟ್ಟಿನಲ್ಲಿ (Curriculum Framework) ಈಗಾಗಲೇ ಉಲ್ಲೇಖ 01ರ ಪ್ರಕಾರ ಅಳವಡಿಸಿಕೊಂಡಿರುವುದರಿಂದ ಸದರಿ ವಿಷಯದ ಬೋಧನಾ ಕ್ರಮ ಹಾಗೂ ಮೌಲ್ಯಮಾಪನಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಈ ಸುತ್ತೋಲೆಯೊಂದಿಗೆ ಲಗತ್ತಿಸಲಾಗಿದೆ. ಅದರಂತೆ ಮುಂದಿನ ಸೂಕ್ತ ಅಗತ್ಯ ಕ್ರಮವಹಿಸಲು ತಿಳಿಯಪಡಿಸಿದೆ.

ಕವಿವಿ ಅಂತರ್ಜಾಲ [www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಮೌಲ್ಯ ಆಧಾರಿತ ಚಟುವಟಿಕೆಗಳ (Value Based Activities) ಬೋಧನಾ ಕ್ರಮ ಹಾಗೂ ಮೌಲ್ಯಮಾಪನಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಪ್ರಕಟಪಡಿಸಿರುತ್ತದೆ.

*(Handwritten signature)*  
(ಡಾ. ಹನುಮಂತಪ್ಪ ಕೆ.ಟಿ.)  
ಕುಲಸಚಿವರು

ಅಡಕ: ಮೇಲಿನಂತೆ.

ಗೆ,  
ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

**ಪ್ರತಿ:**

1. ಎಲ್ಲ ನಿಖಾಯದ ಡೀನರುಗಳು, ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ.
2. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
6. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
7. ನಿರ್ದೇಶಕರು, ಐ.ಟಿ. ಶಾಖೆ, ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.



**Karnatak University, Dharwad**  
**UG (Hon) Programmes: 2021-22 onwards**  
**GUIDELINES FOR CONDUCT AND ASSESSMENT OF**

**Value based activities (Annexure 4(A) of UG Draft Regulations: NEP-2020)**

According to ancient Indian philosophy, **artha** (economic values of wealth), **kama** (psychological values of pleasure), **dharma** (moral values) and **moksha** (liberation) are four core values for better life. Right living is reached only through value education which only stands against cardinal sins.

Values are virtues, ideals and qualities on which our actions and beliefs are based. Values are guiding principles that shape our world outlook, attitudes and conduct. The moral values present a true perspective of the development of any society or nation. They tell us to what extent a society or nation has developed. If knowledge is left without being tempered by values and morals, the power generated by such knowledge would only be disastrous and catastrophic in its effects.

Due to liberalization, industrialization and globalization rapid changes are occurring in almost all domains. The philosophical foundations of India need to be further strengthened. Hence, the goals and functions of formal education need to be readdressed. In order to inculcate the values in education focus shall be given to:

- Holistic development of young personality in its physical, mental, emotional, and spiritual aspects.
- Inculcating good manners, discipline, responsibility and cooperative citizenship.
- Developing respect for individual and society.
- Inculcating a spirit of patriotism and national integration.
- Developing a democratic way of thinking and living.
- Developing tolerance towards and understanding of different religious faiths.
- Developing a sense of human brotherhood at social, national, and international levels.
- Enabling young personality to make moral decision on the basis of sound moral principles.

This can be achieved by integrating the activities with regular curriculum as indirect method. Accordingly, the University has identified the following activities:

1. Activities related to Yoga (Refer Annexure –A)
2. Health & Wellness (Refer Annexure –B)

3. Indoor/ Outdoor Sports and Games (Refer Annexure –B)
4. N.S.S. / N.C.C / R&R (S&G) (Refer standard procedure adopted in NCC , NSS & S &D)
5. Field studies (Related to community study, national integration , etc),
6. Computer assisted/web-based learning and e-library skills (Related to IT skill to access the content from e- sources).
7. Leadership Qualities and Organizational Skills ( Similar to NSS, NCC and S&G activities)
8. Innovative compositions and creations in Music, Performing Arts, Fine arts, and visual arts etc.
9. Involvement in popularization programmes such as scientific temper.
10. Publication of articles in news papers, magazines or other publications.
11. Activity exploring different aspects of Indian civilizations.
12. Community work such as promotion of values of National Integration, Environment, Human rights and duties, Peace, Civic Sense, Social responsibility, etc ( Similar to NSS, NCC and S&G activities)
13. Evolution of study groups/seminar circles on Indian thoughts and ideas.
14. Involvement in campus publication.
15. A small project work concerning the achievements of India in different fields.
16. Other Activities such as Cultural Activities etc as prescribed by the University.

### **GENERAL GUIDELINES:**

#### **A) For students**

- ii. A student shall opt any two of the above activities offered by the college in each semester- 1<sup>st</sup> to 6<sup>th</sup> semester.
- iii. Each activity carries 25 marks per semester i.e., 50 marks for 02 activities per semester.
- iv. Student can opt for the same activities in the subsequent semesters or may opt for any other activities from the above activities listed.

#### **B) For Colleges**

##### **I) Timings:**

- i. Colleges have to prepare the time table as per curricular frame work (Annexure 1 (A to F)).
- ii. The following value based activities may be conducted preferably on week - end and Sundays.

- a. Activities related to Yoga
  - b. Health & Wellness (Physical exercises including warming-up and relaxation techniques)
  - c. Indoor/ Outdoor Sports and Games
  - d. N.S.S. / N.C.C / R&R (S&G)
  - e. Field studies
- iii. Remaining value based activities may be conducted during leisure hours or last hours of the day.

## **II) Mechanism for Guiding:**

- i. All value based activities may be conducted through Gymkhana or through own mechanism developed by the colleges. Activities opted by the student shall be guided by the teacher expert in the respective field.
- ii. However, the NCC Officer, NSS Officer, Physical Education Teacher shall guide the students for respective value based activities.

## **III) Allotment of students:**

Depending on the resources, infrastructure, and teachers' expertise, the colleges have to limit the value based activities and limit the maximum intake capacity for each activity to accommodate all the students as per their choice.

## **IV) Assessment process:**

Value based activities are based on participation and individual performance of the students. The respective teacher-expert is responsible for the following:

- i. Participation can be monitored by maintaining attendance as per time table or as per leisure hours available for both teacher and students. Minimum 02 hours per activity per week for minimum 10 weeks in the given semester.
- ii. In the first two weeks, the students shall be oriented about the values of the chosen activities.
- iii. In the 3<sup>rd</sup> week, the student's initial depth of knowledge / performance shall be assessed for each activity.
- iv. Since the assessment is purely formative, students shall be guided continuously and performance be monitored.
- v. In the 10<sup>th</sup> week, relative performance of the student can be assessed by giving the same task given in the beginning for 20 marks for each activity. Marks obtained in this assessment shall be final.

- vi. The activities mentioned in SL. No 5, 6 and 9 to 15, can be assessed for the **Report** submitted by the student for 20 marks.
- vii. *The College shall maintain the records and made available for inspection.*

**V) Final result shall be tabulated as under:**

Activity – 1			Activity – 2		
Components	Max. marks	Marks obtained	Components	Max. marks	Marks obtained
Performance	20		Performance	20	
Attendance	05		Attendance	05	
Total marks	25		Total marks	25	
Grand total marks obtained for Activities 1&2 (for maximum 50 marks) = .... marks					

- i. The concerned staff shall submit the consolidated marks for value based activities 1&2 to the University during submission of Internal Assessment marks along with other subjects.
- ii. The student has to obtain 20 marks cumulatively for passing in the two activities.
- iii. Since the two value-based activities are considered as one course equal to 2 credits per semester, failure in value based activities in the given semester shall be considered as fail.
- iv. The student has to re-perform the failed value based activities in the subsequent semester along with the activities chosen.

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 (Dr. Hanumanthappa K.T.)  
 Registrar

## Details of Value Based Activities: Yoga

Sl. No.	Particular	Details
1	1 to 2 weeks theory	<ol style="list-style-type: none"> <li>1. Yoga meaning and definitions</li> <li>2. Rules and regulations for yoga</li> <li>3. Miss conception about yoga</li> <li>4. Yoga and Health</li> </ol>
2	Level-1	<ol style="list-style-type: none"> <li>1. Padmasana</li> <li>2. Ardha Chakrasana</li> <li>3. Makarasana</li> <li>4. Uittina Dwipadasana</li> </ol>
3	Level-2	<ol style="list-style-type: none"> <li>1. Vajrasana</li> <li>2. Yoga Mudrasana</li> <li>3. Bhujangasana</li> <li>4. Surya Namaskara</li> </ol>
4	Level-3	<ol style="list-style-type: none"> <li>1. Paschimottanasana</li> <li>2. Pada Hastasana</li> <li>3. Shalabhasana</li> <li>4. Pavana Muktasana</li> </ol>
5	Level-4	<ol style="list-style-type: none"> <li>1. Vakrasana</li> <li>2. Trikonasana</li> <li>3. Dhanurasana</li> <li>4. Shawasana</li> </ol>
6	Level-5	<ol style="list-style-type: none"> <li>1. Utrasana</li> <li>2. Vrikshasana</li> <li>3. Shashankasana</li> <li>4. Deep Breathing Practice</li> </ol>
7	Level-6	<ol style="list-style-type: none"> <li>1. Badha Konasana</li> <li>2. Janu Shirashasana</li> <li>3. Gomukhasana</li> <li>4. Nadishodhana Pranayama</li> </ol>

Note: Up to level-1 for lower Semester (beginners) and higher levels are for higher semesters (if opted by the students).

**Details of Value Based Activities: Physical Education, Sports & Games  
(Indoor and Out Door)**

**A) Health and Wellness:** Fitness is integral part of health and wellness. To cope up with competitive world every student has to sustain Physical, Physiological, Psychological, Emotional and Social stress very day. So, Physical fitness plays a key role in competitive situation to get the success. Now a day's many government jobs like Army, Police, Fire brigade and Forest will test physical fitness of candidate before recruiting them. So having physical fitness in student life may be benefitted to get good job.

In this subject teacher has to organize fitness sessions in the ground and indoor for students. Physical Education Director has to teach warming up exercises followed by different methods to improve health related or motor related physical fitness components. Teacher can use methods like circuit training, weight training, aerobic dance training, Fartlek training, Slow Continuous running training etc., to develop physical fitness of students. After each session Physical Education Director has to teach cool down or Warm down activities to end the session. At the end of the semester teacher has to examine any four Physical fitness components given below in the table with suitable standardized test. Norms will be established as explained below. According to that marks will be provided for each test.

**Scheme of Evaluation for Health and Wellness**

Sl. No.	Categories		Marks
1	<b>Attendance</b>		05
2	<b>Any Five Physical Fitness Components field test will be administered</b>		4X5=20
	<b>Components</b>	<b>Proposed Test</b>	
	1. Speed	30mtr Flying Start/50mtr Dash/100mtr Run	
	2. Cardiovascular Endurance	1500mtr Run/9 or 12 minutes' walk and run test/Harward step up test.	
	3. Strength	Pullup/Pushup/Sit-ups against the time/	
	4. Explosive Power	Standing Broad jump/Vertical Jump	
	5. Flexibility	Sit & reach/Bridge up	

	6. Agility	10X6mtr Shuttle run/Right Boom rang run/Burpee test	
	7. Muscular Endurance	Sit-ups/Pullups/Flexed arm hang/ Push- ups/ Planks	
	8. Balance	Stork stand test	
<b>Total</b>			<b>25</b>

4 physical fitness component (Different components) tests will be administered and each test performance will be awarded 5 marks. Teacher/Instructor should prepare norms for his college according to gathered data. Mean and standard deviation of each test will be obtained. Then norms will be prepared as following.

Time Events-

Marks	Range
1	From above +2 Sd
2	From +1 Sd to +2 Sd
3	Scores between -1 Sd to +1 Sd from Mean
4	From -1 Sd to -2 Sd
5	From below -2 Sd

Distance Event-

Marks	Range
1	From below -2 Sd
2	From -1 Sd to -2 Sd
3	Scores between -1 Sd to +1 Sd from Mean
4	From +1 Sd to +2 Sd
5	From above +2 Sd

### **B) Physical Education, Sports and Games(Indoor & Outdoor) Activities**

Teacher should teach basic skills of respective game, with that provide opportunity to every student to enhance their physical abilities and skills. Higher emphasize will be given to grace of movement. In initial classes physical education director has to observe following things.

1. Grace of movement
2. Initial knowledge and interest of the game



3. Process of learning skill
4. Decision making capacity while playing
5. Understanding his/her role while playing
6. Leadership quality while playing
7. Sportsmen spirit
8. Followership in the team
9. Emotional balance in the ground
10. Effort of student

Physical Education Director observes every student and performance of student graded as **A** – Excellent, **B** – Good, **C** – Undecided, **D**- Poor, **E** – Very Poor

After grading initially Physical Education Director has to teach skill of respective game and at the end of the session everyday has to provide opportunity to play team game. Teacher has to emphasis developing social values while teaching the game. Basic rules and regulations of the game will be taught to students. At the end of the semester 10 values which were explained earlier again will be observed by the physical education director and each value will be awarded two marks subjectively.

#### **Scheme of Evaluation of Sports, Indoor and Outdoor Games**

<b>SL. NO.</b>	<b>VALUES</b>	<b>MARKS</b>
1	Grace of movement	02
2	Initial knowledge and interest of the game	02
3	Process of learning skill	02
4	Decision making capacity while playing	02
5	Understanding his role while playing	02
6	Leadership quality while playing	02
7	Sportsmen spirit	02
8	Followership in the team	02
9	Emotional balance in the ground	02
10	Effort of student	02
11	Attendance	05
	Total	25

**Karnatak University, Dharwad**

**04-Year UG Honors Programme as per NEP-2020**

**\*Format to submit the Value based activities marks**

1. Name of College with code No. :
2. Name of Degree :
3. Semester :
4. Maximum marks : 50

Sl. No.	Exam Reg. No.	Activity wise Marks obtained		Total marks obtained for Activities 1+2 (Max. Marks: 25+25=50)
		Activity – 1 (Max. marks: 25)	Activity – 2 (Max. marks: 25)	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

\*Total marks can be uploaded to University through KUD Exam portal / submit the marks in the above format.

**Date:**

1. Name & signature of Teacher in-charge for activity-1:

2. Name & signature of Teacher in-charge for activity-2: