

# Feedback

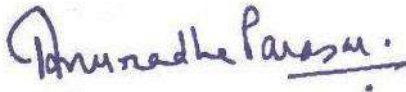
## on

# Peace and Yoga Courses

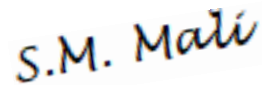
Submitted To

**MIT-WPU, Pune**

Submitted By



**Prof. (Dr.) Anuradha Parasar**  
Co- Chairperson, IQAC  
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**Dr. Shankar Mali**  
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MIT-WPU, Pune

**June 2020**

Dear Colleagues,

We have successfully completed three years of educational excellence since the inception of MIT-World Peace University (MIT-WPU). Being a UGC accredited University, we have the academic liberty and autonomy to incorporate the best curriculum, pedagogy, assessment methods for imparting world class education as well as taking innovative placement initiatives for pooling excellent career opportunities for our students. Therefore, it is pertinent to assess and evaluate the collective efforts of each School and the entire University.

As a part of the curriculum, students have undertaken some unique integrated Peace and Yoga courses in all the study programs of the University. The peace studies incorporated ancient practices of learning through Yoga and Meditation with a focus on Social Entrepreneurship and Human Dynamics as well.

IQAC Team of MIT-WPU has conducted an online survey on Peace and Yoga courses and collected feedback from second year students of all PG Programmes and third year students of all UG Programmes.

Report on Peace and Yoga is attached herewith for your perusal and to take necessary steps to improve the courses wherever required, for ensuring greater benefits of the students.



**N T Rao**  
**Vice Chancellor**

## From The Desk of Pro Vice Chancellor

Peace & Yoga courses are an integral part of academic design and structure of MIT World Peace University programmes. Internal Quality Assurance Call (IQAC) took feedback on University's Peace and Yoga Courses under the motivation and guidance given by, Hon'ble Executive President Shri Rahul V Karad.

At MIT World Peace University, the development of student's character is just as important as imparting knowledge. This holistic development of the students can only be possible in an environment that encourages the development of the student's mind, body and spirit. As a result, what differentiates them from graduates of other universities is the transformation of their hearts not just the training of their minds.

The outcome of the system of value based universal education system at MIT World Peace University and its method are threefold. It prepares all graduates to be i) professionally sound ii) socially responsible and iii) spiritually aware.

At MIT World Peace University, the development of a student's character is just as important as earning degree's.

And it is with keeping this in mind that we at MIT World Peace University endeavor to nurture and mentor the bright, young minds of our students. Just as ethics and social responsibility are some of the key issues that are calling for the attention of many an organization, similarly employee motivation and competence levels have become indispensable aspects that demand the attention of the employers, today. In our opinion, the need now is to nurture students who define their own benchmarks, students who align their parameters of success with their most ambitious dreams, thus leading the industry in general and their organization in particular to the path of growth and development.

MIT World Peace University to build the victorious learners who are both materially prosperous as well as spiritually enlightened achieving development (Abhyday) as well as enlightenment. This is the purpose of MIT World Peace University.

Thanks to Shri Rahul V Karad, Hon'ble Executive President, MIT – WPU and Prof N T Rao, Hon'ble Vice Chancellor for their guidance.



**Dr. Milind Pande**  
Pro Vice Chancellor

## Preface

MITWPU Internal Quality Assurance Call (IQAC) took feedback on University's Peace and Yoga Courses under the motivation and guidance given by, Hon'ble Executive President Shri Rahul V Karad. The objective for conducting Feedback survey on Peace and Yoga Courses of the University was to ascertain whether goal and mission with which these courses were introduced, is progression is going in right direction and also to have an understanding about Student perception about these unique courses.

Integration of Peace & Yoga courses as an integral part of academic design and structure is a unique and distinct feature of MIT World Peace University programmes. The Peace Study programme at MIT-WPU is a basket of innovatively designed subjects which are diverse and multidimensional in nature basing integration of Science, Technology and Spirituality. During 2017-2020 MIT-WPU has offered six Peace courses in four years Undergraduate programme, five Peace courses in three years undergraduate programme and three Peace courses in two years post graduate programme. These uniquely designed Peace courses in offering with two credit each were 1. World Famous Philosophers, Sages/Saints and Great Kings; 2. Study of Languages, 3. Peace in Communications and Human Dynamics; 4. Yoga – for Winning Personality; 5. Philosophy of Science and Religion/Spirituality; 6. Indian Tradition, Culture & Heritage; 7. Humanities – Ethical, Moral and Social Sciences and 8. Scientific Studies of Mind, Matter, Spirit and Consciousness. The pedagogy and assessment of Peace courses as adopted was also innovative in nature and ensured holistic development and pro – peace attitude.

Review & analysis of Peace programme under quality initiatives has been introduced by MIT-WPU for first time in 2020 through IQAC. IQAC conceptualised, planned and executed the process of Feedback Survey on University Peace and Yoga Courses. The feedback data from student was collected through questionnaire method. The questionnaire was administered to all second year students of all PG Programmes and third year students of all UG Programmes as they have studied requisite peace courses as an integral part of their study programme. The feedback from all regular Peace Faculty was taken though open interaction by IQAC Members.

Report on MIT-WPU Peace Programme is prepared based on responses as received from Students and observations of Peace Faculty.

Thanks to Shri Rahul V Karad, Hon'ble Executive President, MIT - WPU, Prof N T Rao, Hon'ble Vice Chancellor, MIT- WPU, Prof Milind Pande, Hon'ble Pro Vice Chancellor, MIT –WPU for their guidance.

Thanks to all students who has given their valuable feedback and special thanks to the Faculty members of Peace Programme for their observations and comments.

Dr. Shankar Mali, Co-ordinator, IQAC needs special mention for his effective and timely contributions in concluding the process. Mr. Dashrath Kokare extended well the executory assistance.

It is hoped that this humble effort by IQAC will help University in determining the way forward based on Report findings on University's Peace Programme and Yoga Courses along with ascertaining and emphasising quality parameters in academic delivery and overall experience of the Student basing its tenets and DNA of Peace programme towards holistic and balanced development of its Students.



**Prof. Anuradha Parasar**  
Co-Chairperson, IQAC,  
MIT WPU, Pune  
April 23, 2020

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## Introduction

Integration of Peace and Yoga courses as an integral part of academic design and structure is a unique and distinct feature of MIT World Peace University programmes. The Peace Study programme at MIT-WPU is a basket of innovatively designed subjects which are diverse and multidimensional in nature basing integration of Science, Technology and Spirituality.

To take opinion from students about their experiences about their Peace and Yoga, IQAC has collected feedback from second year students of all PG Programmes and third year students of all UG Programmes across MIT-WPU.

## Peace and Yoga Courses

MIT World Peace University has intrinsically bended - **The Peace and Yoga** in all the study disciplines across MIT WPU. University started teaching peace with the firm belief that **‘To achieve peace, we have to teach peace’** aligning with the goals and mission of the University as per the name of the University – MIT World Peace University. The University aims at transforming students into responsible citizens of the world who are physically fit, mentally alert, intellectually sharp and spiritually elevated. **Standard Operating Procedures** for effective conduct of Peace Program is attached to this feedback as **Appendix ‘A’** and following seven Peace Studies subjects are being offered across the University for effective implementation of peace program. Detail syllabus is attached as **Appendix ‘B’**

1. World Famous Philosophers, Sages/Saints and Great Kings.
2. Study of Languages, Peace in communications and Human Dynamics.
3. Yoga for Winning Personality.
4. Philosophy of Science and Religion/Spirituality.
5. Indian Traditions, Culture and Heritage.
6. Humanities – Ethical, Moral and Social Sciences.
7. Scientific Studies of Mind, Matter, Spirit and Consciousness.

## Goal and objective of Feedback

**Goal:** Strengthen the quality in Peace and Yoga courses at MIT-WPU.

### Objective:

- To strengthen the quality in Peace and Yoga courses based on feedback.
- To recommend suggestive measures for improving in Peace and Yoga courses based on feedback.

## Feedback Questionnaire

Feedback on Peace and Yoga was carried out using questionnaire method. The questionnaire was prepared with open ended and close ended questions. The same are attached as **Appendix ‘B’** & **Appendix ‘C’** respectively.

## Methodology

### Feedback from the students :

Feedback was conducted during 30th December 2019 to 10th January 2020 from second year students of all PG Programmes and third year students of all UG Programmes. Google form was designed consists of three sections:

Section 1: Student Information

Section 2: Feedback on Peace Course

Section 3: Feedback on Yoga Course

Google Form Link:

<https://docs.google.com/forms/d/e/1FAIpQLSeMIWc0yIIRVUJm69SHr6YUF8yjcVCL7Q30MOniB6EOpUBK9A/viewform>

### Program wise Number of students responded

Sr. No	Name Program	Number of students responded
1.	B. Tech.	102
2.	BBA	37
3.	B. Com.	18
4.	B. Sc.	09
5.	BCA	11
6.	B.A.	04
7.	MBA	92
8.	MCA	07
9.	M. Tech.	05
10.	M. Sc.	21
11.	M.A.	02
Total		308

### Feedback from the Peace and Yoga Faculty Members :

A meeting with Peace and Yoga Faculties was conducted to ascertain their inputs about Peace and Yoga. The input given by faculty members is included in this report.

### **Observation on Peace Courses based on student feedback:**

1. 57% students think that Peace courses helping them to make better person where as 43% does not think so.
2. 77% students like either of curriculum, Ethics, Values, Peace, Faculty etc. from peace courses whereas 23% does not like anything about the course.
3. Students would like change in Peace Courses as given below:
  - Curriculum : 17%
  - Theory Part of Peace Course : 14%
  - Assessment Method : 10%
  - Mandatory attendance : 9%
  - Faculty : 10%
  - Remove Peace Course itself : 16%
4. 25 % Students do not want to change anything in Yoga Course
5. Overall Peace course is rated 3-Fair on the scale of 1-5

### **Observation on Yoga Course based on student feedback:**

1. 54% students think that Yoga helping them to improve their physical and mental health whereas 46% does not think so.
2. 68% students like Yoga courses whereas 23% does not like yoga. Remaining 9% students are neutral.
3. Students would like change in Yoga as given below:
  - Need More Yoga sessions : 19%
  - Space for Yoga : 10%
  - Timings : 6%
  - Mandatory attendance : 14%
  - Instructors : 5%
  - Remove Yoga : 13%
4. 24 % Students do not want to change anything in Yoga Course
5. Overall Yoga course is rated 3-Fair on the scale of 1-5

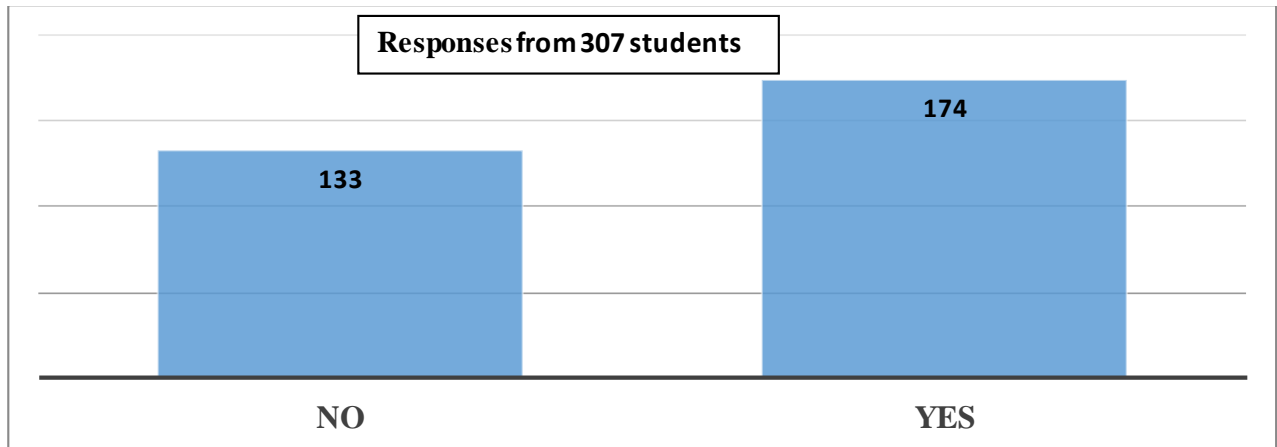
### **Observation on Peace and Yoga Courses based on Peace/Yoga faculty feedback:**

1. Less importance is given to Peace and Yoga courses compared to regular courses.
2. Need dedicated space/ hall to conduct Yoga where at a time around 500 students can perform yoga.
3. Faculty do not get sufficient lectures to complete the syllabus.
4. Assessment method need to be changes, instead of written term end examination, assessment should be based on continuous assessment and class participation
5. Yoga and Peace are new courses, it is taking time to set with respect to content, delivery. Now good content, PPTs and Videos are developed and these courses are settling down.



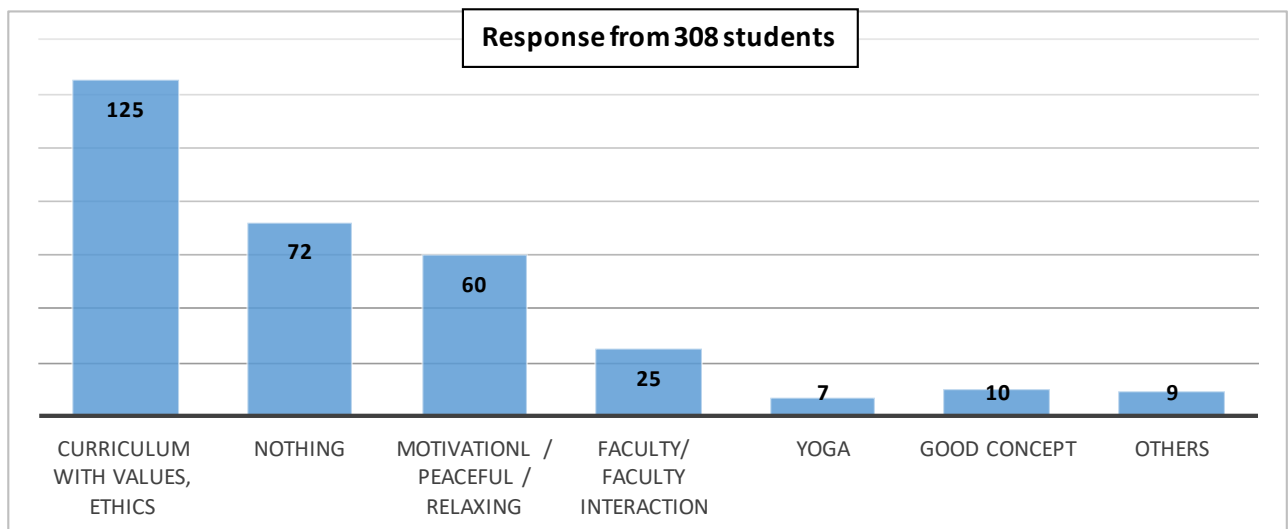
## Feedback Analysis of Peace Courses

**Q. No 1.** Do you think that MIT-WPU Peace Courses are helping you in making better Person?



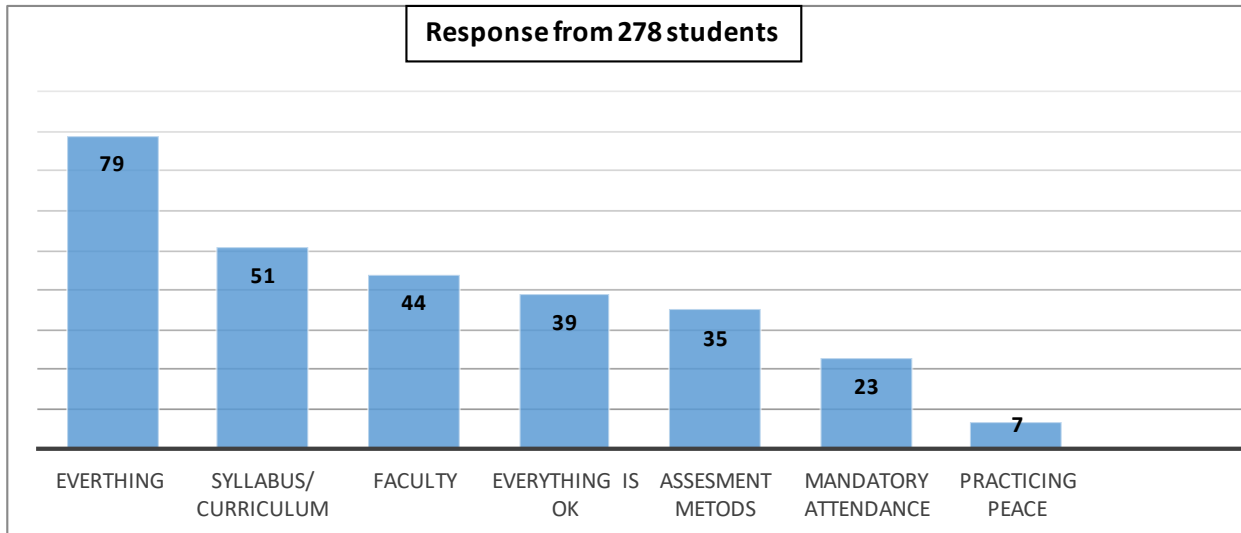
Response	Number of students responded	Values in %
Yes	174	57%
No	133	43%

**Q. No. 2.** One thing you like most about the Peace Courses. (Open ended question)



One thing you like most about the Peace Courses							
Particular	Curriculum with values, /Ethics	Nothing	Peaceful	Faculty/ Faculty Interaction	Yoga	Good Concept	Others
Responses	125	72	60	25	7	10	9
Percentage	41 %	23 %	19 %	8 %	2 %	3 %	3 %

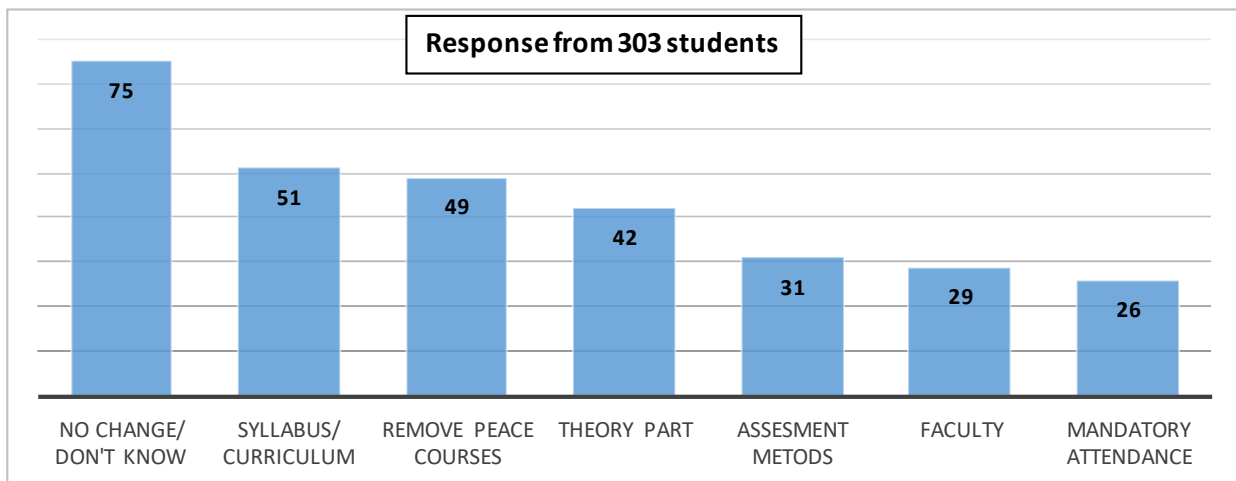
**Q. No. 3.** One thing you would like least in Peace Courses (Open ended question)



One thing you would like least in Peace Courses							
Particular	Everything	Syllabus/ Curriculum	Faculty	OK	Assessment	Attendance	Practicing
Responses	79	51	44	39	35	23	7
Percentage	28 %	18 %	16 %	14 %	13 %	8 %	3 %

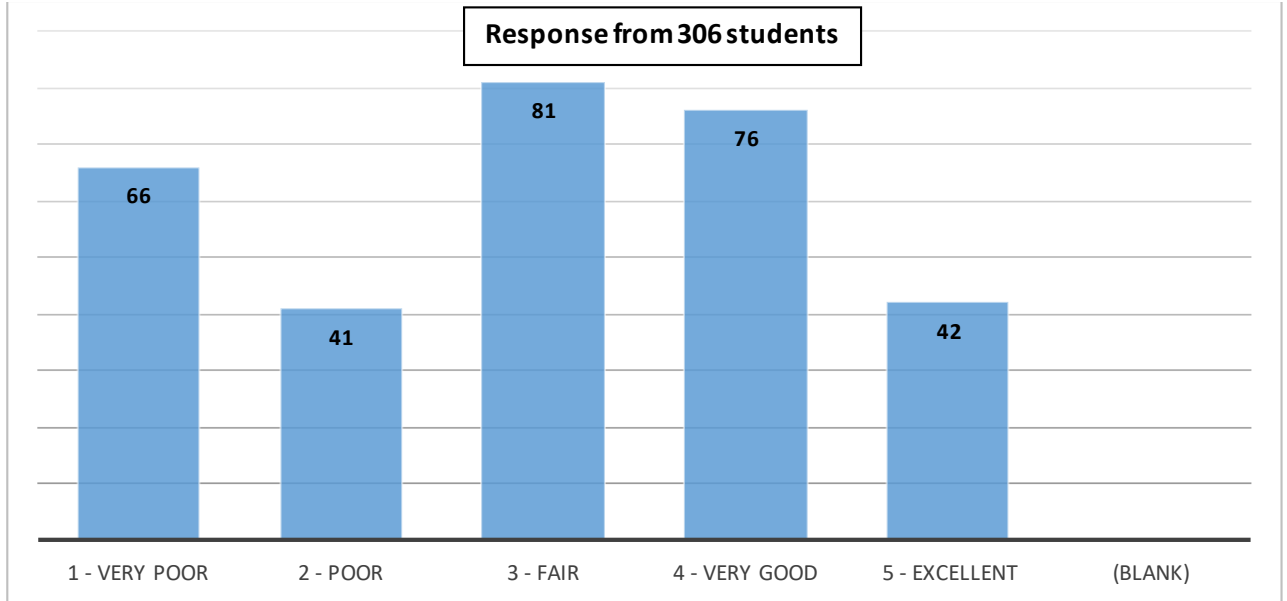
**Conclusion:**

**Q. No. 4.** One thing you would like to change in Peace Courses (Open ended question)



One thing you would like to change in Peace Courses							
Particular	No Change	Syllabus/ Curriculum	Remove Peace Course	Theory Part	Assessment Methods	Faculty	Mandatory Attendance
Responses	75	51	49	42	31	29	26
Percentage	25 %	17 %	16 %	14 %	10 %	10 %	9 %

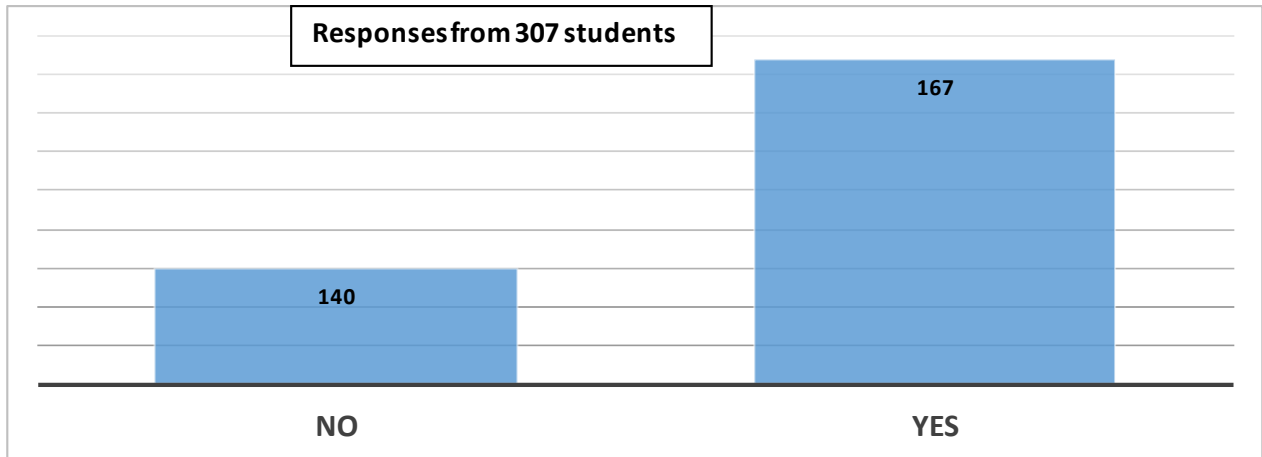
**Q. No. 5.** Rate Peace Course on scale of 5



<b>Rating Peace Course</b>	Very Poor	Poor	Fair	Very Good	Excellent	Average Response
Responses	66	41	81	76	42	<b>2.95=3 Fair</b>
Score	1	2	3	4	5	

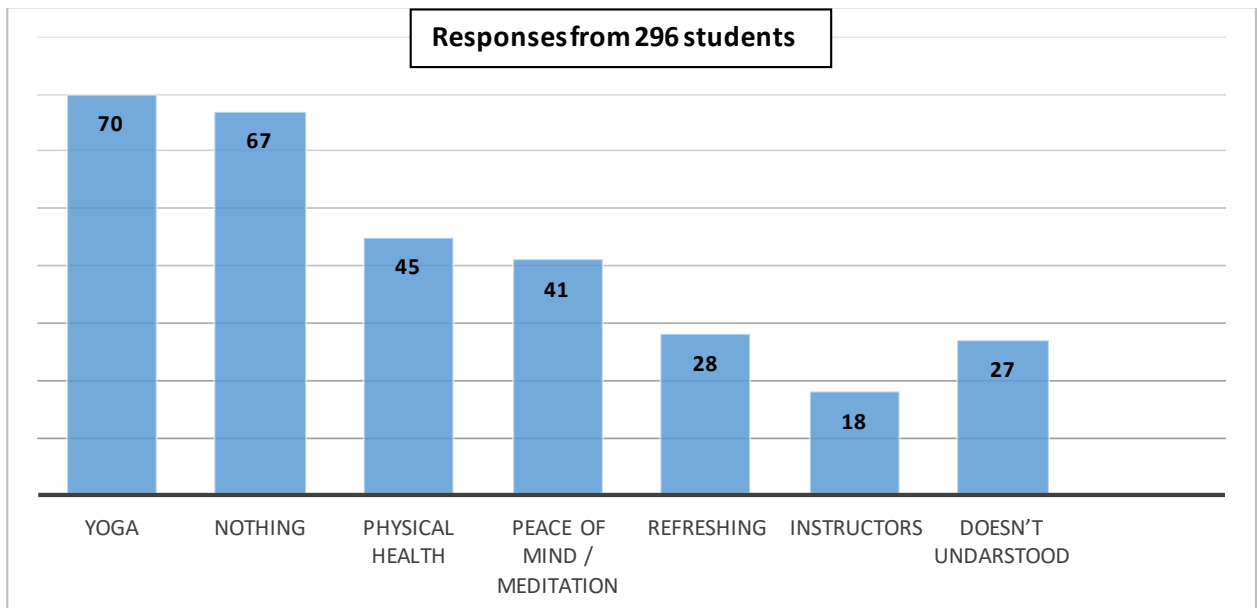
## Feedback Analysis of Yoga Course

**Q. No. 1.** Do you think that MIT-WPU Yoga Programme is helping you in improving your physical and mental health?



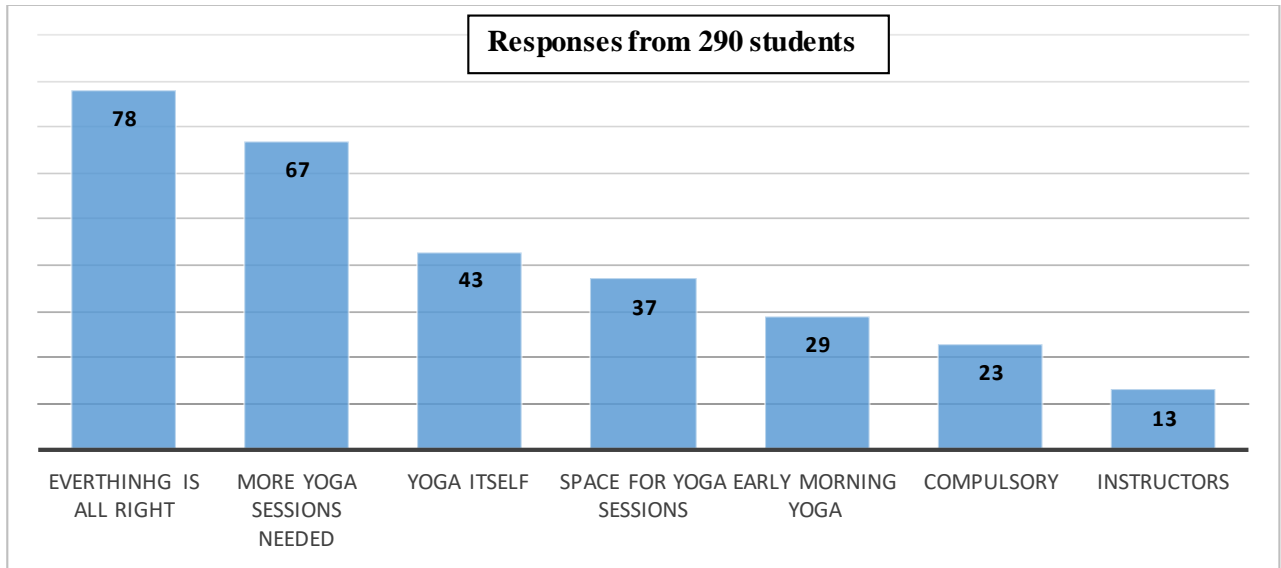
Response	Number of students responded	Values in %
Yes	167	<b>54%</b>
No	140	<b>46%</b>

**Q. No. 2.** One thing you like most about the Yoga?



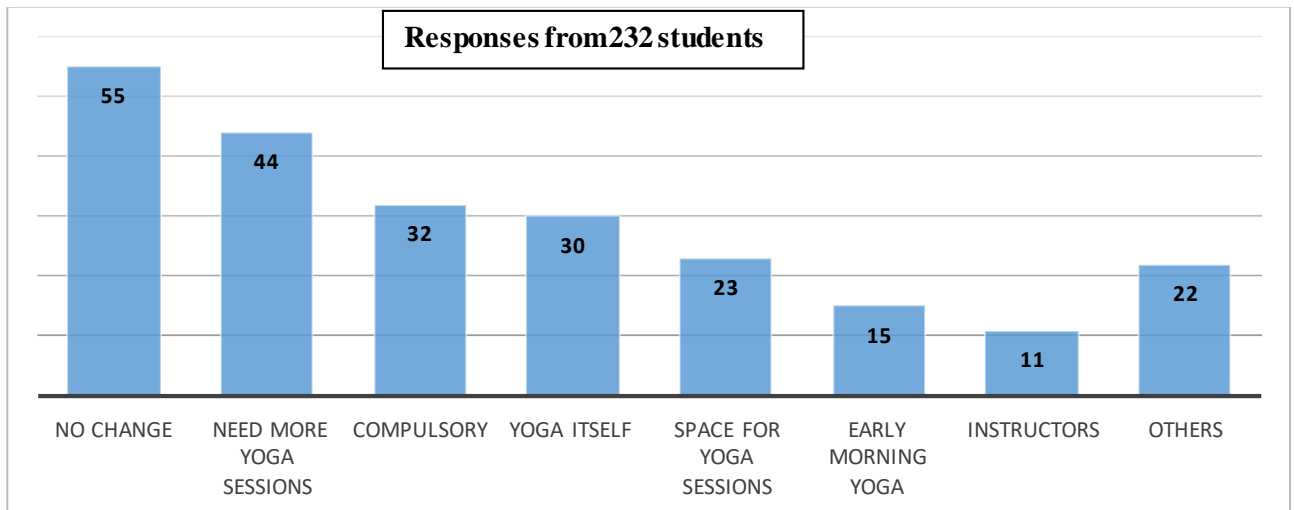
One thing you like most about the Yoga							
Particular	Yoga	Nothing	Physical Health	Peace of Mind	Refreshing	Instructors	Doesn't Understand
Responses	70	67	45	41	28	18	27
Percentage	24 %	23 %	15 %	14 %	9 %	6 %	9 %

**Q. No. 3.** One thing you like least about the Yoga?



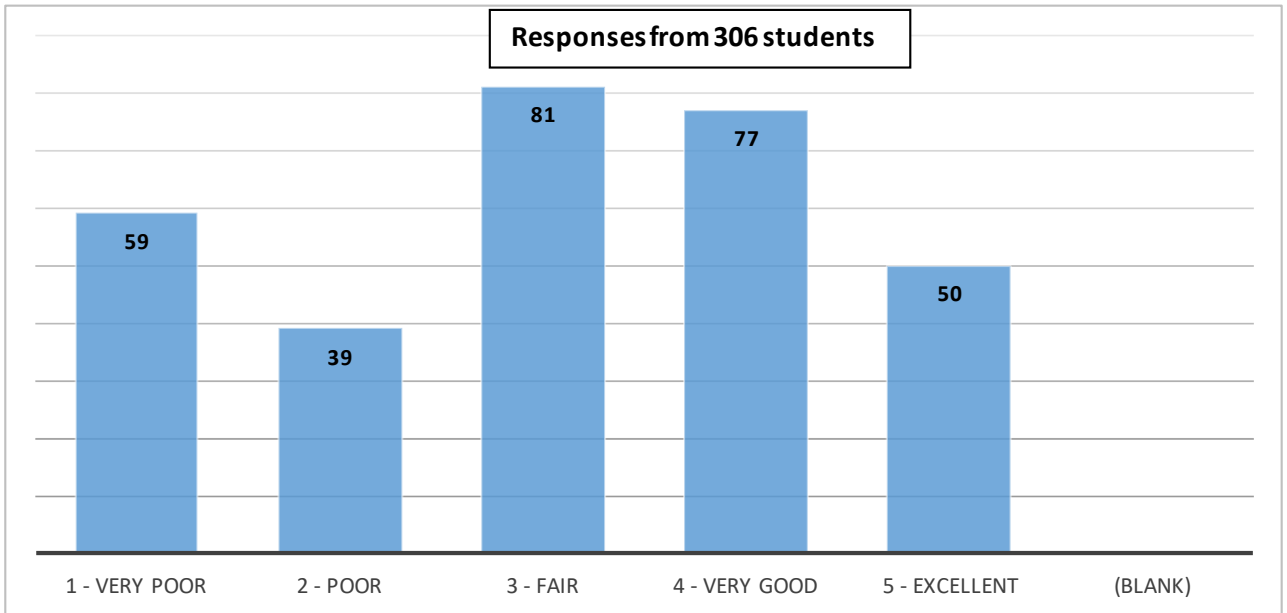
One thing you like least about the Yoga							
Particular	Every-thing is all right	More Yoga sessions needed	Yoga Itself	Space for Yoga Sessions	Early Morning Yoga	Compulsory	Instructors
Responses	78	67	43	37	29	23	13
Percentage	27 %	23 %	15 %	13 %	10 %	8 %	4 %

**Q. No. 4.** One thing you would like to change in Yoga Course.



One thing you would like to change in Yoga Course								
Particular	No Change	Need More Yoga Sessions	Compulsory	Yoga Itself	Space for Yoga Sessions	Early Morning Yoga	Instructors	Others
Responses	55	44	32	30	23	15	11	22
Percentage	24 %	19 %	14 %	13 %	10 %	6 %	5 %	9 %

**Q. No. 5.** Rate Yoga Course on scale of 5



<b>Rate Yoga Course</b>	Very Poor	Poor	Fair	Very Good	Excellent	Average Response
Responses	59	39	81	77	50	3.06= 3
Score	1	2	3	4	5	<b>Fair</b>

## **Faculty Feedback on Peace and Yoga**

- **Attendance**

Presently attendance is not mandatory for Peace and Yoga courses, hence students do not take it seriously and do not attend these classes

- **Class Size**

In some Programmes, class size is very big above 100 students. Difficult to manage class

- **Disrespect**

Yoga and Peace courses are not respected by teachers of the Schools, on the same line students also do not respect these classes

- **Less Importance**

Yoga and Peace courses are on least priority by the Schools, hence many times other activities are scheduled during yoga and Peace courses.

- **Less Lecture hours**

Peace courses do not get adequate lecture time to complete syllabus.

- **Biography and Film appreciation**

Biography and film appreciation also need to cover in given lectures. Need some extra time for these activities.

- **Assessment Method**

Assessment methods can be changed, Scrap End term examination. It can be continuous assessment based on attendance, class participation, small quizzes etc.

- **Content development**

Peace courses are new, hence faculties are spending lot of time on content development in the form of Videos, PPTs and notes.

- **ERP**

Yoga and Peace faculty members do not have direct access to ERP for entering attendance and add assessment marks. However, Engineering faculty have dedicated man power to enter attendance and managing ERP.

- **Space for Yoga**

Need dedicated space/ hall to conduct Yoga where at a time around 500 students can perform yoga. This will help to schedule yoga for all classes.

- **Settling Yoga and Peace Courses**

As Yoga and Peace are new courses, it is taking time to set with respect to content, delivery. Now good content, PPTs and Videos are developed and these courses are settling down.

## Feedback Responses received from students on open ended Peace Q. No 2 to 4

### Q. No 2. One thing you like most about the Peace Courses.

1	Assignments	36	The concept of having a humanities subject in a technical course.
2	Nothing	37	Yoga
3	Nothing	38	Nothing, they're all theoretical and boring and feel forced.
4	Nothing	39	Interaction
5	Faculty members are very hard working and patient	40	Have to think on it, you get the answer
6	Nothing	41	Yoga
7	Nothing	42	If we are able to apply what we learn in these courses, peace courses would definitely benefit us
8	Nothing waste of time and energy.	43	It reduces lecture time
9	Nothing serious	44	Health benefits
10	Get to know about our history	45	None
11	Nothing	46	Nothing
12	Nothing in particular	47	Nothing
13	Initiative is great but the execution is not met to the goal that has been set.	48	Nothing
14	Nothing	49	It sucks
15	Nothing they just waste our time.	50	We get a little relax time
16	Motivational stories	51	It sucks
17	I liked the peace program of first year, where the teacher, Mrs. Sheetal Vij concentrated on personality development and made the lectures actually fun.	52	Interactive lessons
18	Nothing	53	New things to learn
19	The tries for imbibing the good qualities into students	54	Peace
20	I don't like peace courses	55	Nothing
21	Free lectures	56	Yoga
22	I don't like it, it always took away my 10cgpa	57	Nothing. Waste of time
23	Nothing	58	They are not being conducted in the designed way.
24	NA	59	I used to like Rahul Sir's mission at first. But then, the implementation is pathetic.
25	Only the Human Dynamics course was good, rest all the courses were below average	60	Nothing
26	These courses try to connect us from our ethics	61	Yoga classes and movie screening
27	Teachers are good	62	Na
28	Continuous assessment	63	Nothing
29	Nothing	64	the moral values they are teaching
30	Could be more knowledgeable	65	Nothing
31	Gives time to relax between college hours	66	Meditation practices, but these are conducted rarely.
32	Get time to relax	67	Nothing
33	Nothing, there is absolutely no need of peace courses.	68	Fun
34	History of saints	69	Nothing
35	Nothing	70	The unexplored traditions and cultures of our nation.



71	Activities	106	It's informative
72	Nothing	107	Nothing
73	Nothing	108	Supporting Faculty
74	Unique concept	109	No for Peace course, instead of that plz conduct regular lectures
75	Nothing	110	Nothing just waste of time
76	Classroom lectures	111	The way it is conducted
77	Nothing	112	Nothing
78	Nothing	113	Nothing
79	Lectures	114	Syllabus
80	Topic	115	Zero
81	Nothing	116	Nothing time waste
82	Good initiative but not fruitful	117	Peace
83	I didn't like anything in peace courses	118	Stop it immediately.
84	I don't like anything it's a waste of time.	119	They aren't every trimester
85	Nothing as it made no difference	120	Nothing
86	They are not interesting	121	Sessions are relaxing
87	Nothing	122	NA
88	Its provides opportunity for personality development but hasn't been applied properly.	123	Faculty
89	Nothing	124	Human psychology
90	Information about history	125	Nothing
91	Focus on our roots	126	Nothing
92	I don't attend	127	Nothing its useless and waste of time and energy
93	Nothing. Its pointless.	128	Nothing, only free time during unnecessary lectures
94	It's a good subhe for people actually interested in it	129	N.A
95	Nothing	130	History that's being teaches as peace
96	Not relevant for making a person better they teach history and traditions	131	It opens my point of view from time to time.
97	it makes me think	132	No
98	The fact that we don't have it this semester	133	I do not like the peace course as it does not focus on peace but things unrelated to peace. A more focus oriented course would be good, but the current syllabus is not useful at all.
99	It's interactive	134	The little change in my lifestyle because of peace
100	Faculty of peace especially Sachin Gadekar sir	135	Knowing the culture and tradition of ancient people
101	Nothing	136	Nothing
102	Movies	137	Variety of aspects
103	Infrastructure	138	Able to interact with others.
104	Plz at least teach us our branch related subject's first, then you can care about our other subjects.	139	The sessions conducted are very interactive
105	Blank	140	New things to learn

141	Spectrum of topics	176	Good portion
142	Positive vibes	177	Interesting topics
143	Nothing	178	The interactions with other students.
144	Good for practical life.	179	Personality development and betterment of human dynamics
145	Speaking	180	The Opportunity to self-reflect and relax
146	The historic and philosophical aspects of the course	181	It teaches not only about developing personal skills but also a way to learn our culture and heritage.
147	Good syllabus	182	Provides general knowledge
148	Course Structure	183	Knowing our History
149	Knowledge about ancient India	184	Soft skills
150	gained knowledge	185	Knowledge ,learning
151	Perspective	186	The course contents
152	It aims at the basics aspects of healthy living.	187	It helps to bring peace.
153	Peace of mind	188	Content of course
154	Peace	189	Cooperative faculties
155	Knowledge	190	It help us to make a good person
156	Interaction	191	They implement peace
157	Recreational program	192	Syllabus and Meditation
158	Timings	193	Peace
159	To study history of world	194	Learning about traditions and cultures
160	Inner-Peace.....	195	It gives a solution for every problem
161	Topics are very interesting	196	Cultural knowledge
162	These courses provide a different perspective of life, it gives me a break from the regular study hours specially for sitting and thinking about different aspects of life and culture around the world and in the society which I would not have done otherwise.	197	Videos
163	They take my mind off the stress of submissions and exams.	198	Knowledge
164	history about tradition and culture	199	Way of living
165	Calmness	200	It gives us extra knowledge other than academics.
166	Getting the knowledge of our History	201	Knowledge
167	It is mind soothing and relaxing subject.	202	Content
168	Relation with culture	203	The mantra taught from Geeta
169	Interesting	204	Indian culture
170	We gain extra knowledge about religious beliefs, ancestral systems and so on.	205	It includes theory which teaches how to get mental peace
171	Personality	206	Learning about our heritage
172	Ppts	207	...
173	Have got to know so much about different personality and history is worth learning.	208	Positive vibes
174	We get to know about the different religions.	209	They create peaceful feelings
175	Modern day relevance	210	I like the concept

211	Peace subject is grt for relax between other periods	242	Course Contents
212	Sorted	243	Spiritual knowledge
213	Exploration to different areas	244	Understanding for spirituality
214	I would like to share that Peace is helping me to become better, responsible, sensitive, social, moral and a good citizen of India as it is conserving our Indian culture. Also making me more knowledgeable person by knowing the things of world which is motivating me and making me think and see the world more peacefully. Thanks to all peace professors for inculcating me. Peace taught me many things which are very useful.	245	Indian culture
215	I like most of this course is to learn new things and i like very much	246	Yoga
216	Innovative ideas and thoughts	247	Topic
217	Every activity conducted is helping me to become a better human being than anything else. Also many doubts regarding day to fay life gets cleared in most of the lectures. Which gives me peace of mind.	248	Traditional touch
218	Meditation and interactive sessions	249	Wider perspective
219	Content	250	It provide information related to Saints, Philosopher, Heritage and Culture of our India as well as whole country.
220	-	251	Contents of Syllabus
221	It's different than other lectures	252	Candid discussions with the faculty
222	Refreshing, makes one thoughtful	253	Something different to learn apart from regular studies. Teaches philosophy.
223	refreshes our mind	254	Information
224	Mahabharata	255	It motivates me to implement those things which makes me a better person
225	Different perspective about Peace Subjects	256	Peace- It is the effect of doing something in a right order.
226	Variety and topic covered in syllabus, designing of syllabus.	257	Syllabus
227	Innovative subjects	258	Nothing
228	connectivity with reality	259	Learning about the Indian history
229	Syllabus.	260	Information about history
230	Knowledge	261	General knowledge
231	Knowledge presentation does not make course boring	262	The knowledge and the content
232	Relaxation	263	Giving the historical knowledge
233	Happy Life	264	It teaches us about peace
234	Positive energy of the faculty of peace	265	Culture and values
235	Motivation to do something in good manner with great ways	266	Knowing about many things such as culture of the kings and all
236	Make me better person	267	Historical understanding
237	Intellectual thoughts of great personalities	268	Peace of mind
238	Pattern	269	Teaching
239	Teaches moral science	270	Satisfaction
240	Yoga		
241	Relevant		

271	Peace faculty	291	It teaches about original Indian culture and values
272	Knowledge	292	Knowledge
273	Everything	293	Lectures given by faculties
274	Broad perspective of faculty	294	Value of life
275	content	295	Meditative state
276	Cultural knowledge	296	Everything
277	Well drafted and present traditional knowledge	297	History
278	Helps in improving the knowledge about the other social factors other than studies.	298	Syllabus
279	Well knowledge faculties	299	Factual lessons
280	Spiritual Aspects	300	The insights we get
281	Richness of the content and the relevance of its content to management studies	301	Syllabus
282	Historical and cultural learnings	302	knowledge
283	Managerial experience	303	Helps in critical thinking which is must and gives break from normal curriculum
284	We get to know about our proud culture, and religious practises.	304	It stands different and help to improve our self
285	After yoga i feel comfortable	305	The faculty
286	Makes me feel positive	306	attendance
287	Keep me knowledgeable	307	How to Communication with people around us in a polite way.
288	Chasing happiness		
289	Stress free subject. Helps with distressing when everything around is super hectic		
290	Diversity in personalities		

**Q. No. 3. One thing you like least about the Peace Courses**

1	Compulsory attendance	16	Why to have marking scheme? Peace has greatly affected my overall academic scores. I have 10 pointer in all subjects but peace has brought this down to below 9.7. I have lost various internship and other prestigious opportunities due to this. I hope we don't have peace in the further trimesters. I have been into DEPRESSION because of this subject.
2	Mandatory Attendance	17	When the lecturer's don't actually research the data they teach to the students and present fiction as fact.
3	Pattern and everything	18	Learned nothing about what really peace is.
4	Everything	19	The subject has become a gimmick. The name itself makes people uninterested. The name is the least liked thing about the courses
5	The courses are very preachy and have an unrealistic approach	20	As said above
6	Nothing	21	Nothing
7	Its of no use total time waste.	22	I don't like it it's waste it always took away my 10c gpa
8	Same as above answer.	23	Students are not interested
9	Why are there exams	24	Extreme waste of time due to no structure or relevance to BTech or our lives as college students.
10	The style of teaching	25	The curriculum is not good
11	Nothing	26	Courses need not be there, everybody take it for granted and no one attend the course lectures attentively.
12	Time consuming	27	It is unnecessary and takes up extra time in college, when we're already burdened with so many other subjects and activities
13	The lecturers assigned cannot connect to the students regarding the topic. Topics like the Ramayana and Mahabharata are being discussed which we have already been introduced to in our primary schools. Current topics like CAA and NRC. Financial planning, Taxation, GST(pros and cons), BITCOIN. Such topics that are relatable in the current scenario are never discussed. The aim being to arouse the spirituality in the students should be linked with the science of it. Only going with the emotions and not the logic has made the programme immensely boring.	28	End term exam
		29	It's boring
		30	The same thing is taught for every trimester nothing new
		31	compulsory attendance
		32	Content
		33	The last trimester I was unjustly given way less marks in peace course, which affected my marks.
		34	Very high syllabus and we have also to read that once again to give the exam
14	Peace is stupid	35	Waste of time
15	They just waste our time, the time which we need to study for our courses, GATE, GRE, etc.		

36	The way it is taught. The classes should be more interactive and the ideas should be conveyed through discussions. Presently it is taught like propaganda. The subject should be open ended and open to interpretation.	54	Everything
37	Not interactive with student for putting it in real life.	55	Teaching
38	Forced education even when students aren't interested	56	Lecture
39	Unnecessary writing work and memory testing exams	57	Peace
40	Time waste	58	They are boring and due to the casual approach of teacher they get boring and induce a casual feeling regarding the subject within the students.
41	Poor interactive sessions and poor teaching methods	59	College should show some guts and stop taking attendance for peace lectures. Then, the attendants will truly be an outcome of good teaching/teachers
42	Things that we already know. Or topics like history won't really benefit us that much as compared to other current world events.	60	It's a waste of time, don't make it mandatory
43	There is no peace in MIT World Peace University	61	Unnecessary and unrelatable syllabus, that focus on mugging up and not values
44	Location	62	NA
45	The way it is Taught	63	Everything
46	Irrelevant and the point never comes across	64	The content of the subject is not so good
47	Nothing	65	Everything
48	I like nothing	66	Learning about saints and sages is of no point at this moment.
49	That it exists	67	Everything
50	How does history going to help in future	68	Unnecessariness
51	Some bitch	69	Everything
52	Selection of History and heritage portion	70	Theoretical teaching
53	Past information which is of no need like who was born in which year and all that		

71	The theoretical monotony	102	Attendance
72	Everything	103	Fee structure
73	How they actually just talk about Hindu culture and history instead of inculcating habits and natures of peace and what can one do to practice it. The college itself does not practice peace.	104	It's good that peace class are not in the second year , so that we are always in the home , as bcoz only peace lectures were been conducted seriously and there won't be any other lectures sequentially ,so in that case there is no need to come to college and we are just paying fees for peace lectures .
74	Only conducted for the sake of marks	105	.
75	Nothing	106	It's informative
76	No yoga after FY	107	It is nothing to a management students... Better to concentrate on build the students for corporate world
77	Everything		
78	Everything	108	Attendance and Syllabus
79	Judging peace on the basis of marks	109	Time pass
80	Less number of lectures	110	You r wasting students and faculty time as well
81	Na	111	No
82	Many thing	112	Nothing
83	I didn't like anything in peace courses	113	Nothing
84	It being taken seriously	114	It is not required at all
85	That "Peace" can't be taught, and definitely not as a subject Also, under the name of Peace we are taught History	115	They're kept in the morning
86	They are mandatory. No student opinion is taken. No one likes to attend but have to attend because of attendance criteria	116	Faculty
87	History	117	Too much work to do
88	Its very irrelevant to the course.	118	THE PEACE COURSE Itself.
89	Faculty was bad, was teaching us his own morals	119	They are mandatory for PG students
90	They are not majorly about peace	120	Timing& Necessity
91	Only theoretical knowledge	121	It is not relevant to the field we've chosen
92	The material that they teach	122	Irrelevance to daily life
93	Its pointless.	123	Portion
94	It is definitely not required at this age of education	124	Nothing
95	Nothing	125	Nothing
96	Wasting the time of students.	126	Everything
97	Subject material is totally irrelevant to us	127	Utter waste
98	The existence of Peace courses	128	That they are compulsory
99	It's teaching us history which is not going to help us	129	N.A
100	It's waste of time...if we had to study about history we would have taken admission in that respective branch	130	I have to Not interesting things
101	Assignment		

131	The timing, in accordance with our course.	162	Most of the peace courses were just like other subjects where we had to mug up answers and a lot of emphasis on writing unnecessary notes. Although I do understand the importance of history and its impact on our world and society, but there are other alternative to learning answers. one major drawback was the PPTs used by the teachers (they were nothing but chunks of information taken from Wikipedia, which all students can read for further information on the topic), the next problem was the communication between the teachers and the students, (most of the teachers are very poor in English and the class is always distracted with laughing at how bad or how incorrect the teacher is pronouncing the sentences).
132	No		
133	Need for an exam. Exams should not ever be a mandate for PEACE. Peace exam can never say how peaceful a person is.		
134	Some topic		
135	Histor part		
136	Conduct	163	They tend to teach us what we have already learnt in school.
137	Attendance	164	Knowledge about varnas
138	Teacher is not creative and not able to make the Lecture interesting.	165	Nothing
139	They are made compulsory	166	Veda's
140	Too much history	167	Sometimes it becomes very boring specially at the time when there is no discussion happening between the teacher and the students.
141	Execution of curriculum	168	Exam
142	Teachers not teaching well or interested	169	Good
143	Nothing	170	Nothing as such
144	Nothing	171	More importance to peace subjects
145	Classes	172	Teaching methodology
146	The exams	173	They have made this beautiful subject as a theoretical subject giving us assignments and what not...
147	It should be a grade subject and not affect my cpga	174	Biography presentation
148	Writing big assignments by hand	175	Art based Projects
149	Use of ppt's rather than videos to teach the subject	176	Teachers teaching peace
150	teachers are strict	177	Assignments
151	Rigidity	178	The differences in thoughts turning into harsh arguments.
152	The course should be more informative and not just about the basic concepts	179	Assignment work and presentations and marking scheme
153	Nothing	180	They should not teach the history of Ancient India.
154	Good	181	There should be more activities during lecture.
155	Examination	182	Monotonous
156	Class Handling	183	Faculty
157	peace exams	184	History
158	Attitude of some teachers	185	Online exam
159	faculty	186	It is treated as subject
160	No thing	187	nothing
161	Teaching methodology has to be changed	188	Exam
		189	Books not provided



190	Lectures	225	Time
191	There must not be any exam for peace.	226	Lots of assignment which are none of use. This is just donkey work, very time consuming assessment.
192	No flaws	227	Internal Assignments
193	I love peace courses.	228	Faculty interaction
194	None	229	No.
195	Unprofessional attitude of some faculties	230	No
196	Speed	231	Content about religion is great
197	Assignments	232	Nothing
198	History	233	Submission
199	Teaching method	234	They are not in M Tech CEM second year curriculum
200	Nothing	235	Nothing
201	None	236	Course structure
202	Teachers	237	Lectures
203	The things which are not related to management.	238	Teaching
204	Theory	239	Teaching methods
205	The course has syllabus related to ancient history. How is that going to help us in achieving peace	240	Exam
206	Its optional	241	Compulsory
207	...	242	NA
208	Nothing	243	Compulsion
209	Exams	244	Exam
210	It's unnecessary and extra work	245	Exam
211	75% attendance sucks	247	Timings
212	Nothing	248	Faculty was arrogant prof. Fatema Rajkotwala
213	Enhancement	249	We want only 2 lectures per week
214	There's isn't anything which I least like about peace.	250	All is good
215	Minimum Course duration	251	Sometimes not interesting
216	There are 3-4 lectures in a week. They should conduct it daily.	252	Strictness of some faculties
217	They are not taking meditation seriously. Just defining what is mediation & is not enough we should practice it once in a week in the class.	253	More focused on India rather than the whole world.
218	Sometimes less interactive lectures when we just listens	254	NA
219	Attendance	255	-
220	-	256	Content in the form of PPT.
221	The major assignments are given after the midterm	257	Most importance as compare to any other subjects
222	Not in depth discussion	258	Nothing
223	presentation activity	259	It was in morning
224	Nothing	260	Nothing

261	.	285	Teaching faculty
262	Content	286	Morning lectures
263	Written work	287	Exam
264	Sometimes feels irrelevant	288	Strength
265	Its mandatory to attain	289	Evaluation in the form of mcq. Knowing about which king ruled which state or how many wife's he had is counterproductive to what the true meaning of studying the course is to try n understand the learnings from them.
266	Sessions arranged	290	Nothing
267	Less practical lectures	291	Lengthy contents in peace course chapters
268	Irregular	292	Should not be religious
269	Too lengthy	293	They are not that much helping
270	Self-realisation	294	Lengthy Theory
271	Lecture timing	295	The unnecessary presentations
272	Peace	296	Knowledge about culture
273	Nothing	297	Its going to take time to apply to all the people
274	Unnecessary submission	298	Indian culture and history
275	extra lectures	299	Faculty lack generation of Interests
276	Nothing	300	Nil
277	Timing	301	Peace book
278	Theoretical study.	302	Attention
279	Management has casual approach	303	Examinations, these courses should have more activities rather than examination. Peace should be mentally gained and not by learning or mugging up.
280	Mandatory Attendance	304	It's mandatory. It should be as per choice
281	Sometimes it becomes mundane	305	Too much of history
282	Already studied	306	Assignment
283	Old people thought	307	Assignments on past history
284	This subject is treated as option by the students. Plz take serious actions so that students take it seriously.		

**Q. No 4. One thing you would like to change in Peace Courses**

1.	Mandatory attendance	23	Teach student how to build up in a society, teach them the good habits ,teach them about coming tomorrow
2.	Mandatory Attendance	24	Replace them entirely with something more aligned to our end goal.
3.	Expelling of subject	25	More soft skills oriented courses
4.	Subject	26	These courses should not be there.
5.	Official heritage visits	27	Keep it as an extra subject. Don't include it's attendance or marks in the total.
6.	attendance	28	No end-term exam
7.	Even the teacher doesn't takes it seriously	29	Everything
8.	Don't keep peace subject	30	Don't make it compulsion
9.	Why exams	31	would like to abolish the rule of compulsory attendance
10.	Ppt presentation	32	More focus on mind relaxing
11.	I would like to change everything	33	It should stop.
12.	Not interested enough to change anything about it	34	Reduce the syllabus and perform various activities in class
13.	Topics covered should be more logical and less emotional. The teachers teaching them are not being able to establish a connect due to the irrelevant topics in today's era	35	Everything
14.	Everything	36	The subject should be taught through discussions. Teachers should themselves be informed about the subject matter. They should let the students express their opinions about the topics and not press their views upon the students.
15.	Remove peace or don't keep peace compulsory or remove peace assignments	37	Less teaching more interactive session in classes
16.	No marking scheme please. It affects our academic scores. Just a simple grade will be fine (eg. A/B/C grade - without interfering with our academic scores)	38	Making it optional
17.	Make it more relevant to the students in a way that actually helps them navigate through life. Concentrate on important current events, encourage debates and group discussions rather than have a teacher circulate fake information from WhatsApp messages.	39	No writing work and no exams
		40	Everything
		41	Teaching methods
		42	Topics should be decided by students what they would want to learn apart from there academics that would actually help them grow their knowledge and personality. These courses can be optional too.
18.	Change peace subject to language course. Might be more useful to students	43	Mandatory attendance for peace courses is making life more stressful and less peaceful
19.	The name. To something like Indian culture	44	Make it optional
20.	Keep it on after college	45	Teaching method
21.	Remove stupid unnecessary things		
22.	REMOVE IT		

46	cancel them	68	I don't know
47	Everything	69	Don't force it upon us
48	Everything	70	More inclusion of activities to explain the concepts
49	It is a good initiative but MIT isn't taking it seriously. Neither the teachers are good nor the management and course	71	The way of teaching the modules and exams
50	A bit of helpful peace lectures	72	Not have them at all
51	I don't want peace courses	73	Introducing the concept of secularity, environment consciousness and MENTAL HEALTH.
52	Teaching long portions from Presentations could be replaced with a talking lecture where required to bring relevance with students' studies to help them	74	The teaching methodology
53	Technique of lecture	75	It's not peace it's history lecture
54	.	76	Yoga for all years, better teaching with more philosophy related topics.
55	Teachers	77	Remove it
56	History of India	78	The whole thing
57	No Peace subject in curriculum because it's degrading percentage	79	Assessment pattern
58	Interaction shall be there, Activities shall be conducted in classes rather than video modules, and teacher shall make subject more interesting by their own ideas.	80	Nothing
59	The hierarchy from Rahul sir to peace lecturer twists a lot of things. Even the lecturers only care about taking the attendance and leaving. They don't care and they do not want to waste their energy on the students	81	I do not understand the need for "peace exam"
60	Make it for only 1 trimester per Academic year Max.	82	It should include 1 communication skills 2 entrepreneurship 3 leadership 4 art of selling etc.
61	Way of teaching. Not focus on dates, names, etc. but a bit more learning session	83	I didn't like anything in peace courses
62	Everything	84	Nothing.
63	I don't want peace classes	85	Scrap Peace Courses
64	you should focus on moral values more and introduce great personalities from foreign countries as well	86	Stop them completely, instead have skill building classes or extracurricular activities
65	No peace course	87	Peace courses should be relaxing for students not as a burden
66	Syllabus	88	I would like to change the approach of syllabus for e.g.: management students can be taught management concepts using the Bhagwat Geeta and various other books.
67	Everything	89	Get better faculty
		90	Adding relevant topics to the course

91	Include the practical things	121	Should be related to Course we are doing.
92	No peace at all	122	Inclusive of actual psychological counselling or means of a peaceful life
93	They should be cancelled.	123	Don't keep it. waste of time
94	Attendance criteria for it	124	Just keep human psychology
95	Content	125	No peace course
96	Peace subject can help in improving the personality of a person. It can help us understand how to create positivity	126	Scrap off the peace courses
97	more practical topics and better teachers	127	...
98	Remove it from the curriculum	128	Cancel it
99	Instead of teaching us history teach us on how to give interviews, how to create a CV	129	More attentive and practical explained study material
100	Remove the subject	130	Everything
101	Remove the course	131	It should be well timed, So that student can actually pay interest and not consider it a liability.
102	minimum 75 % attendance	132	Yes
103	Fee structure	133	The entire syllabus to be honest. The course, source and the idea behind it.
104	One class per a week and instead of peace lectures,even Mtech students need to be trained in yoga	134	Nothing
105	.	135	From PPT to Motivational videos
106	Teachers should make the lecture more interesting. And peace lecture should be after break	136	Way of teaching
		137	Attendance Compulsion
107	If you have option change the WPC as developing students interpersonal skills, personality development.	138	Creativeness of teacher. Teacher should be creative and place for lecture must be changed like classes can be conducted in open.
		139	Nothing
108	Syllabus and Attendance	140	More meditation
109	Everything	141	Way of teaching
110	Yoga is better than this	142	Outdoor activities should be there
111	N	143	Everything
112	Everything	144	Not such
113	Nothing	145	No classes
114	i think this not required	146	Remove end term exams. Keep only the cca
115	Abolish Peace course altogether	147	It should be a grade subject and not affect my cpga
116	Syllabus	148	Optimising course structure, improving content delivery
117	Reduce the assignment and all written work	149	Make meditation compulsory
118	The PEACE COURSE Itself	150	exam shouldn't be there
119	Remove it from curriculum	151	make them voluntary, or reduce the number of associated credits
120	Everything		

152	Focus on more on the things that can help the students improve their outlook, and not focus much on the facts and history.	176	Teachers should be selected properly, our teacher only oppose Indian traditions and give controversial statements about religion of majority of people.
153	Nothing	177	Addition of new topics
154	Good	178	The above
155	Video lecture or session	179	No attendance should be mandatory
156	Teachers	180	More meditation sessions must be included
157	No peace exams	181	Nothing
158	Should be with more interactive information	182	Make it more interactive
159	submissions	183	Increase activities rather theory lectures
160	No thing	184	More of practical knowledge and theoretical
161	assignment should be student specific not a common one	185	Way of approach to teach
162	To make the courses more about thinking about the solutions to a particular problem or how one action or decision can make a great impact on our society or the entire world. The peace courses shouldn't be about the biography of some leader or king rather it should be about why everyone is wanting to know about him or her, what decisions did they make that made them history in our books. Students should be taught how to relate this history and apply them in real life so they too can be remembered in history. These classes should be taken seriously not only by the students but also by the teachers and management as they can create a lot impact on the life and thinking even on a single student.	186	I request to not to teach it as subject no before taking this subject the heart should be prepared for taking this knowledge, which most of the students lack.
		187	It should be at specific time and try to involve everyone.
		188	No exams
		189	Should provide books notes on them
		190	Faculty
		191	Nothing
		192	teaching methodology so that it becomes more interesting
193	It should be impacting students deeply		
163	Keep it simple and easy to understand.	194	None
164	Teacher	195	Role plays
165	Nothing		
166	To conduct quiz competition for more interaction		
167	Include more photos and videos.	196	Practical orientation
168	Biography presentation shouldn't be done	197	No Assignments
169	Take 2-3 in a week	198	Portion
		199	Teaching method
170	Some places must be visited regarding topics taken in peace so that we may relate that with original surrounding and we will have a memorable lasting in our mind regarding concept or belief.	200	Nothing
171	Less periods and Little more Outside information		
172	Way of teaching		
173	No assignments for this subject.		
174	Attendance		
175	Better evaluation and assignments		

201	None	231	The tales of kings and gurus can be better
202	Teachers	232	.
203	I would like to see the Geeta should be taught more often.	233	Exam Written In Any Language
204	Theoretical part	234	no
205	The syllabus should focus on how to improve the present and the future instead of learning about ancient history	235	May be that the course was only on Thursday and the whole day was dedicated to it because of which students have least interest to attend
206	It should contain field trips	236	Don't take exam
207	...	237	Self-study and 1 or 2 lectures only for orientation throughout the sem
208	Nothing	238	Compulsory
209	Change exam to be more personality development oriented instead of theory and history	239	Teaching methodology
210	Reduce the work and just make it optional	240	Timings
211	75% law	241	Number of lectures
212	Nothing	242	NA
213	Comprehensiveness	243	None
214	It should be there in each semester.	244	Not compulsion
215	I think this course is compulsory for all students and providing notes for the students	245	It should not be compulsory
216	The timing of lecture should be before 1 pm	246	There should only be yoga in peace course
217	There must be something new in this course, so many people are bored in this lecture, so there must be something which is energetic and recharging.	247	Content should be related to the current situation
218	Assignment pattern	248	Creativity
219	Attendance compulsion	249	More interesting videos
220	-	250	Nothing
221	Changing the type of assignments	251	Nothing
222	Remove posters from internal marking system	252	They should be more candid. Compulsions should be avoided.
223	course should be only for half hour every day	253	It should be more like how we should live our life and how we can make this world a better place to live in. It should be above religion and nationality. When we talk about world peace, the thing that should come in mind is "Global" not "Indian" or "Countries". I think the course should stop focusing just on India and more on the world as a whole.
224	Compulsion of yoga	254	Duration of lectures
225	Time	255	-
226	Instead of many assignments conduct just 1 internal exam or presentation.	256	Show content in the form of story.
227	There should not be an exam for Peace subject.	257	Give less time for the subject
228	Course module	258	Nothing
229	Lectures must increases.	259	Nothing
230	Nothing	260	Nothing

261	Nothing	285	No
262	Proper management along with practical sessions	286	Timing
263	Nothing	287	Syllabus must be divided in such a manner that in every semester knowledge and learning process can be continued and student will get updated.
264	Teaching from PPT	288	Acceptance
265	Nothing	289	Mcq exam.
266	Proper session should be allotted	290	Nothing
267	Nothing	291	I would not like change anything
268	Nothing	292	Some faculty
269	More activities	293	Nothing
270	Peace of happiness	294	Nothing
271	Syllabus	295	Number of lectures and presentations
272	No	296	Nothing
273	Nothing	297	Show its applicability on the day to day bases
274	Should be more realistic	298	Assessment pattern
275	Nothing	299	More interesting Video and Photos
276	Nothing	300	Nil
277	Nothing	301	No change
278	More practical study required.	302	nothing
279	NA	303	Should have different activities to make understand peace in mental health because lot of people suffering from bad mental state due to hectic schedule of our college.
280	Mandatory Attendance	304	Should be more of activity based
281	I would like to have a change in the content as sometimes the prescribed syllabus or concept shows some sort of irrelevance	305	The historical part of Kings and saints should be limited. It's more likely to focus more on a single religion which is generally unacceptable
282	Way of teaching	306	duration
283	More today oriented examples	307	Cut down on written assignments as it takes lot of precious time.
284	Make this subject heavy mark weightage and marking system.		



## Responses received from students on open ended Yoga question No 2 to 4

### Q. No. 2. One thing you like most about the Peace Courses

1	Nil	36	maintains stamina
2	Nothing	37	Yoga is best
3	Nothing	38	Free attendance
4	We don't have yoga now	39	Nothing
5	Nothing	40	Good instructors
6	Better health and increases the mind stability	41	Nothing
7	.	42	NA
8	Health benefits	43	Nothing
9	Nothing	44	We get up early in the morning so we get the whole day for doing many productive things.
10	Nothing	45	Its allows the students to take time from their schedule for themselves.
11	Peace	46	It's not stressful
12	None	47	Beneficial and since it happened regularly, it was useful
13	Good	48	Peace of mind and flexibility
14	It's relaxing and refreshing	49	It should be in every sem
15	Mind activities	50	Nothing
16	Yoga makes us feel fresh and energetic	51	Could be more knowledgeable
17	Refreshing	52	Healthy Workout
18	Not experienced after trimester 1.2	53	Morning
19	Peace, mind calm	54	Nothing
20	Nothing	55	Mind relaxing
21	Nothing	56	Physical fitness
22	Great initiation but execution is where the problem	57	Nothing
23	Nothing	58	fills fresh
24	Yoga is always benefiting.	59	Nothing
25	Bodybuilding	60	Meditation
26	Nothing	61	Nothing
27	No	62	It's inclusion as a compulsory subject in the curriculum.
28	The meditation	63	Union of body
29	-	64	The only physical activity we get
30	Regularly conducted	65	Yoga itself
31	Regular conduction for students	66	Inner-peace activation.....
32	It is a proven way to improve health	67	Fresh air
33	Knowledge of various asanas	68	.
34	Faculties try to teach yoga	69	A healthy practice.
35	Trying to make people better	70	It reduces lecture time

71	Experienced staff members	101	None
72	Very relaxing and extremely helpful as almost no student performs any physical activity during the entire week and I request you to please make yoga classes compulsory even for 2nd and 3rd year students, because as the semester passes by there is more and more tension and stress and nobody (not even the teachers nor the students) realize how stressed they are by the end of the week and nobody does anything about it. So I please request you to have yoga sessions for teachers as well as the 2nd and 3rd and 4th year students every week, so they can be mentally and physically prepared for the stress from the coming week. Believe me, nobody understands how stressed they are and how much yoga can really help	102	The Instructors are good and give the complete information about the Asanas and Pranayamas
		103	Health benefit
		104	No exam
		105	None
		106	Yoga is good. But if an engineering college is behind us to make us practice it, then it's unacceptable
		107	Good for exercise
		108	Duration
		109	Practical
		110	Na
		111	There are no yoga session conducted in mechanical department from past 2 years
		112	Keeps us fit
73	It helps me freshen up for the day.	113	Pranayama
74	-	114	It's refreshing
75	None	115	The course content
76	peace	116	Nothing
77	Exercise	117	It is one of the convenient way to bring peace
78	-	118	Meditation
79	Fitness	119	Pranayama
80	It encourages physical and mental wellbeing.	120	Nothing
81	We can do it ourselves	121	Attention is given to all students
82	Makes feel energetic	122	Improve health
83	Build muscle strong strength	123	It was only there in FY
84	It really beneficial for health and mental stability	124	Fitness and meditation
85	No	125	meditation methods
86	Uniform	126	Nothing
87	We don't have yoga	127	Fitness
88	Making your body fit and healthy is what everyone wants in this era and that's what we are getting here.	128	Nothing
89	Meditation	129	The way it helps one's body
90	Making us realise it's importance	130	It feels good
91	Can be done in a better way	131	Nil-
92	Teachers are good	132	Absolutely nothing
93	Relaxed mind	133	That we practiced it.
94	Fitness	134	Health benefits
95	The ground provides the proper decorum for yoga.	135	Nothing
96	Shavasan	136	Exercise and peace of mind
97	Peace	137	Nothing
98	Plz add yoga to our programme	138	Mental peace
99	Yoga	139	Nothing
100	Nothing	140	Fitness

141	m	176	Yoga trainers
142	Good	177	Good concept
143	Na	178	Literally nothing
144	Every Thursday	179	I don't like it
145	Good instructor	180	Nothing
146	I didn't like anything in Yoga Program	181	Everything
147	The efforts given by the teachers	182	It can be frequently adopted
148	Good body	183	Special yoga teachers are provided
149	That it's cancelled for Third Year	184	I like everything about yoga.
150	It gets over.	185	The instructors are experienced.
151	Very refreshing	186	Yoga is taught properly
152	Yoga exercises	187	Meditation
153	Yoga promotes mental stability.	188	All types of yoga
154	-	189	-
155	Its regularly held	190	I feel fresh
156	Energy and peace	191	Refreshing and helps one to be calm
157	The initiative	192	refreshes
158	Different types of yoga.	193	nothing
159	None	194	No such thing
160	Nothing	195	This are very refreshing session. Yoga teachers are punctual and helpful.
161	Nothing.	196	Variety of Exercises
162	It's beneficial for us and MIT is providing it	197	mental health
163	It's really good practice to go daily.	198	Its good
164	Gets body flexed	199	Improving physical fitness and fresh healthy life.
165	Nothing	200	Exercise
166	It makes you feel fresh	201	Nothing
167	Meditation	202	Fit mind and body
168	Mental peace	203	We don't have yoga class
169	they don't make us do yoga	204	Happy Life
170	I'm neutral towards yoga	205	It activates energy in mind and body
171	It's good for the body	206	Weight and mind control and ability to focus and to give myself at least an hour
172	Makes us active throughout the day	207	Time
173	Morning time	208	Peace of mind
174	Fitness n active	209	Nothing
175	.	210	.

211	Nothing,	246	No
212	Improves health	247	Presence of mind the whole day
213	Refreshing	248	One day session
214	Benefits of Yoga	249	Hate yoga
215	Improvise Physical fitness	250	Fitness
216	Energy	251	the exercises
217	Nothing	252	It's early morning
218	Refresh mind	253	Nothing
219	Time	254	Health
220	Module	255	Everything
221	Students usually didn't do yoga but because of this they do yoga once in week	256	No yoga
222	It helps in improving our mental as well as physical health	257	Nothing
223	Makes you fit	258	Nothing
224	Trainers	259	It is fun to spend time
225	Timings	260	It helps to improve
226	Meditation	261	Not really
227	Peace of mind. And yoga dress lol	262	pranayama
228	Keeps me calm	263	Exercise
229	Keeps me energetic	264	It can be relaxing
230	It gives us confidence to do all work in a positive way.	265	Arrangements of well knowledge yoga teachers
231	Best thought	266	Good trainers
232	Nothing	267	Can't say bcoz its not regular
233	Dress code	268	New initiative at MIT
234	Learning how to work our body and mind together to achieve the best	269	Stretching exercises
235	Exercise	270	It is improving health
236	Freshness and fitness	271	Good for health
237	Everything	272	Exercise patterns
238	Physical and mental strength	273	Clapping session
239	It makes me feel better	274	The initiative itself
240	The vibe	275	All about teacher teaching me
241	Nothing	276	Feels energetic
242	Improves Stamina	277	Make peaceful
243	Yoga trainers	278	Freshness & happiness
244	People are mentally as well as physically fit because of yoga	279	Nothing
245	Nothing	280	Meditation

281	No	296	A good initiative
282	Yoga Instructors	297	The various exercise types of yoga
283	Refreshing	298	Asan
284	That's good for health	299	It's calming
285	Nothing	300	Yes
286	Meditation	301	Yoga, I personally like the impact it has on a human body. The Yoga subject is indeed not needed, not a once in a week approach.
287	Nothing	302	Freshness
288	Nothing	303	We get the liberty in wearing comfortable yoga uniform.
289	Peace	304	It helps my physical fitness as well remain calm.
290	Relaxation	305	Meditation
291	Nothing	306	learning yoga
292	Knowledgeable instructors	307	-
293	We don't do yoga in 2nd year		
294	Making Students Fit		
295	Peace		

**Q. No 3. One thing you like least about the Yoga?**

1	Nil	36	Nothing
2	No place for yoga. Yoga is done in fields or lawns not in corridors of building	37	Yoga is best
3	Nothing	38	Its waste of time
4	We don't have yoga now	39	Nothing
5	Everything	40	Non-constant schedule
6	Anlom vilom yoga	41	Sitting yoga, let the students run ,jump
7	.	42	Again, forced waste of time. Not everybody is interested. Trig something new is always good but being forced to continuously do it is torture.
8	1 hour a week and without proper environment just seems like a formality		
9	Nothing	43	Yoga
10	Nothing	44	Practicing yoga once a weak doesn't improve the physical fitness of a person
11	Attendance	45	Not as informative as it should be.
12	None	46	It is every week
13	Why once a week	47	It was only for FY, for other years, it wasn't there
14	We have to do yoga on benches sometimes and in jeans	48	Nothing
15	Faculties are not creative.	49	It should be in every sem
16	Nothing	50	Nothing
17	Only once a week	51	The same thing is taught for every trimester
18	Frequency	52	None
19	Too crowd	53	Its just one day
20	Everything	54	Everything
21	Everything	55	Location where we do yoga
22	Teachers are mainly focused on making us do yoga. Instead the focus should be to make us understand YOGA. There is a vast difference in doing it and understanding what yoga actually is.	56	Mandatory attendance, teacher make you do yoga on the floor
		57	Nothing
		58	It's just for one day
23	Nothing	59	Everything
24	Nothing	60	Doing yoga in the class without sunlight
25	Only once in week	61	Timings
26	Everything	62	It should have been continued beyond first year.
27	Yoga	63	Nothing
28	Cramped spaces. No proper area is allocated. The classrooms are not very suitable for this course	64	Compulsory for all
29	-	65	Low frequency, not there for 3rd year
30	Scorching sun	66	No thing
31	Only conducted for FY in engineering	67	Doing yoga in class
32	That it is made a compulsion on students who are really struggling with time management because they have so many tasks to do and could actually use the time to relax and refresh themselves.	68	.
		69	When we had yoga in FY, there was 75-80% attendance mandatory. Yoga was conducted in classrooms and not in fresh air.
33	Yoga discontinued from second year	70	Nothing
34	No discipline in learning		
35	Forcing yoga on first years and then leaving it in second, saying they can continue themselves, but not allocating time		

71	Lack of space	102	Yoga is only for the first years. It should be there for 2nd, 3rd and 4th Year students as well.
72	The arrangement for performing yoga is horrible. There is no fixed place and not enough place even to stretch the legs properly. Some divisions have to do yoga in corridors (and this pathetic as it become very claustrophobic and suffocating). Please provide proper space for yoga. Yoga is really important and students should experience the peacefulness after doing the pranayam and the meditations which is not possible if there is no proper sitting arrangements and enough space for each and every one.	103	Should be regular
		104	YOGA
		105	None
		106	I just gave it's answer in the above answer
		107	It is only for FY.. should be for all years
		108	irregularity
		109	Should be practised every 3 days of a week
73	Sometimes it makes my back pain horribly.	110	Na
74	-	111	There are no yoga session conducted in mechanical department from past 2 years
75	Ppts	112	none
76	Nothing	113	Only Thursday sessions. Should be conducted daily.
77	Timing	114	Other people bunking it, making attendance compulsory
78	yoga	115	It is treated as subject
79	Pranayam	116	Everything
80	We do it only once a week	117	It has been seen that the most of the students are not interested
81	Nothing	118	None
82	It's only once a week and only for first year	119	hath yoga
83	Concentration	120	Everything
84	Early in morning it stretches full body as we are not habitual to it.	121	Less faculties
85	Too	122	No
86	Regularity	123	It was only there in FY
87	We don't have yoga	124	Nothing
88	One day yoga ....not enough.	125	No place for yoga
89	Attendance	126	Everything
90	Making it a compulsion	127	Nothing
91	Trainers	128	Everything
92	Nothing	129	Only done once in a week
93	Places where we do yoga	130	It should be regular
94	Not effective according to time provided	131	The area we do it in
95	Instructions aren't audible to everyone and classes don't have the space where most students are made to do Yoga.	132	Everything
		133	That it was compulsory
		134	Not done with keen interest
96	Nothing	135	We come for attendance
97	Everything	136	We don't have yoga
98	We don't have yoga	137	Everything
99	At least twice a week	138	None
100	Nothing	139	Everything
101	None	140	Yoga is the best exercise and I don't think there can be anything bad about it

141	Lack of continuity	176	Nothing as such
142	Only exercised once in a week and only for 1 year	177	Unnecessary and extra work and stress.
143	Na	178	75% attendance
144	Nothing	179	I don't like it
145	Only one day	180	Yoga itself
146	I didn't like anything in Yoga Program	181	Nothing
147	Making it mandatory to attend	182	Motivation
148	felt sleepy	183	It is once in a week
149	Doing Yoga once a week for 50 min, under the scorching Sun can do good to none	184	No such thing I like least
150	We have no proper space for it. Front porch isn't the right place.	185	The yoga sessions should be conducted in a separate hall/vacant room and not in the passage. It is inconvenient.
151	Lesser amount of time	186	Timings and Yoga dress
152	Nothing	187	No sufficient place for yoga
153	None.	188	Attendance
154	-	189	"
155	The location where it is held is not proper	190	It's early in the morning
156	Time of the course	191	Shouldn't be once a week
157	Keeping it once a week will not make us fit	192	we have to wake up early in the morning
158	Nothing	193	early morning
159	Everything	194	Time
160	Nothing	195	.
161	It's pointless doing yoga once a week for half an hour.	196	-
162	Nothing	197	time
163	Nothing	198	Place to perform yoga
164	Making it compulsion for everyone to attend	199	No.
165	Nothing	200	No
166	Corridor is not the place for yoga	201	Environment for yoga
167	Nothing	202	Nothing
168	Hate doing it on the porch	203	We don't have yoga class
169	they don't make us do yoga	204	All Yoga Are Important
170	Neutral	205	This program is not included in M Tech curriculum
171	It's not good for my mental health to wake up so early and travel 20 kms just for yoga early mornings	206	Nothing
172	Nothing	207	Instructor behaviour is good
173	No preference by students they take it very easy.....	208	None
174	Nothing	209	Nothing
175	Timings	210	.



211	Not enough space to perform, not that much regular too	246	Only on one day
212	Timings	247	No proper arrangement. Can't see the instructor
213	Compulsory	248	Not regular
214	NA	249	Nothing
215	None	250	Self-care
216	Morning session	251	nothing
217	Uniform	252	It's only once a week
218	Nothing is bad in yoga	253	Not enough space to elaborate
219	Space is not there to do	254	Accuracy
220	NA	255	Nothing
221	It happens once per week	256	Uniform
222	It should be conducted only one day in a week	257	Nothing
223	The exercise	258	Compulsory Attendance
224	To wake up in the morning	259	Disturbing sleep cycles
225	Attendance	260	Nothing
226	Nothing	261	Not really
227	When forced to do. It should be individual's own choice and not a compulsory thing.	262	Compulsion
228	NA	263	Not compulsory for 2nd year students
229	-	264	Sessions are not taken regularly for 2nd year students
230	Only 1 day in a week	265	No
231	Less presence of students	266	Unavailability of resources like space and carpet
232	Nothing	267	Its not consistent
233	Attendance	268	It happens only one day
234	There were no proper grounds we have to do it corridor	269	Regularity
235	Not enough space	270	Short duration of yoga sessions
236	Early morning	271	Practiced only once a week
237	Nothing	272	Only once a week..
238	Good for student	273	Morning torture
239	Nothing	274	Its only on Thursday
240	The morning time when yoga are scheduled so as we can freshenup our mind and body through yoga	275	So many asan
241	Only one day	276	None
242	Timing	277	Disturbance between yoga
243	Its just one day in a week	278	Yoga is best exercise
244	Nothing	279	One day in week can't change my life
245	Nothing	280	Space constraint is an issue..And often is conducted in corridors indoors

281	No	296	Nil
282	Lack of proper infrastructure for Yoga exercise	297	Everything does not get covered
283	Only once a week	298	Once in a week is just for syllabus it doesn't help
284	That's not helping too much	299	The timing.
285	Nothing	300	Yes
286	Nothing	301	Once in a week approach and mandatory attendance in Yoga.
287	Nothing	302	its only one day in week
288	Everything	303	It shouldn't be weekly thing.
289	Concentration	304	It's carried out in corridors
290	It happens once a week	305	Body pain
291	Nothing	306	once in week
292	Mandatory attendance	307	-
293	Waste of time		
294	Nothing		
295	Only once for a week		

**Q. No. 4. One thing you would like to change in Yoga Course.**

1	Nil	36	Nothing
2	Remove the yoga course everyone will be very happy	37	Location
3	Not for third year student	38	Remove it
4	We don't have yoga now	39	Remove
5	Subject	40	Make it voluntary.
6	More sound meditation	41	give them task
7	.	42	Make it only for first trimester of college.
8	Outdoor yoga in sun	43	Nothing
9	Nothing	44	Course should be removed
10	Nothing	45	The way it has been executed in the college. The management hasn't been at its best.
11	Attendance Compulsion	46	Nil
12	None	47	none
13	Should be daily	48	Nothing
14	Doing yoga on benches	49	It should be in every sem
15	Timings of the course.	50	Everything
16	Nothing	51	Don't make it compulsion
17	Nice place to do yoga with yoga mats	52	Extend yoga hours and in open areas instead of classroom
18	Spread awareness and importance of yogic culture	53	It must be everyday
19	Less crowd	54	Would like to abolish the rule of compulsory attendance
20	I want to remove this subject	55	Location
21	I want to remove the course	56	Proper classrooms, providing mats, no mandatory attendance
22	Teachers necessarily do not have to be OLD to teach Yoga, as the generation gap cannot understand the young minds and what the need.	57	How to teach yoga
23	Everything	58	it must be everyday
24	Nothing	59	It should stop
25	Multiple times in a week	60	There nothing to change
26	Everything	61	Remove from curriculum
27	IDK	62	Nothing
28	Extend it for all the years instead of just first year	63	Doing it properly.
29	-	64	Making it optional
30	Instead of 1hr of yoga only once a week, we can have 10 mins of yoga every day.	65	No compulsion
31	Hold it for all.	66	No thing
32	Students shouldn't be forced to attend yoga	67	Time slot
33	Regular yoga sessions	68	.
34	Remove it because the atmosphere is not healthy	69	Attendance system
35	Stop forcing it on people	70	Change mandatory attendance criteria

71	Credit system	106	Stop taking yoga attendance too
72	Please have yoga classes for all the years (1st year to final/4th year.) and if possible for the teachers too. It will be very effective for students as well as the teachers	107	Instead of peace, make yoga compulsory
73	strict but kind teachers	108	Continuation in third year
74	-	109	Nothing
75	Way it is Taught	110	Everything
76	yoga mat	111	There are no yoga session conducted in mechanical department from past 2 years
77	Timings	112	none
78	cancel	113	There should be 1 lecture of Yoga daily and a exam.
79	Timings	114	Keep it once every year during only 1 trisem
80	Include meditation and anulom vilome in it.	115	I request not to take it as subject
81	Everything	116	Please quit
82	It should be for all four years of graduation	117	Make it interesting.
83	Nothing	118	Nothing
84	It should be taken twice or thrice in a week.	119	Instead of doing hath yoga you should follow sahaja yoga.
85	Not good	120	No yogq
86	Timing and instructors	121	More faculties should be there
87	Everything	122	No
88	We should have yoga every alternate days.	123	Management
89	Attendance	124	Nothing
90	Attendance	125	no
91	Change the way of functioning	126	Everything
92	Don't make it compulsory.	127	Nothing
93	Places	128	Don't force it upon us by making attendance mandatory
94	It is taken in classroom	129	Keeping it twice or thrice in a week.
95	If available, more faculty and bigger spaces for yoga.	130	Special classes for girls to overcome mensurational problems
96	Nothing	131	The compulsion of it.
97	Teachers should be professional	132	Not have it at all
98	Take the sessions in open gardens	133	Make it in-compulsory to all students and not make it an attendance necessity, rather than being flexible and enjoyable.
99	Time	134	Timings
100	Can't say	135	Put for all years not only 1st year
101	None	136	Shouldn't be compulsory
102	Nothing	137	Remove it
103	Nothing	138	None
104	Nothing	139	The whole thing
105	None	140	It should be done in the garden instead of corridor

141	Make it available for 3rd year also	176	Time I guess...because yoga is to be done in the morning not in the afternoon
142	Structure	177	Make it optional and remove the required attendance percentage for it.
143	Na	178	Shut it down
144	Nothing	179	The whole course
145	Nothing	180	Yoga compulsion
146	I didn't like anything in Yoga Program	181	Nothing
147	Nothing.	182	Popularity
148	Nothing	183	It should be conducted twice a week and provide separate sessions according to gender instead of taking it together.
149	Keep it daily, otherwise don't	184	Yoga must be introduced every trimester
150	Venue.	185	They should provide certificate of completion to those students who have regularly attended the entire Yoga course.
151	Time	186	Timings
152	Proper yoga centre should be there	187	Yoga uniform still not provided
153	It need to implemented properly and not be done for the sake of doing and doing yoga 1 or 2 times a day isn't going to make a difference.	188	Attendance compulsion
154	-	189	-
155	Location	190	Nothing
156	Time of the course	191	Make it two days with regular interval
157	It should be held at least thrice a week for benefits	192	Wehaven't received our yoga uniforms yet. It will be good if they provide uniforms to us soon
158	Nothing	193	nothing
159	No compulsory attendance	194	Increase Time
160	Nothing	195	.
161	Cancel them.	196	Yoga mats should be provided every time.
162	Time	197	time duration
163	The Surya namaskar should be included in practice	198	Place where yoga is done
164	Keeping it regular and only for the people who really are interested	199	Yoga should be daily.
165	Compulsion	200	Nothing
166	Should be daily	201	Instead of yoga i would like to suggest sports
167	Suryanamaskar	202	.
168	The location of where yoga is taken	203	We don't yoga class
169	the yoga uniform	204	No Change
170	Again , neutral	205	No
171	Don't make us do it	206	On the daily basis it should be there
172	Should be conducted on a open ground	207	No change
173	Strictly compulsory for every student to attend	208	None
174	Nothing	209	Health Fitness is Depend on self not on course
175	Nothing	210	.

211	Need infrastructure as well daily.	246	At least two day in week
212	Timings	247	Nothing
213	Timing	248	Nothing
214	NA	249	Nothing
215	None	250	More active
216	No change	251	timings and i want that it should not be on one day it should be done everyday
217	Avoid uniform because it is waste of money	252	Keep it at least 4 days a week
218	It should be conducted twice or thrice a week	253	Nothing
219	Should be daily	254	No
220	NA	255	Nothing
221	It will happen regular in morning	256	Yoga hall
222	It should be conducted daily	257	Stop yoga
223	The time	258	The YOGA COURSE Itself
224	Change the timing & focus on meditation	259	Change it to outdoor games session
225	Don't keep attendance because not interested students change the whole vibes	260	No
226	Nothing	261	Unnecessary information
227	It should be individual's own choice whether to attend Yoga sessions or not. It should NOT be made mandatory for students.	262	Nothing
228	It should be conducted everyday	263	Need to beat least 2 times a week
229	-	264	Sessions should be taken regularly
230	It should be all 6 days in a week. But it should not be compulsory.	265	Place should be enough to do yoga.
231	Strict presence y should be there for yoga	266	At least 2 Times in a week
232	Nothing	267	It should be compulsory. In PG in first year hardly there were session. In second year its always free. If its like that there is no use of Yoga uniform.
233	Attendance	268	It should be conducted everyday
234	Nothing	269	Schedule for everyday
235	New yoga	270	Short duration of yoga session
236	.	271	Should be practiced daily
237	Everything	272	It scheduled for daily routine not a single day in week
238	Nothing	273	Don't keep it
239	Actually conduct it	274	Make it compulsory on daily basis or else remove it.
240	The allotment of dedicated yoga session places	275	No
241	All 6day yoga should continue	276	None
242	Should focus more towards building power of mind	277	It must be in ground where concentration power becomes better
243	The yoga uniform may not be comfortable for all so casuals should be allowed	278	The power of presence
244	More yoga sessions	279	Shut it down
245	Everything	280	Maybe have it outdoors in fresh air amongst nature

281	No	296	Nil
282	Nothing	297	No change
283	It should be everyday	298	Do it 30 mins basic everyday
284	Nothing	299	It should not be made a compulsion and should be of free will
285	No yoga	300	No
286	More lectures	301	I would make Yoga optional sign up course and would make it every day as Yoga would never benefit someone one day a week like it would EVERYDAY.
287	-	302	it should be daily
288	Discontinue it	303	It should be practiced every day at least for 10 minutes
289	Schedule	304	Should be at least twice a week
290	Keep it often	305	It is like only for a day and rest of the days it's gives body pain
291	Nothing	306	It should be every day
292	Duration and frequency. Yoga should not be a 1 day activity.	307	-
293	Cancel it		
294	Nothing		
295	Should be conducted daily		

Appendix 'A'

**World's First University for Life Transformation**  
**MIT-World Peace University, Pune**  
**Standard Operating Procedures**

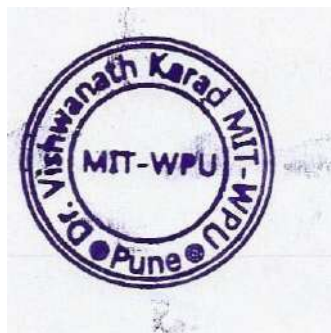
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For Effective Conduct of Peace Program

Version	2.
Authorized by	Registrar MITWPU

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## Preamble

Indeed, it is a matter of great honour for the erstwhile MIT group of Institutes, that the State Government has awarded it with the status of "World Peace University", which has a legacy of nearly four decades in the field of education, learning and social initiatives.

For the first time in India or probably in the whole World; a genuine ground breaking effort is underway in the field of higher education; to realise the prophecy of the great son of this nation, Swami Vivekananda; to blend apparently distant subjects like "Science and Spirituality", "Modern Technology and Meditation", "Entrepreneurship and Ethics", together.



## **Introduction**

1. Aligning ourselves with our new role as "World Peace University" ; along-side the core contents; the University has intrinsically blended 'The Peace Program' in all the study disciplines across MIT-WPU, and made it an integral part of all academic delivery. Our goal is to transform students into responsible citizens of the World who are physically fit, mentally alert, intellectually sharp and spiritually elevated. In fact, the Peace Program is going to form the very DNA of our progressive University.
2. Without peace, mankind cannot achieve true progress in any sphere, be it material, moral or spiritual, and 'To achieve peace, we have to teach peace'. Peace is an integrative and all-embracing subject. Peace begins with the individual and spreads to the family, to the community, to the nation, and to the whole World.
3. With this understanding in mind, all the peace subjects have been specifically designed, to an individual to move from 'peace within ' to 'peace without'. To define these phrases; 'Peace within ' means our own inner peaceful state of mind; and 'Peace without' means peaceful co-existence amongst all sections of the society, among all nations of the World and its people without any conflict.
4. Since beginning, MIT Group has always thought ahead of time and have always taken lead in many areas to imbibe right ideas and perspectives in the young minds such as 'The Universal Values ' which are of utmost importance to mould them as better human beings.

## **Key Objectives of Peace Program:**

5. Following key objectives are expected from the Peace Programme.
  - (a) To equip students with peace oriented values, skills and attitudes necessary to become a well cultured person and responsible citizens of the society.
  - (b) To help re-establish the balance between the 'emotional development' and 'intellectual development' of students.
  - (c) To develop a spiritual, philosophical yet pragmatic approach to understand and effectively respond to the modern day challenges of life.

- (d) To introduce our ancient texts and scriptures to students, to impress upon them the uniqueness of our culture and heritage, and acquaint them with some of the most prominent schools of Indian philosophy.
- (e) To shape the character and the personality of students in such a way so that they will be able to realize their full potentials and contribute to the well-being of the community.
- (f) To create a deep understanding in the minds of our students that "Character" is more important than "Personality" and 'life based on fundamental principles and truths alone can bring them long lasting joy, happiness and meaningful living .
- (g) To earnestly remind everyone about our common humanity, that 'the whole world is one family' - Vasudhaiv Kutumbakam.
- (h) To transform students into 'Balanced & Winning Personalities' so as to spread message of peace in all walks of life through their own example.

### **Peace Subjects with Code No. and their spread**

6. The Board of Studies for Peace Studies has decided following peace subjects to be considered for effective implementation of peace program of MIT-WPU.

Sr. No.	Name of Subject	Subject Code	Year	Trimester	No. of Credits
1.	World Famous Philosophers, Sages/Saints and Great Kings	WPC 1	First	1	2
2.	Study of Languages, Peace in Communications and Human Dynamics	WPC 2	First	3	2
3.	Yoga - for Winning Personality	WPC3	First	1, 2, 3	2
4.	Philosophy of Science and Religion/ Spirituality	WPC 4	Second	5	2
5.	Indian Tradition, Culture and Heritage	WPC 5	Third	7	2
6.	Humanities - Ethical, Moral and Social Sciences	WPC 6	Third	9	2
7.	Scientific Studies of Mind, Matter, Spirit and Consciousness.	WPC 7	Fourth	11	2



**7. Spread of Peace Subjects for all courses under MIT-WPU**

For Four Year Courses : Total 180 Hours			
	1 <sup>st</sup> Trimester	2 <sup>nd</sup> Trimester	3 <sup>rd</sup> Trimester
Year 1	30 Hours - WPC 1		30 Hours - WPC 2
Year 2		30 Hours - WPC 4	
Year 3	30 Hours - WPC 5		30 Hours - WPC 6
Year 4		30 Hours - WPC 7	

For Three Year Courses : Total 150 Hours			
	1 <sup>st</sup> Trimester	2 <sup>nd</sup> Trimester	Y <sup>d</sup> Trimester
Year 1	30 Hours - WPC 1		30 Hours - WPC 2
Year 2		30 Hours - WPC 4	
Year 3	30 Hours - WPC 5		30 Hours - WPC 6

For Two Year Courses : Total 90 Hours			
	1 <sup>st</sup> Trimester	2 <sup>nd</sup> Trimester	3 <sup>rd</sup> Trimester
Year 1	30 Hours - WPC 1		30 Hours - WPC 2
Year 2		30 Hours - WPC 4	



## 8. Peace Subjects:

### Trimester-wise Distribution:

For any given Academic Year, the Trimester-wise distribution of peace subjects is as given in the table below:

<b>For Ex: AN. 2018-19</b>			
	1 <sup>st</sup> Trimester	2 <sup>nd</sup> Trimester	3 <sup>rd</sup> Trimester
For all 1 <sup>st</sup> Year Courses	WPC 1		WPC 2
For all 2 <sup>nd</sup> Year Courses		WPC 4	
For all 3 <sup>rd</sup> year Courses	WPC 5		WPC 6
For all 4 <sup>th</sup> Year Courses		WPC 7	

### Assessment:

9. The Peace Studies program in MIT-WPU is a basket of independent subjects which are quite diverse as well as multidimensional in their very nature. The teaching scheme of these subjects as well as their assessment in certain innovative ways will help us assess our students in many areas vis-à-vis their holistic development and pro-peace attitude.

10. For the assessment of peace subjects, the B.O.S. for peace has decided the following scheme.

- |   |   |          |
|---|---|----------|
| (a) Biography Presentation/Journal Writing* | : | 25 marks |
| (b) Film Appreciation                       | : | 10 marks |
| (c) Group Activity & Initiative             | : | 10 marks |
| (d) Assignments (2)                         | : | 20 marks |
| (e) Attendance                              | : | 05 marks |
| (f) Term End Examination                    | : | 30 marks |

(\*The Trimester in which there is no Biography presentation, Journal Writing will be the criteria for assessment.)

#### (a) Biography Presentation: (25 Marks)

- "The man who does not read has no advantage over the person who cannot read." — Mark Twain's.



Reading Biographies/autobiographies have profound impact on one's life. Key takeaways of reading biographies are:■

- Augurs professional development and wisdom
- Promotes self- discovery
- Improves personal life
- Offers new perspectives
- Expands Horizons

(i) **Course-wise Spread of Biographies:**

<b>For Four Year Courses : Total 4 Biographies</b>			
	<b>1st Trimester</b>	<b>2nd Trimester</b>	<b>3rd Trimester</b>
<b>Year 1</b>	<b>1st</b>		
<b>Year 2</b>		<b>2nd</b>	
<b>Year 3</b>	<b>3rd</b>		
<b>Year 4</b>		<b>4th</b>	

<b>For Three Year Courses : Total 3 Biographies</b>			
	<b>1st Trimester</b>	<b>2nd Trimester</b>	<b>3rd Trimester</b>
<b>Year 1</b>	<b>1st</b>		
<b>Year 2</b>		<b>2nd</b>	
<b>Year 3</b>	<b>3rd</b>		

<b>For Two Year Courses : Total 3 Biographies</b>			
	<b>1st Trimester</b>	<b>2nd Trimester</b>	<b>3rd Trimester</b>
<b>Year 1</b>	<b>1st</b>		<b>2nd</b>
<b>Year 2</b>		<b>3rd</b>	

(ii) **Evaluation** .The following criteria will be used for the evaluation of biographies:

- (aa) After having thoroughly read the prescribed / chosen biography, every student will submit his/ her presentation in minimum 500 words draft and ppts in soft copy only.  
(Paperless presentation)

**(10 Marks)**



(ab) Each student has to give presentation for at-least 10 minutes to explain the lessons learnt from biography.

**(15 Marks)**

OR

(a) **Journal Writing:** Students can use any type of notebook for journal writing. They should bring this journal to every peace lecture. They should take notes in this journal during peace lecture. They should also write one paragraph (minimum half page or more) on the specific learnings received in that lecture, which part in that lecture appealed most to them and why?

The assessment will be based on the following criteria:

(i) The attentiveness in the class (which will be reflected in the quality Of notes taken)

**(15 Marks)**

(ii) The paragraph/s describing the lessons learnt in each class

**(10 Marks)**

(b) **Film Appreciation:** As films are mirrors of the minds of the society, they provide deeper impacts into the minds of the viewer, a basket of must-watch movies is chosen and for each peace subject, one movie is required to be chosen during that trimester in classrooms. A discussion will follow based on the

(i) The story

(ii) Characters

(iii) Central Theme

(iv) Critical Views

(v) Takeaways/Learning's

The student will be asked to write down their critical observations on the theme around which the film was centred and the lessons learnt from the movie.

**(10 Marks)**

(c) **Group Activity & Initiative:** 15 to 20 Students will be asked to form a group. They will choose any activity pertaining to their choice (for ex.



Swachh Bharat Abhiyan, visit to old-age home/orphanage, Excursion, visit to Institute of eminence, visit to places of worship of different religions etc.)

The group will submit a report in soft-copy with their observations, experience, lessons learnt, people conversed, photos, Video-links (if any) etc.

The group as a whole will be assessed based on these submissions.

**(10 Marks)**

(d) **Assignments:**

Two Assignments of 10 marks each to be submitted for every peace subject.

**(20 Marks)**

(e) **Attendance:**

**(Max. 5 marks)**

Attendance in %	Marks
>95 %	5
91-95%	4
86-90%	3
81-85%	2
75-80%	1
<75%	0

(f) **Term - End Examination:**

**(30 Marks)**

Nature - Online MCQ Exam •

Duration: 60 min





11. Minimum Passing Criteria: For (a) and (b) below

- (a) Class Continuous Assessment (40% of 70) = 28 Marks  
(b) Term End Examination (40% of 30) = 12 Marks

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**Totals = 40 Marks**

12. Yoga:

- (a) Subject Code: WPC 3  
(b) Subject Name: Yoga - for Winning Personality  
(c) Subject Credits: 2\* (\*Not to be considered for CGPA ratings)  
(d) Duration: In trimester 1, 2 & 3 of all first year courses of MIT-WPU (1 hour every Thursday)  
(e) Minimum Attendance is Mandatory: 75%  
(f) If a student fails to attend minimum required 75% yoga sessions (Trimester 1, 2 & 3 combined, for first year of all programmes), then he/she will have to attend the yoga sessions in the 4<sup>th</sup> trimester (2<sup>nd</sup> year) to complete his/her minimum 75% attendance.  
(g) The students who do not comply with this requirement of minimum 75% yoga attendance will not be awarded the final degree until they make up for the minimum yoga attendance by completing the balance of the yoga sessions in the fourth trimester.

13. Class Engagements:

- (a) Audio-visual presentation.  
(b) Uniformly designed PPT's for every lecture.  
(c) Two to three short videos embedded in every lecture within PPT's.  
(d) Encouraging students' participation like role play and inviting them to present their views.  
(e) Question & Answers  
(f) Must conclude with 'Takeaways' from the lecture




14. **Peace Program Certificate:**

Every student would be given 'Peace Program Certificate' after fulfilment of All the necessary criteria.

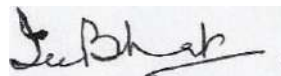


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Approved by



Prof. Dr. I.K. Bhat  
Vice Chancellor  
MIT-WPU



# Syllabus

**Subject Code: WPC 1**

**World Famous Philosophers, Sages/Saints and Great Kings**

**Teaching Scheme: 3 Hrs/week**

**Marking Scheme: 2 Credits**

## **Philosophers:**

### **1. Adi Shankaracharya:**

Early Life, Meeting with Govinda Bhagvadpada, Famous debate with Mandan Mishra, Death of Shankara's mother, Establishment of four Mutts, Shankara ascending Sarvadnyapeetham, Shankara's last days, Advaita Vedanta Philosophy - Recall the philosophy of Advaita Vedanta, Takeaways and modern day connect.

### **2. Socrates:**

Early Life, Socratic Method, Philosophy of Socrates, courtroom trials, Comparative study of Socrates, Plato and Aristotle's Philosophies, Takeaways and modern day connect.

### **3. Plato:**

Early Life, Birth and family, education, later life, founding the academy, Plato's writings, Death, Work and Takeaways.

### **4. Aristotle:**

Early Life, Aristotle and Plato, Tutor of Alexander the Great, Differences in Philosophy of Plato and Aristotle, Philosophy of Aristotle, Theory of Golden means, Catharsis, Peripeteia, Anagnorisis, Rhetoric, Current relevance, Takeaways.

### **5. Mahatma Gandhi:**

Role in Freedom struggle: Early Life, Maturing in South Africa, Struggle for Indian Independence 1915-1947, Gandhian Tactics, Champaran and Kheda agitations, Khilafat movement, Non-cooperation movement, Salt March, Quit India movement, Imprisonment, Father of the nation, Conclusion and Takeaways.

Philosophy: Non violence, Truth, Satyagraha, Gramswaraj, Decentralization in Democracy, education system, concept of politics, Gandhi's concept of Religion, Untouchability.

### **6. Swami Vivekananda:**

Early Life, Awareness of Life mission, Decision to attend the parliament of Religions, Mahasamadhi, Ramakrishna mission, Belur mutt, Lectures/ thoughts, Concentration, Utility of Knowledge, Work and Thought, Religion and Science, On fanaticism, Swami Vivekananda's contributions to world culture/ India/Hinduism. Takeaways, Relation-science and spirituality.

### **7. Karl Marx:**

Introduction, What is Capitalism, Bolshevik revolution, Principles of Marx, Marx's concept of alienation, Takeaways, To understand about socialism and communism.

## **Saints/Sages:**

### **1. Saint Dnyaneshwara:**

Introduction, Early Life, Facts, Work, Teachings/ Philosophy, Ethics, Takeaways, The knowledge of Dnyaneshwari sutras in life.

### **2. Saint Tukaram:**

Introduction and work, Prevailing political, social and religious situations, Early Life, Life stories, Sant Tukaram Maharaj and Chatrapati Shivaji Maharaj, Teachings, Takeaways, knowledge of Gatha sutras in life.

### **3. Saint Kabir:**

Introduction and work, Early life, Death, Takeaways, Demonstration of Hindu Muslim unity, knowledge of Dohas in life.

### **4. Mother Teresa:**

Early Life, Work in India and rest of the world, Significance of dress, Recognition and rewards, Takeaways.

### **5 Saint Gadge Baba:**

Introduction and Work, Early Life, Swachha Bharat Mission, Death, Role and contributions for humanity / country/ world, Takeaways, Demonstrate students about dignity of labor.

### **6. Shree Samartha Ramdas:**

Introduction, Early life, The Samarth Sect, Pilgrimage and movement, Administrative and religious policies, Chatrapati Shivaji Maharaj and Ramdas, Role and contributions for humanity / country/ world, Takeaways, Knowledge of Dasbodh sutras in life.

## **Great Kings:**

### **1. Samrat Ashoka:**

Introduction, early Life, Ascension to the throne, Administration and empire, Battle of Kalinga and submission to Buddhism, Religious policy, Ashok's Dhamma, Edicts, Role in dissemination of Buddhism, Demise and Legacy, Understanding the process of transformation of human being from violence to non-violence.

### **2. Maharana Pratap:**

Introduction, Early Life, Important Battles, Facts, Administrative and religious policies, Role and Contribution towards humanity/country/world, Takeaways, Qualities of Maharana Pratap that are important in life.

### **3. Chhatrapati Shivaji Maharaj:**

Introduction, early Life, Rajmata Jijau, Beginning of Swarajya with Torana, Important Battles, Escape from Aurangzeb's court, southern conquest, few facts, good governance, Role and Contribution towards humanity/country/world, Takeaways, Shivaji's values in life and important qualities essential in life to succeed.

### **4. King Harshavardhan:**

Introduction, Pushyabhuti dynasty, Ascension to the throne, Administration and empire, Coin of Harshavardhan, Assembly of Kannauj, The Poet, facts.

### **5. Chandragupta Maurya:**

The liberation of India, Imperial expansion, abdication and death, Takeaways and life skills to learn, Recall the history of Mauryan Empire.

### **6. Alexander – The Great:**

Overview, education, the new king of Macedonia, Wars- Punjab, Indus, Aornus, Hydaspes, Return to Babylonia, Demise, King of four quarters of the world, The last battle, Alexander's character and important fact, Conclusion with contrast in life of Alexander.

### **7. Akbar – The Great:**

Personality, Religion, The Emperor, Akbar-nama, Administrative reforms, Imperial expansion, Navaratnas, Death, Patron of the Arts, Akbar in comparison with other kings of Mughal empire, Takeaways.

### **Reference Books**

1. AdiShankara – The Jagad Guru, His Life and Philosophy; By Shantha N. Nair
2. Swami Vivekananda - The Living Vedanta; By ChaturvediBadrinath
3. Sri Aurobindo – A Brief Biography; By Peter Heehs
4. Autobiography of a Yogi; By Paramhansa Yogananda
5. Rabindranath Tagore – A Biography; By Uma Das Gupta
6. Shri Chaitanya Charitamrita; By Purnaprajna Das
7. Life of Sri Ramanuja; By Swami Ramakrishnananda

### **Supplementary Reading:**

- 1 Biography of Rabindranath Tagore – Ramesh Publishing House, New Delhi
- 2 Biography of Dr. S. Radhakrishnan – Ramesh Publishing House, New Delhi

### **Web Resources:**

1. [www.youtube.com](http://www.youtube.com)

Appendix 'B'

## Syllabus –Subject Code: WPC 2

### Study of Languages, Peace in Communications and Human Dynamics

Teaching Scheme : 3 Hrs/week

Marking Scheme : 2 Credits

#### 1. Study of languages:

- i. Classical languages in the world and significance: Sanskrit, Tamil, Latin, Greek, Arabic, Chinese, Hebrew.
- ii. Interesting facts about Sanskrit.
- iii. Famous writers of Classical Indian languages: Ved Vyas, Valmiki, Kalidas, Chanakya, Panini, Maharishi Patanjali, Parashar, Acharya Charak, Aryabhata.

#### 2. Peace in Communications:

- i. Introduction: Speaking Skills, Listening Skills, Non-verbal Communication
- ii. What is Communication?: Exchanging Information, Important C's of Communication
- iii. Why Peaceful Communication?: Is stress or pressure making you a poor communicator, Influence vs Manipulate
- iv. Non-verbal Communication: Nonverbal Communication=Communication without words
- v. Body Language: Impact of Body Language, To the more basic parts of Body Language, Way to improve body language
- vi. Listening Skills: Listening gives perspective, Few objectives of listening, Lie Detection, What kind of a listener are you, Distracted Listener, The engrossed one, The interrupters, The dead pan face kind of a listener, The conflict seekers, The self-proclaimed mentors, Human Library, Self-Analysis
- vii. Verbal Communication: The 101 of Verbal Communication, Positive Productive Communication, The Process of Communicating, The Ten Commandments of Verbal Communication Skills, Sharing and building meaning, Voice Modulation
- viii. Modern Day Communication: Your communication with the environment, Communication with senior citizens, Communication with body, Internet communication, Power of visuals

#### 3. Human Dynamics:

- i. Human Dynamics and Youth: Human Dynamics in a Virtual Society
- ii. Physical Intelligence (PQ)
- iii. Intellectual Intelligence (IQ): Mental Agility and Comprehension Ease
- iv. Emotional Intelligence (EQ)
- v. Spiritual Intelligence (SQ)
- vi. Group Dynamics: Mother, Father, Siblings, Group Analysis, Grandparents, Friendship Dynamics, Acquaintances, Wisdom Dynamics, Gurus, Teachers, Mentors, Subordinate Dynamics.

- vii. Human Dynamics in the City: Infrastructure, Rural and Semi Urban Development, Education, Sports, Ministry, Environmental.

### Reference Books:

1. Nonviolent Communication: A Language of Life  
by [Marshall B. Rosenberg](#), [Arun Gandhi](#)
2. “Comprehension – Interpersonal and Communication Skills for Gs Paper II” by  
Arun Sharma and MeenakshiUpadhyay
3. Human Engineering: A Reference Book On the Dynamic Mind  
Fundamentals Paperback –by [Richard H. Mulliner](#) (Author)

### Supplementary Reading:

Workbook provided by Poddar Foundation.

### Web Resources:

[https://en.wikipedia.org/wiki/Global\\_Peace\\_Index](https://en.wikipedia.org/wiki/Global_Peace_Index)  
[https://www.ted.com/talks/julian\\_treasure\\_5\\_ways\\_to\\_listen\\_better](https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better)  
[https://www.youtube.com/watch?v=rpazb\\_SwglU](https://www.youtube.com/watch?v=rpazb_SwglU)

### MOOCs:

[https://onlinecourses.nptel.ac.in/noc18\\_hs18/preview](https://onlinecourses.nptel.ac.in/noc18_hs18/preview)

## **WPC 3**

### **Yoga – For Winning Personality**

1. Subject Code: WPC 3
2. Subject Name: Yoga - for Winning Personality
3. Subject Credits: 2\* (\*Not to be considered for CGPA ratings)
4. Duration: In trimester 1, 2 & 3 of all first year courses of MIT-WPU (1 hour every Thursday)
5. Minimum Attendance is Mandatory: 75%
6. If a student fails to attend minimum required 75% yoga sessions (Trimester 1, 2 & 3 combined, for first year of all programmes), then he/she will have to attend the yoga sessions in the 4<sup>th</sup> trimester ( 2<sup>nd</sup> year) to complete his/her minimum 75% attendance.
7. The students who do not comply with this requirement of minimum 75% yoga attendance will not be awarded the final degree until they make up for the minimum yoga attendance by completing the balance of the yoga sessions in the fourth trimester.



## WPC 4

### Philosophy of Science and Religion/Spirituality

- The Science of Spirituality
- Science and Spirituality : East and West
- Evolution of Consciousness
- The Blending of Science and Spirituality in the Ayurvedic Tradition of Healing
- Indian Mystics
- Practical Spirituality
- Vedas
- Upanishads
- Puranas
- Yogasutras of Patanjali
- Learnings from Bhagavad-Gita and Ramayana
- Inventions by Ancient Hindu Sages and Rishis
- Quantum Physics and Spirituality
- Origin of Existence – Material and Non-material
- The Purpose of Creation

## WPC 5

### Indian Tradition, Culture and Heritage

- History: Brief known Indian History since Vedic times till present age.
- Social System: Common thread running between all elements in the society.
- Education: 'Gurukul' way of education & its outcome.
- Prosperity of ancient Indian Literature.
- Spirituality: Path to Self-realization.
- Ayurveda: The ancient way of living, nutrition and food habits.
- Economical System: Relationship between ethics & economy.
- Agricultural Methods: Processes beneficial to every component of nature.
- Political System: Respect for 'eternal values' in ancient dynasties.
- Art and music: Ancient India's rich heritage and appreciation for Art and Music, and its relation in today's artistic/musical trends.
- Geographical Heritage: Mountains, rivers, sea, forests, and its co-relation with overall development of society.
- Unity in diversity: Mutual respect, valuing differences.
- Festivals.
- Clothing.
- Languages and Literature.
- Visual Arts – Painting, Sculpture and Architecture.
- Sports and Martial Arts.

## **WPC 6**

### **Humanities – Ethical, Moral and Social Sciences**

- Need of Value Education
- Human Values Vs Moral Values
- Intrinsic and Extrinsic Values
- Values Vs Ethics
- Values Vs Beliefs
- Core Human Values

What is Ethics?

- Importance of Professional Ethics
- Objectives of Professional Ethics
- Need of Professional Ethics
- Professionalism and Morality
- Codes of Professional Ethics
- Important Components of Professional Ethics

## **WPC 7**

### **Scientific Studies of Mind, Matter, Spirit and Consciousness**

- Science & Metaphysics
- Science & Philosophy
- Experience & Reality
- Mind – Body Interaction
- Mind and Meaning
- Behavioural Analysis
- Intrinsic Characteristics
- Consciousness
- Free Will
- Perception
- The Self
- Survival of the Soul (Spirit) after Death
- Reincarnation of the Souls
- Progression of the Soul towards Perfection
- Transmigration of Spirit
- Law of Karma

## Appendix 'C'

### Questionnaire for Feedback

#### Peace Course

- Q. No. 1. Do you think that MIT-WPU Peace Courses are helping you in making better Person?  
(a) Yes  
(b) No
- Q. No. 2. One thing you like most about the Peace Courses
- Q. No. 3. One thing you like least about the Peace Courses
- Q. No. 4. One thing you would like to change in Peace Courses
- Q. No. 5. Rate peace Course on scale of 5

- 5 – Excellent  
4 - Very Good  
3 – Fair  
2 - Poor  
1 - Very Poor

#### Yoga Course

- Q. No. 1. Do you think that MIT-WPU Yoga Programme is helping you in improving your physical and mental health?  
(a) Yes  
(b) No
- Q. No. 2. One thing you like most about the Yoga?
- Q. No. 3. One thing you like least about the Yoga?
- Q. No. 4. One thing you would like to change in Yoga Course.
- Q. No. 5. Rate Yoga Course on scale of 5  
5 – Excellent  
4 - Very Good  
3 – Fair  
2 – Poor  
1 - Very Poor