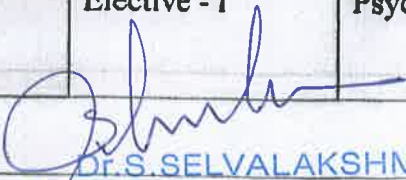



B.Sc Yoga 2020

Curriculum Design:

First Year – First Semester						
Course Components		Subject Name	Internal	External	Total	Credits
Part - I	Paper - I	Tamil/ Hindi – Paper - I	25	75	100	3
Part - II	Paper - I	English – Paper I	25	75	100	3
Part - III	Core Theory - I	Fundamentals of Yoga	25	75	100	5
	Core Practical - I	Yogic Practices - I	25	75	100	3
	Allied Paper - I	<i>Basic Yoga Texts.</i>	25	75	100	3
First Year – Second Semester						
Part - I	Paper - II	Tamil/ Hindi – Paper - II	25	75	100	3
Part - II	Paper - II	English – Paper II	25	75	100	3
Part - III	Core Theory - II	Yoga and Psychology	25	75	100	5
	Core Practical - II	Yogic Practices - II	25	75	100	3
	Allied Paper - II	Anatomy and Physiology	25	75	100	3
Second Year – Third Semester						
Part - I	Paper - III	Tamil/ Hindi – Paper - III	25	75	100	3
Part - II	Paper - III	English – Paper III	25	75	100	3
Part - III	Core Theory - III	Methodology of Teaching Yoga	25	75	100	5
	Core Practical - III	Teaching Practice	25	75	100	3
Part - IV	Non Major Elective - I	Health and Psychology	25	75	100	2


Dr. S. SELVALAKSHMI
 M.Sc.,(Yoga) M.Sc.,(Yoga Therapy) M.P.Ed.,M.Phil.,Ph.D.,
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Second Year – Fourth Semester						
Part - I	Paper - IV	Tamil/ Hindi – Paper - IV	25	75	100	3
Part - II	Paper - IV	English – Paper IV	25	75	100	3
Part - III	Core Theory - IV	Traditional Indian System of Medicines and Therapies	25	75	100	5
	Core Practical - IV	Yogic Practices - III	25	75	100	3
Part - IV	Non Major Elective - II	Diet and Nutrition	25	75	100	2
Third Year – Fifth Semester						
Part - III	Core Theory - V	Yoga Therapy	25	75	100	5
	Core Theory - VI	Patanjali Yoga Sutra	25	75	100	5
	Core Practical - V	Yogic Practice - IV	25	75	100	3
	Core Elective - I	Usage of Props	25	75	100	3
Part - IV		Environmental Studies	25	75	100	2
Third Year – Sixth Semester						
Part - III	Core Theory – VI	Yogic Diet	25	75	100	5
	Core Theory - VII	Methods of Naturopathy	25	75	100	5
	Core Practical - VI	Yogic Practice - V	25	75	100	3
	Core Elective - II	Yoga and Fitness	25	75	100	3
Part - IV		Value Education	25	75	100	2

FUNDAMENTALS OF YOGA

UNIT I

Yoga: Meaning- Definitions- Need- Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga

Philosophy: Scope of Philosophy

Shad Darshanas: Nyaya, Vaishesika, Samkhya, Yoga, Mimamsa, Vedantu.
Misconceptions and clarifications of Yoga- Yoga and Education.

UNIT II

History of yoga-Modern Developments- Contribution to yoga by Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga Vasishtha, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samahitha, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhitha, Siva Samahitha, Hatha Ratnavali, Siddha Siddhanta Paddhati, Narada Bhakthi Sutras, Yoga Rahasya.

UNIT III

Contributions to yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Arobinodo, Maharishi Mahesh yogi, Swami Rama, Krishnamacharya, Swami Kavalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand saraswathi- Sri Yogendraji- Paramahansa Yoganada- B.K.S Iyengar.

UNIT IV

Contributions of yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism- Spirituality -Role of yoga & Religions on Spirituality- Methods to promote Spirituality.

UNIT V

Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga

Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Schools of yoga- Sivananda yoga, Integral yoga, Bihar school of yoga, Kundalini yoga, Ashtanga yoga, Viniyoga, Iyengar yoga

Hatha yoga, Swara yoga and Mantra yoga.

References :-

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paperpacks.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungar : Yoga publications trust.
4. Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga , Gangothari : Yoga nketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

YOGIC PRACTICES - I

Unit – I

Essentials of yogic practices, cleapliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emotying the bowels and stomach counter pose, pregnancy, contra-indictions, duration, straining, special provisions for women and patients, fitness, posture, side effects.

Unit – II

Surya Namaskar

Unit - III

Loosening the joints (S-vyasa)

Unit – IV

Asanas:

Advasana

Sukhasana

Ardha Padmasana

Marjari asana

Padadhirasana

Tiryanka Tadasana

Druta Utkatasana

Unit – V

Asanas:

Utthita Lolasana

Yogamudrasana

Tiryaka Bhujangasana

Saithalyasana

Meru wakrasana

Eka Padasana

Prishthasana

Kurmasana

Upavista Konasana

References :-

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paperbacks.
2. Sivananda Saraswati swami (1934) Yoga Asanas Madras : My magazine of India.
3. Salyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, munger : Yoga publications trust.
4. Iyenger B.K.S (2008) Light on pranayama, New Delhi : Harper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications
7. Yogeshwaranand saraswati swami (1975) First steps to higher yoga , Gangothari : Yoga niketan trust.
8. Coulter, H David (2004) Anatomy and Hatha yoga, USA: Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Human kinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmcier and Diane M. Andresini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

Basic Yoga Texts

Unit I

Vedas

Upanishads

Ishasyopanishad, kena, katha, Mundaka, Mandukya, Aitareya, Taittiriya, chandogya, Brihadaryanaka Upanishads

Bhagavad Gita

Yoga in Bhagavad Gita (Chapter – II), Karma Yoga (Chapter – III), Yoga in Chapter – VI, Bhakthi Yoga (Chapter – XII), Yogic diet (Chapter – XIV & XVII), Moksha (Chapter – XVIII)

Yoga Vasishtha

Highlights and concepts of Freedom, gunas, meditation and ailments

Prasthanatrayee, Purushartha Chatushtaya, Narada Bhakthi Series

Unit II

Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Siva Samhita, Hatha Ratnavali, Siddha Siddhanta Paddhati.

Unit III

Asanas in Hatha text:

Definition, pre requisites, Special features

Unit IV

Pranayama in Hatha text:

Concept, phases & Stages, pre requisites, Benefits, precautions, contra indications

Unit V

Bandha, Mudra & other practices:

Concept, Definition, Benefits, precautions & contra-indications, stages.

References:

- Iyenger B K S (1976) Light on yoga, London, Unwin paperbacks
- Sriyananda Saraswati swami (1934) Yoga Asanas Madras: My magazine of india
- Satyanada sarawati swami (2004) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust
- Iyenger B K S (2008) Light on pranayama, New Delhi: Harper Collins publishers India
- Chandrasekaran k (1999) Sound Health Through Yoga, Sadapatu: Prem kishan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari, Yoga niketan trust
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign, Human Kinetics
- Gharote (2004) Applied yoga, Lonla: Kaivalyadhama
- Gharote (2004) Applied yoga, Lonla: Kaivalyadhama
- Kathy Lee Kappmeier and Diane M Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics
- Sriyananda sarawati Swami (2007) Meditations from thitantras, Mungar: yoga publications Trust.

YOGA AND PSYCHOLOGY

Unit I: Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology- Psychology and Yoga, Role of yoga on Heredity and Environment, learning, Emotions, memory, Cognition, Intelligence, Attention, attitude, personality

Unit II: Growth and Development: Life span periods, yoga for different stages of life: infancy, early childhood, Later childhood, adolescence, Adulthood, Old age, Women. Yoga for Professional people

Unit III: 25 elements, koshas, Doshas, Gunas, Nadis and chakras, Mind, Types of mind, folds, mental faculties, stages, states, sources and powers of mind, unfolding powers of Mind, yoga for super-consciousness

Unit IV: Spirituality: Meaning, definition, Role of Yoga and Religion on Spirituality. Values, types of values, divine virtues. Methods of developing spirituality

Unit V: Role of yoga on psychological qualities and psychological disorders
Neurosis: Anxiety, Phobias, obsessions, compulsions, stress, hysteria, Depression, suicide, Eating disorders, suicide.
Psychosis: Schizophrenia, Autism, Dementia, Bipolar disorders, Mental retardation
Personality disorders: Paranoid, Histrionic, Drug addicts, Gambling, Alcoholism, smoking, anti-social personality disorders

References :

1. Kamlesh, M.L. (1988) Psychology in physical Education and sports, New Delhi : Metropolitan.
2. Elangovan .R., (2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
3. Gita Mathew, (1997) Sports Psychology , Shejin and Shiju Brothers, Karaikudi
4. Gidr, et al., (1989) Psychology , Glenview: scott foresman and company.
5. Bringle Robert etal., (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami (2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.

YOGIC PRACTICES - II

Unit – I

Essentials of yogic practices, cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

Unit – II

Surya Namaskar

Unit - III

Loosening the joints (Ramdev)

Unit – IV

Asanas:

Jyestikasana

Matsya kridasana

Dhyana veerasana

Vyaghrasana

Ardha ushtrasana

Kati chakrasana

Dwikonasana

Dolasana

Unit V

Asanas:

Lolasana

Sarpasana

Utthita Janu Sirshasana

Bhu Namanasana

Bakasana

Gorakshasana

Uttana Kurmasana

Supta Padangusthasana

Ardha Navasana

References:-

- Iyenger B.K.S (1976) Light on yoga. London. Unwin paperbacks
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama. New Delhi . Haper Collins publishers India
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nicketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath. Inc.
- Kirk Marin (2006) Hatha Yoha Illustrated Campaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sarawati Swami (2007) Meditations from thitantras, Murgar: yoga publications Trust.

ANATOMY AND PHYSIOLOGY

Unit I: Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue. Connective tissue - their functions-The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions.

Unit II:

The circulatory system- structure of the heart- the cardiac cycle- composition of blood- Blood pressure- Blood vessels- Hematological system-their functions- arteries, veins & capillaries. The Digestive system- alimentary canal-mouth- pharynx- esophagus- stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion - The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption - Physiology of respiration.

Unit III: The Nervous System- The central nervous system- autonomic nervous system- Brain- spinal cord- Sympathetic and parasympathetic systems- their functions-sensory organs-skin- eyes- ear- tongue- nose- their functions: Posture- active posture- inactive posture- ideal posture- control of posture.

Unit IV:The Endocrine system- Hypothalamus, Pituitary gland- Thyroid gland, Parathyroid glands- Thymus gland- Adrenal gland- Pineal gland- their functions. The urinary system- Kidneys, ureters, bladder, urethra, renal function. The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions

Unit V: Impact of yogic practices on the Anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin. Cardio-vascular system, respiratory system, digestive & excretory system. Hematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.

References:

1. Telles Shirley (2006) A Glimpse of the human body, Bangalore, Swami Vivekananda yoga prakashana
2. Shri Krishna (1988) Notes on structure and functions of human body and Effects of yogic practices on it, Mumbai : ICYHC, Kaivalyadhama.
3. Ray S Dutta (2001) Yogic Exercise: Physiologic and psychic processes, New Delhi:
4. Evelyn C peace (1997) Anatomy and physiology for nurses, New Delhi: Jaypee Brothers.
5. Leslie Kumar (2007) Yoga Anatomy, Champaign: Human Kinetics
6. Nagendra kumar (2007), Yoga Bhyasa for week days, Bangalore: OM mantra Devo Bhava.
7. Gore M.M. (2003) Anatomy and Physiology of yogic practices, Lonavala Kanchan prakshan.
8. Bruce, J. Noble (1986) Physiology of Exercise and Sport. St. Louis C.V. Mospy.
9. Shavel L.G (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.
10. Fax. E.L. and Mathew D.K., (1981) The Physiological basis of Physical Education and Athletics III Ed. Philadelphia W.B. Sannders.
11. Clerke D.H., (1975) Exercise Physiology, New Jersy: Prentice Hall.
12. Selvalakshmi. S (2017) Anatomy and Physiology Madurai: Shanlax Publications.

METHODOLOGY OF TEACHING YOGA

Unit I: Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological

Meaning of methodology of teaching- factors influencing Methodology, Presentation technique

Role of language, Voice, fluency, clarity and body language in Teaching

Factors of Yoga Education: Teacher, Student and Teaching- Guru- Shishya Parampara

Types of students and teachers- promotion of leadership qualities

Unit II: Methods in Yoga Teaching

Lecture method

Response to instruction method (method)

Individualized Instructional Method

Group discussion Method

Directed Practice Method

Project method

Demonstration Method

Lecture cum Demonstration Method

Imitation Method

Dramatization Method

Sources of teaching methods

Unit III: Teaching aids:

Audiovisual aids

Visual aids

Audio aids

Models

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

Unit IV: Preparing lesson plan- Essentials of a good lesson plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management- formation of the class

Conducting yoga practical lessons: Precautions and contra-indications of practices

Lesson plan:

Assembly and roll call
Relaxation & prayer
Loosening the joints
Introduction of the practice
Demonstration
Individual practice
Group practice
Yoga game (if time permits)
Question and answer session
Relaxation
End prayer

Unit V: Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions

Evaluation

Advantages

Devices of evaluation

References

1. Gharote M.L and Ganguly S.K (2001) Teaching Methods for yogic practices Lonavla: Kaivalyadhama
2. Sivananda () Yoga teachers training Manual, vol morin: Sivananda Ashram Yoga camp
3. Anandamitra (1991) Teachers' Manual Calcutta: Ananda Marga Pracaraka Samgha
4. Thirunarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, New Delhi: Morarji Desai National Institute of Yoga

TEACHING PRACTICE

The teaching practice examination shall be conducted by the University. The teaching practice record shall be submitted at the time of the University teaching practice practical examination. The candidate will be evaluated by both internal and external examiner.

PDSPS18G01- HEALTH PSYCHOLOGY

Unit I: Introduction to health psychology. Concept of health, models of health with special reference to bio-psychosocial model of health

Unit II: Health behavior and belief: Factors predicting health behavior and beliefs, health awareness and health seeking behavior Theories of health behavior (Protective motivation theory, theory of reasoned action)

Unit III: Reproductive health: Reproductive health and its components, risk behavior, early pregnancy and its implication, family planning methods and management of reproductive health, mental disposition of women after the reproductive phase, Adolescent reproductive health and its importance, Reproductive and Child Health Policy, Govt. of India.

Unit IV: Chronic illness: Causes and consequences, management of health problems like obesity and chronic illness like cancer, cardiac problems and diabetes.

Unit V: Health assessments and promotion: Quality of life scales, health indices checklist, lifestyle evaluation and coping scales, health promotion strategies-: Exercise, nutrition, psychological intervention, lifestyle modification techniques, utility of relaxation and bio-feedback methods.

Readings:

Allen, F. (2011). Health psychology and behavior. Tata McGraw Hill Edition.

Brannon, L. & Feist, J. (1989). Health Psychology: An Introduction. 4th Edition, Wordsworth.

Dimmates, M.R. & Martin, L.R. (2007). Health Psychology. Pearson.

Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India:

Dorling Kindersley Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

References

INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Panchaprana- Application of Yoga and its types – Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasanam, NadiPariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices – Yogic diet- Yogic diet for Human systems– Nadis and chakras

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy, Modalities of Naturopathy

Unit III: Therapeutic applications for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia

Unit IV: Therapeutic applications for psychological disorders:
Neurosis: stress, depression, eating disorders, suicide, hysteria
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling – Anti social activities

Unit V:Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: DivyaPrakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilalbanarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: DivyaPrakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. VasantDattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: MotilalBanarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) SanatanKriya. The Ageless Dimension, New Delhi: Dhyam Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, MotilalBeharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: ShriVedmataGayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda (2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

YOGIC PRACTICES – III

Unit 1: Loosening the joints
Joint freeing series

Suryanamaskar: Vinyasa Suryanamaskar (kneeling, lunge, jumping)

Unit 2: Asanas

Tadasana, Trikonasana, Ardha Chandrasana, Utthita Parshvakonasana, Urdhva Dhanurasana, Utkatasana, Moordhasana, Dandasana, Pavanamuktasana, Hamsasana, Ardha Sirsasana, Ardha Kati Chakrasana, Ardha chakrasana, Veerasana, Namaskarasana, Vakrasana, Malasana, Merudandasana, Janusirsasana, Bharadvajasana, Suptavajrasana, Makarasana, Ardha Padmasana, Sukhasana, Natarajasana, Savasana

Unit 3: Pranayama: Sectional breathing

Viloma (Surya, Chandra)

Anuloma (Surya, Chandra)

Pratiloma

Surya Bhedana

Chandra Bhedana

Unit 4: Kriya

Shankhprakhshalana

Laghoo Shankhprakhshalana

Agnisar Kriya

Bandhas:

Jalandhara Banda

Moola Bandha

Uddiyana Bandha

Mudras:

Chin mudra, Chinmaya mudra,, Adhi mudra, Bhrama mudra, Bairava mudra, Nasiga mudra, Ganesha mudra, Bhudi mudra, varuna mudra, Mukula mudra, Khechari mudra, Tadagi mudra, Shanmuki mudra,

Unit 5: Meditation

Japa, Soham & pranav Japa Ajapa japa, antar mouna, Om meditation, Nadasandhana

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India.
- Satyanada sarawati swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi, Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nikan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Campaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Campaign: Human Kinetics.
- Satyananda sarawati Swami (2007) Meditations from thitantras, Murgar: yoga publications Trust.

DIET AND NUTRITION

Unit I:

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet – composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Meditarrenian diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for yogic practitioners

Unit II:

Food stuffs – Qualities of food - ancient thoughts on food – Guidelines of eating

Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) – Vata, Pitta and KaphaGunas

Concepts of Diet - Pathya and Apathya according to GherandaSamhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living;

Unit III:

Nutrition during various stages of life childhood, adolescence, adult hood, Middle aged & aged – Nutrition during pregnancy & tips

Principles of weight control & Management

Unit IV:

Nutrition therapy for infectious diseases: Malaria, Typhoid, cholera, whooping cough, tuberculosis, measles, venereal diseases, dysentery, leprosy

Unit V:

Nutrition therapy for life style diseases: HBP, diabetes, obesity, cancer, stroke

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Application of Yoga and its types – Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa)

Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices- Yogic diet for Human systems – Yogic diet– Nadis and chakras

Unit II: Application of traditional Indian medical systems and therapies:

Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy

Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magneto therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy, Modalities of Naturopathy

Unit III: Therapeutic applications in Yoga for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia

Unit IV: Therapeutic applications in yoga for psychological disorders:

Neurosis: stress, depression, eating disorders

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia

Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling – Anti social activities

Unit V: Therapeutic applications in Yoga for the problems of women- Amenorrhea, Dysmenorrhea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, oligomenorrhoea, Polymenorrhoea, Leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Laq (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass

11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

PATANJALI'S YOGA SUTRAS

Unit I:

Basics and date of the yoga Sutra – Raja Yoga – notable commentaries – Ashtanga
Yoga – mind – psychic powers

- 1) Samadhi Pada
- 2) Sadhana Pada
- 3) Vibhuti Pada
- 4) Kaivalya Pada

Unit II:

1:1-2, 1:5 to 7, 1:12, 1:17 to 18, 1:30 to 51

Unit III:

2:1 to 11, 1:23 to 24, 2: 28 to 55

Unit IV:

3: 1 to 9, 3: 25 to 38, 3: 41, 3: 56

Unit V:

4:1, 4:7, 4:19, 4:34

References

Desikachar (1995) The Heart of Yoga Researcher: Inner Traditions International

Desikachar (2008) Reflections of Yoga Sutras of Patanjali Chennai: Krishnamacharya
Yoga Mandiram

Swami Prabhavananda (2002) Patanjali Yoga Sutras Madras: Sri Ramakrishna Math

Swami Satyananda Saraswathi (2005) Four chapters on Freedom, Munger: Yoga
Publications Trust

YOGIC PRACTICES - IV

Unit I: Loosening the joints

Surya Namaskar: for children (10steps)

Bihar School of Yoga Model

Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Virabhatrasana, Garudasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nauhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutrani

Bandhas

Jalandhara Bandha, Moola Bandha, Uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Yoga nidra, Rajayoga meditation, Trataka Meditation, Chakra Meditation, Nine-centered Meditation, Preksha Meditation, Mindfulness based stress Reduction Technique

B.SC YOGA – DSE

PART – A

USAGE OF PROPS

Unit I:

Yogic practices – benefits of yogic practices, yoga for healthy life and professional life

Unit II:

Meaning and need of props – concepts of props – benefits of props

Unit III:

Wooden brick and foot rest

Belts

Ropes

Slanting planks

Chair

Unit IV:

Stool

Bench & box

The heart rack

Ladder stool and drum

Unit V:

Bolsters and pillows

Bandage

Weights

Horse (big & small)

References:

- 1) Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing company
- 2) GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras
- 3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
- 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd
- 5) Raghavan (1965) Hand book of health educationkaraiKudi: Meenal enterprises
- 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal
- 7) Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house
- 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
- 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society
- 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
- 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
- 12) Arvindjanar (2004) yoga diet, Bangalore: Sai towers
- 13) Kathy Phillips () The Spirit of Yoga London Cassell& Co
- 14) _____ (2016) Guidebook for QCI, Delhi, AYUSH
- 15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd
- 16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications
- 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

ENVIRONMENTAL STUDIES

Unit I - Scope and Importance - Need for Public awareness.

UNIT II

Natural Resources - Water - Forest - Minerals - Food Energy - Land.

UNIT III

Environmental Pollution - Definition - Causes - Effects and control measure of Air pollution - Water - Soil - Noise - Nuclear.

UNIT IV

Social issues and the environment - Urban problems related to energy - Water conservation - Rainwater harvesting - Water shed management - Environmental ethics - Climate change - Global warming - Acid rain - Ozone layer depletion.

UNIT V

Human population and the environment - Population growth variation among nations - population explosion - Family welfare program - Environment - and human wealth.

Reference :

C.P.S. Environmental Education centre, Chennai : Environmental studies for under graduate students.
K.K.umaraswamy, Environmental studies A text book for all under graduate courses, Bharathidasan University, Tiruchirapalli.

YOGIC DIET

Unit I:

Food in ancient texts and systems of medicine

Yogic diet: General introductions of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha-Gunas

Concepts of Diet - Pathya and Apathya according to GherandaSamhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhanaand its role in healthy living.

Unit II:

Diet and health, Nutrition and health, food, food for body and Mind, harmful food, dietary rules, Law of karma

Food stuffs – quality of food – organic eating

Unit III:

Yogic diet :Sattvic, Rajasic, Tamasic, Benefits of Yogic diet (Sattvic), characteristics of Rajasic and Tamasic food, Principles of Yogic diet

Unit IV:

Summer diet, diet for detoxing, brain – boosting diet – anti-stress diet – Super food for new mothers

Unit V:

Diet for diseases, diet for longevity and well- being

References:

- 1) Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company
- 2) GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras
- 3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
- 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd
- 5) Raghavan (1965) Hand book of health educstionkaraiKudi: Meenal enterprises
- 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal
- 7) Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house
- 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
- 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society
- 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
- 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
- 12) Arvindjanar (2004) yoga diet, Bangalore: Sai towers
- 13) Kathy Phillips () The Spirit of Yoga London Cassell& Co
- 14) _____ (2016) Guidebook for QCI, Delhi, AYUSH
- 15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd
- 16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications
- 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

METHODS OF NATUROPATHY

Unit I :Meaning – Definitions – Scope – Principles and Philosophy of Naturopathy
- Modalities of Naturopathy: Diet therapy, fasting therapy, mud therapy, hydro therapy, colon hydrotherapy, Massage therapy, air therapy, chromo therapy, Magentotherapy, Sun rays

Unit II : Mud therapy: Mud pack, Chest pack, Mud Bath, Mud pack for face , Knee mud pack, Wet-sheet pack for the whole body, Banana leaf bath

Unit III : Hydro therapy : Enema, Hip Bath, alternative hip bath, Stiz Bath, Spinal Bath, Spinal spray bath, Foot and arm bath, Hot foot bath, Arm bath.

Unit IV : Steam bath

Sunna bath, Sponge bath, inmussion bath, Friction bath

Under water massage,

Wet sheet pack, chest pack, knee pack,

Local steam, steam inhalation, Jet spray massages

Color Hydrotheraphy, Whirlpoon bath.

Unit V : Naturopathy Diet (Eliminative , soothing,constructive)

Fasting, Sunbath, Air bath, massage

References:

Johi, K.S (2008) Speaking of yoga nature-cure Therapy, New Delhi: New dawn press group

Bakhren H.K (2011) The complete hand book of Nature cure, Ahmadabad: Jaico publication house

Chidarard da Murthy (2011) Yoga and Naturopathy, New Delhi: Central council for research in yoga and Naturopathy

Basavaraddi V Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi: Central council for research in Yoga and Naturopathy.

YOGIC PRACTICES - V

Unit 1: Loosening the joints

Pawanmuktasana series

Suryanamaskar: Sivananda model, Chandranamaskar

Unit 2: Asanas

Virabhadrasana, Parsvottanasana, Utthita Trikonasana, Adhomukha Svanasana, Karnapitasana, Kandharasana, Tittibhasana, Padma Sarvangasana, Salamba Sirshasana, Gomukhasana, Setu Bandhasana, Chakrasana, Trianga Mukhaikapada Paschimottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma mayurasana, Bhadrasana, Simhasana, Akarna Dhanurasana, Parsvakonasana, Savasana

Unit 3: Pranayama

Moorchapranayama

Anuloma viloma

Sadanta Pranayama

Pranayama with Kumbhaka and bandhas

Kriya

Dandadhauti, Vatsara dhauti, Nauli (Madhyama, vama, Dakshina)

Unit 4:

Mudras: Yoni mudra, Lotus mudra, Dhyani mudra, Sakthi mudra, Shambavi mudra, Pashinee mudra, Maha Bheda mudra, Ksepana mudra

Unit 5: Meditation: DRT, walking meditation, Vipasana meditation, nine centred meditation, yogic sukshma vyayama, Sudharshana kriya, Zen meditation, Savita ki dhyan Dharana, Mind Sound Resonance technique.

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama. New Delhi, Harper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapattu: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Human Kinetics.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sarawati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

YOGA AND FITNESS

Unit I:

Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health- Panchamahabhudas, stages of development of disease- Mental and emotional ill-health Yogic rules for good health, Dimension of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being.

Unit II:

Fitness: Meaning, Definition, components and scope of fitness, yogic practices for promoting the components of fitness: Endurance, strength, speed, flexibility, agility and balance. Natural fitness – Allround fitness – Benefits of fitness

Stamina and activities – yogic practices – Aerobic exercises – Similar and dissimilarities of yogic practices and exercises

Unit III:

Human systems, fitness and Yoga– skeletal – muscular - cardiovascular – respiratory – digestive – haematological – renal – endocrine – nervous – reproductive – special senses

Unit IV:

Fitness after illnesses

Fitness for professionals

Unit V:

Management of fitness equipment – props – laboratory facilities for fitness

References:

- 1) Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing company
- 2) GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras
- 3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
- 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd
- 5) Raghavan (1965) Hand book of health educstionkaraiKudi: Meenal enterprises
- 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal
- 7) Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house
- 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
- 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society
- 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
- 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
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- 13) Kathy Phillips () The Spirit of Yoga London Cassell& Co
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- 15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd
- 16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications
- 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

Part IV: Value Education

UNIT-I Value Education - Definition - relevance to present day - Concept of Human Values - self introspection - Self esteem.

UNIT-II Family values - Components, structure and responsibilities of family - Neutralization of anger - Adjustability - Threats of family life - Status of women in family and society - Caring for needy and elderly - Time allotment for sharing ideas and concerns.

UNIT-III Ethical values - Professional ethics - Mass media ethics - Advertising ethics - Influence of ethics on family life - psychology of children and youth - Leadership qualities - Personality development.

UNIT-IV Social values - Faith, service and secularism - Social sense and commitment - Students and Politics - Social awareness, Consumer awareness, Consumer rights and responsibilities - Redressal Mechanisms.

UNIT-V Effect of international affairs on values of life/ Issue of Globalization - Modern warfare - Terrorism. Environmental issues - mutual respect of different cultures, religions and their beliefs.

Reference Books:

1. T. Anchukandam and J. Kuttainimathathil (Ed) Grow Free Live Free, Krisitu Jyoti Publications, Bangalore (1995)
2. Mani Jacob (Ed) Resource Book for Value Education, Institute for Value Education, New Delhi 2002.
3. DBNI, NCERT, SCERT, Dharma Bharti National Institute of Peace and Value Education, Secunderabad, 2002.
4. Daniel and Selvamony - Value Education Today, (Madras Christian College, Tambaram and ALACHE, New Delhi, 1990)
5. S. Ignacimuthu - Values for Life - Better Yourself Books, Mumbai, 1991.
6. M.M.M.Mascaronhas Centre for Research Education Science and Training for Family Life Promotion - Family Life Education, Bangalore, 1993.